

# *the* Pavement

The *FREE* monthly for London's homeless

February 2013



**TO LET US KNOW ABOUT YOUR  
EXPERIENCE OF STOP & SEARCH**



# **thePavement** The Editor

[www.thepavement.org.uk](http://www.thepavement.org.uk)

Issue 75 / London / February 2013

**Published by**

*The Pavement*

Registered Charity Number 1110656

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## *The first issue of 2013*

The powers of 'stop and search' in England and Wales are not the same as those in Scotland, and police forces have different approaches to how they implement them. The brother of the late Stephen Lawrence recently complained of police harassment, so we want to examine how these powers affect our rough-sleeping readers. We begin looking at them on page 12, but we need you to get in touch if you've something to say on this topic. Contact details to the left.

*Richard Burdett*

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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.

The Pavement (print) ISSN 1757-0476

The Pavement (online) ISSN 1757-0484

# Winter Shelters

*With an updated list of shelters (thanks to Dunks) it's at the front for the last month*

## **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](http://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](http://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.c4wshomelessproject.org](http://www.c4wshomelessproject.org)

## **Caris Islington Churches Cold Weather Shelters**

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

## **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](http://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](http://www.ecwns.org.uk)

## **Firm Foundation Winter Night Shelter (Harrow)**

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

### **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.robes.org.uk](http://www.robes.org.uk)

### **Waltham Forest Churches Emergency Night Shelter**

Various Churches  
07587 191500  
01 Nov 12 – 31 Mar  
13: 8pm-8am  
Age 18+ mixed; Refer-  
ral by local agency only;  
Beds for 30; dry  
[www.forestnightshelter.org.uk](http://www.forestnightshelter.org.uk)

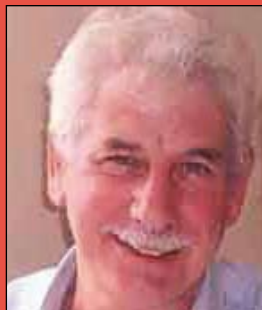
### **West London Churches Winter Shelter**

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-refer-  
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](mailto:wcwshelter@gmail.com)



## Michael Forrest

Age at disappearance: 63

Missing from:  
Chelmsford, Essex

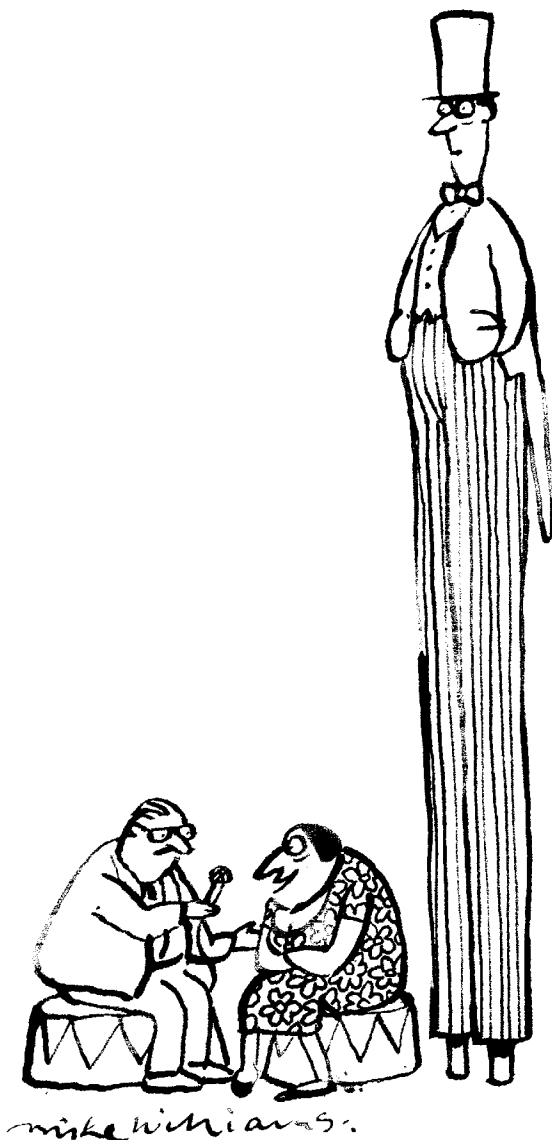
Michael has been missing from Chelmsford, Essex since 07 December 2010.

If you think you can help the search please call Missing People.

Michael, we would love to hear from you. **Call. Text. Anytime. Free. Confidential. 116000**

**missing people**

Registered Charity No. 1225415



*"It all started when he put lifts  
in his shoes"*

**FREE**  
**METRO**

# Supporting London Life

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



# A round-up of the news

*The homeless news from across the UK and the World*

## Suicidal teen discharged after just two days

Concerns have been raised after a vulnerable young homeless woman was discharged from Charing Cross Hospital less than two days after nearly dying.

The teenager was admitted to Charing Cross Hospital around midnight on 29 December after taking an overdose.

Christina Lawford, a volunteer shift leader at the Crisis Christmas centre that had welcomed Mary, had explained to the ambulance drivers that the young woman was vulnerable and had previously attempted suicide. She was

unconscious on arrival and too unwell to be moved from A&E. The Crisis night shift team was asked to contact her next of kin.

The following day the hospital reported that Mary was conscious but confused. However, by the early afternoon of 31 December, a psychiatrist had assessed her as not vulnerable and fit to be discharged, and when Ms Lawford arrived at the hospital, a nurse told her Mary had been sent "home".

Ben Maitland, head of public relations at Imperial College Healthcare NHS Trust, under which Charing Cross Hospital falls, said she was referred to the Robes Project in Bermondsey and given transport there.

