

# *the* Pavement

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

March 2013





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## *A work in progress*

Work continues on our redesign, and the initial designs we've seen look good, but it's ongoing work, and we don't have a firm date yet.

We're still interested in hearing from readers who have been subject to multiple Stop and Search by the police, so if this applies to you please drop us a line. Contacts on the left.

## *Richard Burdett*

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One of those housed by Green Pastures – page 19

*Photography © Mark Green 2013*

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

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**Craig Hetherington**  
Age at disappearance: 22

Craig has been missing from Guisborough, Cleveland since 22 February 2003.

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

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

**missing people**

Registered Charity No. 1225418

# The news

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

## Rough sleeper found beaten to death in Hove

A rough sleeper has been found beaten to death on the seafront at Hove.

Lea Williams, 42, was discovered beneath a duvet on 11 February by volunteers from the charity Project Antifreeze

Although Williams (pictured below) came from Hastings he was well known by the homeless community and its service providers in Hove, where he had lived for some years.

The police have confirmed that his death was caused by repeated blows about the head with a heavy object.

Detective chief inspector Ian Pollard, who is leading the investigation, said his team "will not stop" until the "brutal" and "vicious" attacker is found.

He has asked for anyone with information to get in touch. Sergeant Richard Siggs from the Neighbourhood Police Team is a point of contact for the homeless community.

Julian Haddow, the project manager at Antifreeze, told *The Argus*: "Lea Williams' death is tragic and he will be missed in our centre, on our night shifts and in the homeless community. Our thoughts and prayers go

out to his family at this sad time.

"We will remember Lea for his friendly face and for his requests for a 'good-night prayer' every night shift before we were allowed to leave the pitch and putt."

Floral tributes have been left at the site of the murder (pictured opposite).

Anyone with information can call **101** quoting **Op Depot**, or leave an anonymous message with the charity **Crimestoppers** on **0800 555 111**.

*Jane Evans*

## Squatter jailed

A homeless man has been jailed for 15 weeks for taking shelter in a derelict building after being convicted of squatting under new legislation.

Michael Minorczyk was sleeping on a makeshift bed in a boarded-up

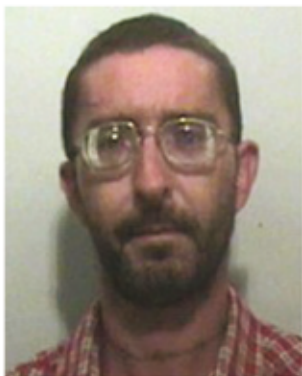




*“He will be missed in our centre,  
on our night shifts and in the  
homeless community”*



# Witness Appeal



A witness appeal has been launched following the brutal murder of **Lea Williams**, pictured above.

Do you have information that could help catch the person(s) responsible for this terrible crime?

The appeal is to anyone who saw Lea in the days leading up to 11 February 2013 the day his body was discovered in an archway under the promenade in Hove which overlooks the pitch and putt course.

Lea was 5'9" of slim build with short brown hair, brown beard and had a distinctive barbed wire tattoo across his collar bone and often wore glasses with very thick lenses.

**Do you know of any reason why someone would want to kill Lea?**

Anyone with any information is asked to call **101** quoting **Op Depot**, leave an anonymous message with the independent charity Crimestoppers on **0800 555 111** or talk to one of the many homeless agencies which operate within the city.



**Sussex Police**  
Serving Sussex

[www.sussex.police.uk](http://www.sussex.police.uk)

house in Blackburn on 31 January when police entered the building through a broken door, woke him up and told him he had to leave.

When police returned to check on the house 20 minutes later, the 27-year-old, who has serious alcohol problems, was asleep. He was then arrested for refusing to leave. The Polish man pleaded guilty to squatting at Blackburn Magistrates' Court, and was given a 15 week jail sentence under anti-squatting legislation introduced in September.

The new legislation makes squatting in residential buildings a crime punishable by a £5,000 fine or a six-month prison sentence or both. It has received widespread criticism from charities such as Crisis, which claimed the new law would criminalise vulnerable people, leaving them in prison or facing a fine they cannot pay.

Last September Alex Haigh, a 21-year-old from Plymouth, became the first person to be jailed

under the new law when he was sentenced to 12 weeks in prison.