However, Ms Lawford tracked Mary to the Lambeth HPU, which was due to close for the public holiday. The duty manager was concerned about Mary's vulnerability and desperate to get her into emergency accommodation. The HPU team worked with Crisis to get Mary an emergency assessment and into accommodation.

We have previously reported people being discharged in pyjamas – <http://bit.ly/14r1mpC> – , discharged into snow and with head wounds.

Research commissioned by the Department of Health (DoH) and produced last year by Homeless Link and St Mungo's, suggested that hospitals discharge more than 70 per cent of homeless people



## 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 ★



## **Listening Books – free audiobooks for ex-offenders**

If you find it hard to read books, then you might find audiobooks helpful. *Listening Books* is a UK charity offering access to a huge library of audiobooks, currently free to ex-offenders who have trouble reading due to a learning difficulty, such as dyslexia, or an illness or disability.

If you would like to call us on **020 7407 9417**, we would be very happy to set up your free membership. You will then be able to borrow our audiobooks through the post on MP3 CD or online via our website to download or listen live. We have over 7000 audiobooks in our library, many of which are recorded specifically to aid education for people who struggle to read the printed word. Our books cover a wide range of subjects, including biographies, history and comedy. Listening to books can remove any anxiety you may feel about the printed word, allowing you to sit back and soak up the information the books contain. We also offer many fiction titles including audiobooks by popular authors such as Dan Brown and Andy McNab.

Many of our members tell us that our service has helped build their confidence and self-esteem as they are now able to enjoy the same books that others can:

'Listening Books keeps me sane during those times when sleep eludes me and I give thanks every day for this service.'

We already support over 27,000 people across the UK who struggle to read books in the usual way and we would be delighted to have you on board. Please just call us on **020 7407 9417** and we will be happy to help.

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



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

\*all this money will go to *The Pavement* (registered charity no. 1110656), the charges being met by Vodafone. Find out more at [www.justgiving.com/thepavement](http://www.justgiving.com/thepavement)

straight back onto the streets.

The UCH Pathway Homeless Team (see Pavement 60 - available as a pdf or story on our website) was singled out for praise for having robust policies in place.

Mary's name has been changed to protect her privacy. This is an edited version of an article which appears online: <http://bit.ly/13orzod>

If you are feeling suicidal, please contact the Samaritans online ([www.samaritans.org](http://www.samaritans.org)), by email ([jo@samaritans.org](mailto:jo@samaritans.org)) or by phone (08457 90 90 90).

Val Stevenson

## Watch out for work gangs

Although it is not in the mainstream press anymore, the threat of work gangs picking people up from the streets is still high. Rumours, and they are just that, have

reached *The Pavement* of work gangs operating in London, particularly around Lincoln's Inn Field.

These gangs take people off the streets with the lure of work and shelter, but the reality is often more akin to slavery.

Readers are reminded to beware, for themselves and others.

Staff

## Man charged over *Big Issue* murders

A homeless man has been arrested and charged with the murders of two *Big Issue* vendors in Birmingham City Centre on 11 January.

John Ward, 23, appeared at Birmingham Magistrates Court on 16 January, and has been remanded in prison awaiting trial.

The attacks took place at a busy shopping street just before 6pm.

Police officers and passers-by report-

edly administered emergency first aid to Wayne Lee Busst, 32, and Ian Watson Gladwish, 31, both from Birmingham, but they were pronounced dead at the scene.

One man was found outside Sainsbury's in Martineau Place, and the other near Boots in Union Street.

Ward was arrested shortly afterwards near the Odeon cinema in New Street.

The attacks come as government statistics reveal a surprise drop in the number of violent crimes reported throughout the UK.

Within the West Midlands, official figures of reported incidents involving knives have reduced by around 75 per cent over the past decade. This compares with an 11 per cent reduction nationwide over the past year.

However, the Office of National Statistics has admitted it cannot be certain whether crime has actually fallen or the incidents are simply not being recorded.

Emma Batrick

Have you seen people offering work at a soup run or other service for homeless people?

## WARNING!

As exposed in the media recently homeless people are at risk of exploitation and virtual slavery.

**DO NOT GO WITH ANYONE OFFERING WORK.**

If you see people offering work:

Do **NOT** challenge them: they could be dangerous.

**WARN** everyone else at the soup run not to go with anyone offering work.

**RECORD** their vehicles' number plates and make a note of their appearance and anything that is said.

**REPORT** them to the police. If you are concerned for somebody's safety call 999. If there is no immediate danger call 101.

Czy widzieli Państwo osoby proponujące pracę w jadalni bądź innych miejscach oferujących pomoc osobom bezdomnym?

## UWAGA!

Jak przedstawiono niedawno w mediach, osoby bezdomne są narażone na wyzysk i mogą być zmuszane do pracy niewolniczej. **NIE NALEŻY**

**UDAWAĆ SIĘ NIGDZIE Z OSOBAMI PROPONUJĄCYMI PRACĘ.**

Jeśli zauważą Państwo osoby proponujące pracę, należy pamiętać o kilku zasadach:

- **NIE** należy kwestionować tego, co robią: te osoby mogą być niebezpieczne.
- należy **OSTRZEC** inne osoby korzystające z jadalni i powiedzieć im, aby nie udawały się nigdzie z osobami proponującymi pracę.
- należy **ZAPISAC** numer rejestracji samochodu i postarać się zapamiętać odczy charakterystyczne wyglądu osób, które próbowały z Państwem nawiązać kontakt i co mówiły.
- należy **ZAWIADOMIĆ** policję. Jeśli istnieją powody do obaw o kogoś bezpieczeństwo, należy zadzwonić pod numer 999. Jeśli zagrożenie nie jest pilne, należy zadzwonić pod numer 101.

## Stop and search

An investigation has been launched into the use of stop and search powers by the Metropolitan Police following complaints that the force is unfairly targeting people on the basis of race.

The complaint was raised by Stuart Lawrence, the brother of Stephen Lawrence who was murdered in a racist attack nearly 20 years ago. He claims he has been stopped and searched 25 times – which he describes as a sustained campaign of harassment.

Lawrence, a teacher, told the *Daily Mail* he had been repeatedly pulled over in his car over many years for “no apparent reason and without any justification”.

He said: “I am being targeted because of the colour of my skin, I don’t think it’s because I am Stephen’s brother. Whenever I have been stopped, I have never subsequently been charged with anything.”

Scotland Yard has referred the case to the Independent Police Complaints Commission, and Met deputy commissioner Craig Mackey said: “This is a very serious matter and it will be investigated thoroughly and speedily.”

Readers of this magazine and homelessness professionals have also suggested that homeless people might be being unfairly targeted for searches across the UK.

Police can be allowed to stop and search someone if they have reasonable suspicion that the person is carrying drugs, weapons, stolen goods or anything that could be used to commit a crime.

However, police are not allowed to stop and search people just because of how they look, where they live or what they have done in the past.

Some laws do allow the police to stop and search people even if they don’t have reasonable suspicion – in some places, includ-

ing most of London, police can search anyone for things that could be used for terrorism.

And if police expect violence in an area, they can impose a rule that allows them to search anyone in that area for weapons.

However, police must tell everyone that they search who they are, why they are being searched, what they are looking for, what law they are being searched under, and that they can have a record of the search.

Full details of your rights if stopped and searched by the police are available in *the Rights Guide for Rough Sleepers* which *The Pavement* has helped to publish – you can download a pdf on our homepage at [www.thepavement.org.uk](http://www.thepavement.org.uk) or at <http://bit.ly/5gkZZk>

It is worth collecting the records of stops and searches – they are needed if you wish to take any action against the police for unfair treatment.

*The Pavement* will be glad to hear stories from any readers who feel that they or their friends have been unfairly targeted for searches.

*Katharine Hibbert*

## Stay out, stay safe

A man has been crushed to death by a rubbish compactor in the US state of California.

Although California is considered to be warm, it can still get cold enough to force individuals to use bins and skips for shelter. It is assumed that this is the reason why 30 year old Juan Gomez-Diaz had been in a bin, which was collected by a lorry in the town of Petaluma.

His body was found at the waste company’s depot on 11 Jan.

The sheriff’s department believes he died when compressed with the lorry or when the rubbish was dumped at the depot, but foul play is not suspected.

Sergeant Basurto of the sheriff’s department told the *Bay City News*: “Gomez-Diaz may have taken shelter inside a Dumpster that night, as the temperature was very cold.”

*Staff*

## Scottish milestone

Scotland has marked a milestone in the fight to end homelessness after meeting its 2012 commitment to create a right to settled accommodation.

Previously only those classed as being in priority need – often families with children – were entitled to settled accommodation.

However the Scottish government’s decision to abolish priority need means local authorities now have a duty to provide settled accommodation to anyone who becomes homeless through no fault of their own.

The change in policy fulfils a commitment first set out a decade ago by the Labour/Lid-Dem coalition.

Deputy first minister of Scotland Nicola Sturgeon called it “a landmark day in the fight against homelessness.”

She added: “I know the heartache and trauma of homelessness from working closely with households faced with the prospect of losing the roof over their head.

“Meeting our 2012 commitment guarantees that those who lose their home from no fault of their own will be guaranteed settled accommodation.

“It is absolutely right to offer this guarantee in a time of crisis for people. It sends the signal that we are there to help, there is hope and that the state will do what it can.”

She also announced that £300,000 would be spent over the next two years to help councils prevent homelessness.



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

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

# 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

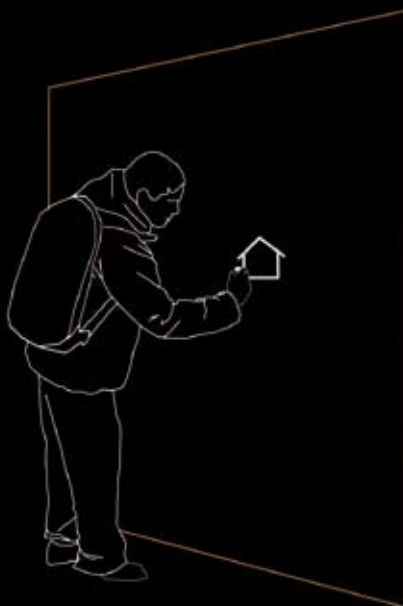


you'll get moved on here

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.



*"Good news! The doctor said I had a massive inferiority complex"*



The change in legislation was welcomed by Graeme Brown, director of Shelter Scotland, as a bold approach to the problem of homelessness.

"Scotland can be very proud that it is making history by meeting the 2012 commitment - which is internationally regarded as the cutting edge of progressive homelessness reform.

"I congratulate all the local authorities who have made widespread changes in order to meet their new responsibilities to homeless people."

*Mairi Gordon*

## Whatever happened to...?

Since 2011, *The Pavement* has been bringing you updates on the extraordinary Ted Williams – the man with the 'golden voice'.

Williams hit headlines around the world when he was filmed by a local journalist in Detroit, USA, asking for change at a roadside intersection.

Cold and unshaven, in exchange for a few coins Williams improvised a few seconds of a radio advertisement in a jaw-dropping professional baritone. The video clip went viral and soon Williams found himself interviewed on national television, and receiving offers of voiceover jobs from everything from Kraft Cheese to the National Basketball Association.

His sudden rise to fame hit an equally sudden low however, when Williams was reported to be drinking alcohol heavily, and was sent to rehab by US daytime TV show host Dr Phil. It seemed like the end to a classic case of 15 minutes of fame.

But two years on, Williams' story looks like having a positive ending. He is still employed in TV voiceovers – including the Kraft Cheese

job – and has been reconciled with his mother, from whom he had been estranged for years.

He has been sober for six months, and says he draws inspiration from the homeless people in his home town that he continues to help. "They really look at me with admiration," he says. "They say, 'God, if you can do it – I can do it. And so I think, if I fail – what is that person going to do?'"

*Jim O'Reilly*

## Liverpool murder trial begins

January saw the start of the trial in Liverpool of three boys accused of kicking homeless man, Kevin Bennett, to death.

The trio, two aged 14 and one 16, are charged with the murder of 53 year old Bennett, behind a Liverpool supermarket on 17 August last year. He died six days after the attack, as the result of injuries sustained. All three deny the charges.

*Staff*

## US veterans save businessman from brutal robbery

A homeless man and another who was recently homeless are being hailed as heroes after putting a stop to a robbery in Cincinnati, USA.

The pair spotted 54-year-old Gary Wagner being attacked at a cashpoint when they stepped in. One man chased the perpetrator down while the other stayed with the shaken victim.

Both men have been confirmed as Vietnam veterans and say they did not know each other before the encounter which happened shortly after Christmas

David Hale, 46, who recently got off the streets, said in a video posted on the internet: "I understand that there is a bad perception of homeless people in the community... but we're people too, just like everybody else.

"The reason we helped is that we hoped someone would do the same for us if we were in the same situation. Everybody out there is somebody's mother, father, brother, sister - somebody's family member."

Chad McClain, who ran after the suspect, is living at a shelter in the area.

Police have praised the actions of the two men, saying that it was "a perfect example of what can happen when the citizens and police work in partnership".

"I think it was a courageous and unselfish act," Cincinnati police Capt. Gary Lee added in a statement to the press.

Wagner, a pawn shop owner, has said that he would like to do something to thank the pair.

The 45-year-old suspect, Louis Stevenson, was being held Thursday on \$250,000 bond in Hamilton County Jail on charges of robbery and obstruction.

*Sarah Cox*

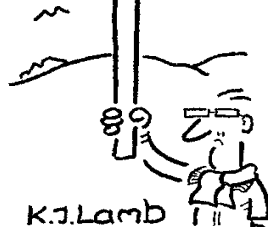
## Homeless heir to fortune dies of hypothermia

A homeless man who was heir to a huge railroad fortune was found dead in Wyoming in December.

According to reports in the *Huffington Post*, Timothy Henry Gray was the 60 year old half great nephew of Huguette Clark, a reclusive multi millionaire and daughter of former U.S. Sen. William Andrews Clark, a wealthy copper miner, railroad builder and the founder of Las Vegas.

The body was found under a Union Pacific Railroad overpass

NO  
TO GIANT  
WIND  
TURBINES!



K.J. Lamb



in Evanston by children who were playing in the snow. The Coroner said cold weather conditions, which had dropped to sub-zero, led to hypothermia and there was no foul play suspected.

Gray, who could have inherited \$19 million of his relative's \$300 million fortune, had become homeless after disappearing following his mother's death in 1990. His siblings were told they stand to inherit a share of his wealth, the *Associated Press* reported.

Huguette, who became reclusive in the 1930s, had lived most of her later years in and out of New York hospitals until she died in May 2011. Although she had signed two wills, only one of which said she would leave her money to her family, it was thought that Gray would still have been entitled to a slice of her fortune.

*Lizzie Cernik*

## From passive to active

How a small group of former service users are building a mutually-supportive network and fostering activities and employment outside the homeless bubble

Last issue, *The Pavement* introduced exP2A, a new leisure and fitness-focused charity run by former and current homeless service users. We sat down with two of its founders, Alex Ireland and James McPherson, to find out how the charity came about.

"Homeless services give you somewhere to live and then provide support for basic needs, but that's as far as it goes," explains Ireland. "So you can either get into a flap or you can do something."

exP2A director Ireland has long been a commentator on, and critic of, homeless services. So what's it like to be on the other side of the fence? "We realised that it was

important that we're not. We are not holding information or files on people; we're not taking responsibility for them in that way. People get involved on their own terms."

exP2A aims to give associates the chance to try new things and gain real skills. "A lot of organisations run groups because they attract funding," says Ireland. "Many are coming round to the idea of service-user employment, but they assume that service users will become drug counsellors or work in hostels." She hopes exP2A's associates will discover activities and employment opportunities outside the homeless 'bubble'. The money the team raises through the fitness groups and other activities will go towards helping associates pay for personal training or group activities, be it learning to drive a forklift truck or scuba diving.

And exP2A's empowering slogan, "From Passive to Active", is not just about career prospects, say Ireland. "You may be on benefits or in work with little spare cash, but you can do for free or budget to do some of the things you want. And you can build a community of like-minded people." The exP2A team is building a database of free and cheap things to do in London. They'd like to create an app, so you could discover cheap or free things to do within your budget.

Not everything's gone to plan. Their Dickens-themed fundraising walk in July had to be cut short after half the team fell to, though they did raise £246. Then, after the charity's October launch, the fitness groups were postponed to January. And now, with Ireland heavily pregnant, they have been delayed again. "When the team's back to full strength at the beginning of April, we'll go back to running the three sessions a week"

For now, McPherson is keeping things ticking over and has taken to his position as Marketing & Community Manager like a duck

to water. With only some basic experience ("Centrepunt's communications department allowed me to see into that world while I was there"), he has taken charge of exP2A's Twitter account, website, marketing and publicity. "He's the wonderkid," marvels Ireland. "Basically, whatever you see it has been through him. Anything that he didn't know about before, he's learned on the job."

While exP2A's on hold, McPherson's been planning the charity's marketing strategy, which may include a controversial poster campaign challenging stereotypes about homeless people.

So what can participants expect to get for their very affordable £2 fitness sessions (£10 per month for unlimited sessions)? "No fitness classes will be the same," says Ireland. "We're a little bit inspired by British Military Fitness, who do classes in hostels, but they're very hardcore and if you're not up to that level it's very difficult to get in."

The sessions will take place in locations including Green Park, and the team is considering Lincoln's. "Sometimes people feel better about being in an open space. If they really don't like it, they can melt into the trees... Plus everyone can smoke – I don't think we'd get anyone to come otherwise!"

They've had feedback and queries from homeless organisations, hostels and would-be associates or volunteers. "It's just this massive, unwieldy thing at the moment," admits Ireland. "But the goal is to concentrate get the small things right, then start building."

This is an edited version of a longer article which is available at <http://bit.ly/XOTZlo>

*Carinya Sharples*

# STREET SHIELD

EPISODE 31

COLD  
AND  
WET

OUTSIDE THE WINTER  
SHELTER

WELL, DID YOU FIND HIM?  
IS HE OKAY?

YES. HE'S FINE.

THOUGHT YOU'D  
SLIPPED AWAY,  
DID YOU...?

LET ME GO, BUTTY,  
I'VE A PLACE ARRANGED  
FOR ME, AND EVERYTHING.

YES.  
SHIELD SAID.  
I JUST WANTED  
TO SAY GOODBYE.

LOOK, I'LL COME BACK  
SOMETIME AND SEE  
YOU SOON.



# Health and wellbeing

*The Pavement's health team look at feet and STI – that's two separate topics!*

## Mind your feet

Often the last part of the body to get any attention, we take our feet for granted.

When they don't give us any trouble, we barely give them a second thought. We expect them to support us, to walk thousands of steps each day, and to keep us mobile and able to carry out the things we need to. We expect them to support us in standing, walking and running from the moment we take our first steps as a toddler until the end of our lives. We expect them to cope with all the life changes we throw at them, weight gain, weight loss, pregnancy, ageing, falling, sports, and so on. They function as mobile adaptors and cope with whatever surface is beneath them, stones, sand, hard roads and pavements, going uphill, downhill. We push them, ignore them, encase them in shoes that are too small, blister them, forget to check them or look after them, and yet they bounce back.

Most of the time.

My grandmother used to have a favourite declaration as she steeped her feet in a bucket of warm water every Friday night while drinking a wee dram - "If yer feet's sore, yer all sore".

I suspect she borrowed this in a way from the words of Socrates, who said "When your feet hurt, you hurt all over." The essential sentiment behind this is of course, that foot pain can be all consuming, and if you have sore feet or problems with your feet, then your whole body seems to be affected, as is how you feel, and what you can do.

A bit like toothache in some respects, foot pain can be all consuming.

So what gives us painful feet? The twenty six little bones that work together to make up each foot, and the joints they make, can grumble a bit as we age, and like any bone, can fracture or crumble. Arthritis can affect any of the joints, and this can cause significant pain and disability. Heel pain can be common, and can be from a number of causes, including some relating to little extra bits of bone (spurs) that sometimes appear on our heel bones.

The many muscles and tendons going into the foot from the leg can cause us pain, and ligaments which hold the bones together can be injured by falls or trauma. Bunions are notoriously painful, as well as causing other foot problems.

Skin on the foot can also be the source of foot pain. There can't be many of us who haven't felt the pain of a forming blister. You can ignore it for a short while, but it wins in the end. Something so small can stop us walking completely until it resolves, and it is probably likely that blisters have caused more first-time marathon runners to drop out of races than issues of stamina – you can run 'through the barrier,' but you can't keep running with a rip-roaring throbbing fluid-filled blister on the side of your heel.

Chilblains are also a painful foot condition, caused by circulatory changes within the skin. Itchy, red, burning and annoying, they are hard to ignore.

I remember once seeing a title in a women's magazine for a story relating to the birth of a baby. The mother had been worried prior to the birth that the baby would have something wrong. The title of the

article was 'Perfect – not even an ingrown toenail!' From this, I think we are supposed to assume that an ingrown toenail is one of the most minor things that could be wrong with anyone. If you have ever had an ingrown toenail, you would not agree! Something so small, and so seemingly minor, can have a huge impact on your daily life.

So how to avoid painful feet, then? Prevention, as always, is better than cure. Arthritic changes and bunions are difficult to avoid if you are predetermined to have them, but you can be kinder to the hard working bones of your feet by wearing shoes that don't squeeze your toes and fit you well. Skin and soft-tissue pain are easier to escape. Avoid blisters by always wearing socks with shoes, and be careful with new or second hand shoes when you first wear them. Try to avoid chilblains by keeping your feet away from extremes of heat and cold when you can, and don't stick cold feet right next to a heat source tempting though it may be – let them warm up slowly.

We ask a lot of feet, and they don't ask much in return. Just keep them clean, keep the nails short, keep them as warm and dry as you can, and check them regularly to see how things look. If in doubt, get them checked out. They have a lot more miles to carry you.

*Evelyn Weir*  
Lecturer in Podiatry  
Queen Margaret University,  
Musselburgh



## Sexually Transmitted Infections – STIs

Watching *Embarrassing Bodies* on TV last night, I was struck by how odd it is that people who are too shy to go to their own GP are quite happy to air their unusual health woes on national television. If you understand this then please send your theories on a postcard to (or email) Nurse Flo, because it makes no sense to me.

But what if you do have an embarrassing or sensitive health problem and are too shy to see someone about it? Visiting a doctor or nurse with a problem you find embarrassing can be easier said than done. Often health workers forget that things we see every day are frightening, unusual or a once in a lifetime experience for lay people. The up side of this for you is that doctors and nurses do know what to do and won't be shocked or surprised by anything.

If you're thinking about going to the doctor about something that's been on your mind, be it a physical or emotional problem there are some things you can do to make the process easier.

Firstly, try to get an appointment with someone you have seen before and found approachable. Secondly, if it helps to write down your symptoms, then do so. Most importantly don't worry too much about what the doctor is thinking. Doctors should not judge, and honestly, they will have seen it all before.

There are some things you should never ignore, however much you might want to. Sexual health problems are near the top of this list.

If you've had unprotected sex and have symptoms such as itching, burning, a rash, pain passing urine or anything else that seems wrong then you need to get tested. Really you should get tested if you've had sex without a condom

even if you have no symptoms.

Most sexual health infections can be cleared up quickly and easily with a course of antibiotics. It probably isn't as bad as you think it is but going to the doctor promptly can prevent further complications later on.

If you can't face your GP then consider visiting a GUM (Genito-Urinary Medicine) clinic. Your confidentiality will be guaranteed there, as it is with your GP.

Testing for sexual transmitted infections is not scary at all. You will be asked to provide a urine sample. Women will usually have a vaginal swab taken (you can do this yourself in some cases) and the doctor will examine you. You will probably have a blood test taken as well, as this is the only way to check for infections such as HIV and AIDS. You may have to answer some questions about when you last had sex and whether it was unprotected. At risk of repeating myself, do not worry about this. You will not be judged.

You may have to wait a few days for the results. Don't worry if you don't have an address to send the results to as most clinics prefer you to come in for the results anyway, as you'll need a follow up appointment to discuss them with the doctor or nurse. Let the doctor or clinic know how you would prefer to receive your results. Some clinics may start treatment based on symptoms to avoid the time delay of waiting for results.

In case you're unsure of what a sexually transmitted infection is then here's a cut out and keep reminder!

A sexually transmitted infection (STI) is any infection passed from one person to another during sex. Sex means vaginal sex between a man and a woman, anal sex between a man and a woman or two men, oral sex (or blow job), or sexual contact between two women. The most common

STIs in the UK are Chlamydia, genital warts and gonorrhoea.

More information on this subject is available from:  
NHS:

**[www.nhs.uk/Livewell/STIs](http://www.nhs.uk/Livewell/STIs)**

Terrence Higgins Trust:

**[www.tht.org.uk](http://www.tht.org.uk)**

Brook for Young People:

**[www.brook.org.uk](http://www.brook.org.uk)**

But remember, if you're worried, don't wait, ask your nurse or GP.

*Susie Rathie*

Our Nurse Flo



*"When you walk through a storm, hold you head up..."*

## SPECIALIST SERVICES

**The Albert Kennedy Trust**  
Unit 203 Hatton Square Busi-  
ness Centre, 16/16a Bald-  
wins Gardens, EC1N 7RJ  
020 7831 6562  
Mon-Fri: 10am-4.30pm  
Works with LGBT people  
16-25, facing mistreat-  
ment or homelessness  
AS, A, BA, C, H, TS  
[www.akt.org.uk](http://www.akt.org.uk)

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

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

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

**Hospitals**  
Blue Cross Victoria, 1 – 5 Hugh  
Street, SW1V 1QQ, 020 7932 2370  
Blue Cross Hamersmith,  
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 experi-  
encing distress or despair, including  
those which could lead to suicide  
[www.samaritans.org/cis](http://www.samaritans.org/cis)  
0800 700 740, 24 hrs daily

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

**Message Home Helpline**  
0800 700 740, 24 hrs daily

**National Debtline**  
0808 808 4000  
Poppy  
020 7840 7141  
Helps women who have been  
trafficked for sexual exploitation  
Runaway Helpline  
0808 800 7070  
For under-18s who have left home  
The Samaritans  
08457 90 9090

**SANeline (6 – 11pm)**  
0845 767 8000  
Out-of-hours helpline for those  
affected by mental health  
**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**

**The Pavement online**  
Regularly updated online  
version of The List.  
[www.thepavement.org.uk/  
services.htm](http://www.thepavement.org.uk/services.htm)  
**Stonewall Housing**  
Housing advice for LGBT  
people of all ages  
[www.stonewallhousing.org](http://www.stonewallhousing.org)  
0845 60 60 265  
For the Pensions Service

**Jobcentre Plus**  
To make a claim  
0800 055 6688  
For queries about existing claims  
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

**Helps victims of trafficking**  
020 7735 2062  
Helps victims of trafficking  
for prostitution  
0800 776 600  
Free 24-hr drug helpline

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

**Community Legal Advice**  
0845 345 4345, Nationwide  
[www.communitylegaladvice.org.uk](http://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.  
AD, BA, DA, H  
0808 2000 247

<p><b>Love Streatham / Streatham</b>  <b>United Reform Church</b>  388 Streatham High Street, SW16 6HX  Mon: 7-9pm Food parcels given out.</p> <p><b>Memorial Baptist Church Plaistow</b>  389-395 Barking Road, E13 8AL  020 7476 4133, Sat: 8am-12pm  Full English breakfast</p> <p><b>Missionaries of Charity</b>  Mon: Spitalfields (9.30pm) &amp; TBC (10pm)</p> <p><b>New Life Assembly</b>  A run in Hendon, that comes into the West End once a month.</p> <p><b>Nightwatch</b>  At the fountain in the Queens Gardens, central Croydon  Every night from 9.30pm</p> <p><b>Open Door Meal</b>  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><b>Our Lady of Hal</b>  165 Arlington Rd, NW1  020 7485 2727  Tues, Weds, Fri &amp; Sat: 12.45pm-2pm</p> <p><b>Peter's Community Café</b>  The Crypt, St. Peter's Church, De Beauvoir Road, N1  020 7249 0041  Mon-Wed: 12noon-6.30pm</p> <p><b>Rhythms of Life International</b>  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><b>Rice Run</b>  The Strand, Fri: 9-10pm  Rice and Chicken, or savoury rice</p> <p><b>The Sacred Heart</b>  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><b>Sahnu Vaswani Centre</b>  Lincoln's Inn Fields, Wed: 8-8.30pm  A great curry!</p> <p><b>Sai Baba</b>  Coram's Fields (3rd Sun of month); 11am-1pm  Vegetarian meal and tea</p> <p><b>Seventh Day Adventists</b>  Lincoln's Inn Fields  Sun: 7pm</p> <p><b>Silver Lady Fund (The Pie Man)</b>  Van behind the Festival Hall or on Southwark Bridge Road - from 5am</p> <p><b>Simon Community</b>  Tea Run: Sun &amp; 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 &amp; Thurs (8pm-10.30pm); St Pancras Church 8.15pm; Hinde Street 8.45pm; Malttraverses Street 9.15pm; Waterloo 9.45pm  Street Café: St Giles-in-the-Fields, St Giles High Street, WC2 (next to Denmark Street) - Sat (2-4pm) &amp; Sun (1.15-3.15pm)</p> <p><b>St Andrew's Church</b>  10 St Andrew's Road, W14 9SX  Sat: 11.30am-1.30pm  Hot food and sandwiches</p> <p><b>St Ignatius Church</b>  Lincoln's Inn Fields  Sat: 7.45pm</p> <p><b>St John's Ealing</b>  Mattock Lane, W13 9LA  020 8566 3507  Sat &amp; Sun: 3.30-5pm  Also: Advice service Thurs</p> <p><b>Winners Chapel</b>  King George's hostel: alternative Saturdays to Streetlytes</p>	<p><b>St John the Evangelist</b>  39 Duncan Terrace, N1 8AL  020 7226 3277  Tues-Sat: 12.30pm-1.30pm</p> <p><b>St Monica's Church</b>  Temple Station  First, third and fourth Tue of the month: 8.30pm</p> <p><b>St Thomas of Canterbury</b>  Lincoln's Inn Fields  Second and last Wed of the month: 9pm  Sandwiches, drinks, cake and clothes</p> <p><b>St Vincent De Paul</b>  Lincoln's Inn Fields  Tue &amp; Thu: 7.30pm</p> <p><b>Steps of Faith</b>  Victoria area, Thurs: 8-10pm  Walking around with food</p> <p><b>Streetlytes</b>  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.streetlytes.org</p> <p><b>SW London Vineyard/King's Table</b>  Sun 2.30pm-4.30pm beneath Waterloo Bridge (Embankment).  Good hot stews and potatoes.</p> <p><b>Teen Challenge</b>  Mon, 9-11.30pm; Whitechapel; Tue, 9-11pm; Hackney Central; Wed, 9-11pm; Brixton (in square); &amp; Thu, 9-11pm; Ealing Tube  Hot meals from a bus</p> <p><b>Quaker Run</b>  Victoria, 2nd Sun of month: 7pm</p> <p><b>Wycombe &amp; Marlow Group</b>  Lincoln's Inn Fields, Tue: 8.15pm  Food, drink and some sundries</p>
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<b>Imperial College</b> Serving sandwiches and hot beverages on Sunday evenings (8–9.30pm) at Lincoln's Inn Fields.	<b>Jesus Army</b> National Portrait Gallery, near Trafalgar Square Second full week of the month, Mon–Wed: 9pm	<b>Kings Cross Baptist Church</b> Vernon Square, W1 020 7837 7182 Mon: 11am–2pm; Tue: 11.15am– 1pm, <i>Open for breakfasts</i>	<b>Life Bread</b> Emmanuel Pentecostal Church, 374 Lee High Road, SE1 2 8RS A hot meal every Tuesday 6–8pm	<b>Lighthouse Chapel International</b> King George's Hostel, 75 Great Peter Street, Fri: 8.30pm	<b>Lincoln's Inn Fields</b> Mon–Fri: 7.15pm; Many vans with food and occasionally cloth- ing. Sat–Sun: 6.15pm onwards	<b>The Lion's Club of Fairlop</b> Charling Cross, Strand Second & fourth Sun: 6pm Hot indian food	<b>The London &amp; Slough Run</b> 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	<b>London City Aid</b> Tothill Street, Second Wednes- day of the month: 8.30–11pm Food, bedding, clothes and toiletries	<b>Love to the Nations Ministries</b> Charling Cross, Strand Every second Sun: 4pm	<b>House of Bread – The Vision</b> 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).							
brunch & discussion group) nb. Mon and some Wed sessions now held at Chalk Farm Salva- tion Army - listed above. FF, CL	<b>Farm Street Church</b> 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	<b>First Steps</b> King George's Hostel, 75 Great Peter Street Thurs: 8.30–10pm Hot meals, soup, fruit and cake	<b>Food Not Bombs</b> The Narrowway, Hackney Central Every second Sat: 5–6pm, FF	<b>Geffrey Community Centre</b> Geffrey Estate, Falkirk Street, N1 6SD 07527 789827 Soup kitchen every Thursday 12noon, FF	<b>Good Samaria Network</b> Sun & Mon: 6.30–8pm; King George's hostel, 72 Great Peter Street, SW1P 2BN	<b>Hare Krishna Food for Life</b> 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)	<b>House of Bread – The Vision</b> 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).	<b>Faith House (Salvation Army)</b> 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: 11am–1pm (women's	<b>Emmanuel Church</b> (Entrance in Whitfield St) 79a Tottenham Court Rd, W1T 020 7580 2791 Mon–Sat (except Wed): 10am–12noon, AC, CL, FF	<b>ASLAN</b> Hot food and sandwiches for early risers. Sat 5.30am–8.30am – Covent Garden, Milford Lane, Surrey Street, Strand and Waterloo	<b>Bloomsbury Baptist Church</b> 235 Shaftesbury Ave, WC2 8EP 020 7240 0544 Sunday: Roast lunch 1pm 10.30am for ticket (very limited)	<b>The Cabin</b> St Gabriel's Community Centre 21 Hatfield's Road, N19 4NG 020 7222 8195 Daily: 1030–1130am; Thurs: 12noon (lunch)	<b>Camden Road Baptist Church</b> Hilldrop Road, Holloway, N7 0JE 020 7607 7355 Thurs: 10.30am–12noon	<b>The Carpenters</b> TMO Community Hall, 17 Doran Walk, Stratford, E15 2JL 020 8221 3860 Every Tuesday: 10am–12pm	<b>Chalk Farm Salvation Army</b> 10–16 Haverstock Hill, NW3 2BL Mon: 6–8pm (men's group); Wed: 7.30–9pm (open drop-in) FF, CL	<b>Ealing Soup Kitchen</b> St Johns Church Hall, Mattock Lane Fri: 11am–4pm; Sat & Sun: 3.30–5pm They also give practical help/ housing advice	<b>Emmanuel Church</b> Forest Gate, E7 8BD (corner of Romford Rd & Upton Lane) Thurs: 7.30am (cooked breakfast)

**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 one-to-one welfare service.  
www.veterans-uk.info

**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 Greenland 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

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

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

**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

Mon-Thurs: 9.15am-11.30am  
020 7247 0090  
Health E1, 9-11 Brick Lane, E1

**Help in finding work and education**  
(Migrants workers job club)  
www.ur4jobs.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 Calver 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.turnarounde1.org.uk  
CA, ET, IT

**ENTERTAINMENT & SOCIAL EVENTS**

**ASLAN**  
All Souls Church - Clubhouse  
Cleveland St  
020 7580 3522  
Sat eve: by invitation

**Open Film Club**  
www.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

**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

**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

**Great Chapel Street Medical**

**Homeless**  
For those sleeping out or in hostels within the borough  
Mon, Tues & Thurs: 11am-12.30pm; Mon-Fri: 2pm-4pm  
A, BA, C, D, DT, FC, H, MH, MS, SH





**Manna Day Centre**  
6 Mellor St, SE1  
020 7403 1931  
Every day: 8.30am–1.30pm  
AS, BA, BS, BE, CL, DT, FF,  
FC, H, MH, MS, OL, TS  
**New Cross 999 Club**  
All Saints, Monson Rd, SE14  
020 7732 0209  
Mon–Fri: 1.00am–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 & 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  
**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;  
Wed: 7.30pm  
BA, BS, CL, FF  
**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  
**Provide Row**  
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 Cononbury Rd, N1 2DF  
020 7226 5369  
Tues: 7–9pm (drop-in); Weds:  
1–3pm (drop-in – B and FC); Fri:  
1.00am–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:  
12–3.30pm (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  
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  
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,  
F, L

Mon, Tues & Thu: 9am–3.45pm  
020 7252 9305

## Chelsea Methodist Church

155A Kings Road, SW3 5TX

Mon, Tues & Thu: 9am–3.45pm  
020 7252 9305

## 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, L, LA, LF, MC

Mon–Thurs: 8am–9.30am

(breakfast club)

020 7471 7030

Addison Road, W14 8LH

2013, but still open at:

23 Barnabas Church,

219 Mare St, E5

0208 985 6707

Mon–Thurs: 8am–9.30am

020 7471 7030

219 Mare St, E5

0208 985 6707

Mon–Thurs: 8am–9.30am

(breakfast club)

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## DAY CENTRES AND DROP-INS

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

020 7359 5767 (advice line)

14–15 Lower Marsh, SE1 7RJ

(under 25s) Lighthouse South,

Street, W1D 3SY; Thu: 2–3.30pm;

Urban Centre, Great Chapel

Mon: 2–3.30pm; Contemporary

for LGBT people of all ages.

Free confidential housing advice

Essex Road, N1 3QP

2a Leroy House, 436

Stonewall Housing

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# the list

The directory of London's homeless services Updated 30 January 2013

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

Email changes and suggestions to:  
[thelist@thepavement.org.uk](mailto:thelist@thepavement.org.uk)  
Or write to our address on page 3  
Updated entries: 3  
Services added: 1

## ADVICE SERVICES

**Advisory Service for Squatters**  
Angel Alley, 84b Whitechapel High Street, E1 7QX  
0203 216 0099 (cheaper to call 0845 644 5814 from land lines outside London)  
[www.squatter.org.uk](http://www.squatter.org.uk)

## Alone in London (16–25 years)

Unit 6, 48 Provost Street, London, N1 7SU  
020 7278 4224  
Mon–Fri: 9am–1am (first contact); 2–4pm (advice and appointments); For those aged 16 – 25 years.

who are homeless or at risk of becoming homeless  
A5, BA, C, CA, H, IT  
[www.als.org.uk](http://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](http://www.depauluk.org)

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

## 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