*Katharine Hibbert*

## Council quashes rumour over Strand soup runs

Westminster City Council has categorically denied rumours that charity groups will be prevented from distributing food to homeless people on London's the Strand.

The council was responding to claims that soup runs would no longer be able to provide hot drinks and meals for rough sleepers in the area, and that restrictions would be enforced by law.

Nik Ward, head of rough sleeping at Westminster Council, said: "We can state – categorically – that we will not be preventing any soup runs from doing their work. Quite the opposite,

we welcome soup runs and are keen to work alongside them."

Mr Ward added that although the council had "no desire to outlaw soup runs on the Strand", it would be working alongside soup runners to identify alternative ways to help rough sleepers.

Councillor Rachael Robathan, Westminster City Council Cabinet Member for Adults Services, told *The Pavement*: "We recognise that everyone who helps with soup runs on The Strand or elsewhere is acting from the best motives - but this may not be the most effective way of helping homeless people.

"Many of the people receiving food on The Strand are not homeless at all and for those who are, the quick turnaround of handing out a mug of soup provides little chance for volunteers to engage with them, find out why they've ended up on the street and help to find solutions for them."

The council is working with



## 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 ★





**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)



Thames Reach and Housing Justice to find “more effective ways for these volunteers to help homeless people get away from the streets”, she added.

The council is also looking at expanding soup runs in the King George hostel in Victoria.

Ms Robathan said this “allows homeless people to be fed and treated with the dignity, allows helpers to befriend and engage with them, and therefore provide a real opportunity to make a difference”.

The Passage supports the council’s new approach. Rose Hickman, project worker for the faith-based group’s coordination project carried out by The Passage, said that charities should be working towards “effective and lasting ways of helping homeless people”.

“There is no danger of Westminster preventing soup runs from operating; this is all about seeking different ways of helping homeless people together”, she said, admitting that local businesses and community members feel there are currently “too many” soup runs operating in a tiny area of The Strand near William IV street.

“We are encouraging the groups that serve on The Strand, many of which travel in from other boroughs, to review their approach and consider supporting a local homelessness project or serve food from an indoor venue, where more meaningful engagement, support and advice can take place.”

Volunteers should be encouraged to find new ways to support the homeless community, including training as mentors/befrienders and volunteering with an outreach team.

“We have had some very useful conversations with soup run groups and a number of different ways of helping homeless people have been proposed, with the main focus being on local solutions.”

*Sarah Cox*

## The long walk

Spitalfields Crypt Trust in London has often had people running sponsored events to raise money for its work. Volunteer Chris Eglin, is now planning to take the challenge to new extremes by trekking to the North Pole.

Mr Eglin, who volunteers at the drop-in service, is undergoing training to trek into one of the last wildernesses on Earth. You can read more about his almost unbelievable challenge, and donate, at <http://www.justgiving.com/Spitalfields-Crypt-Trust>

## Staff

## Violent man kicked out of the UK

A rough sleeper who had been arrested 34 times and convicted of 28 offences has been sent back to his native Poland.

Piotr Kij was accused of committing acts of violence and bullying towards other homeless people and turning others to a “destructive way of life”, which involved excessive drinking and theft.

Acting on a request by Worcester’s West Mercia Police, the UK Border Agency (UKBA) used European legislation to authorise removal of the unemployed 37-year-old man.

Sergeant Carl Jones of the Cathedral Local Policing Team, which covers Worcester city centre, said: “We welcome law-abiding immigrants who come to work in Worcester, but we’re using this piece of Europe-wide legislation to deport those who, instead of contributing to society, are actively involved in crime and disorder.”

“Since arriving in Worcester, Kij has been consistently violent and offensive, usually when drunk,

to the extent he was considered one of our priority offenders in South Worcestershire.”

“He was a particular threat to other homeless people, bullying and threatening them to get what he wanted.”

*Sarah Cox*

## Left luggage in LA

In the Californian town of Venice Beach, homeless residents have an alternative to carry their belongings with them, with an innovative bag storage solution.

Using a metal shipping container with volunteers to run it, Check-in Storage means that local rough sleepers can deposit their bags so that they don’t need to carry them around or risk them being stolen.

“It makes us feel a lot better to store our things here,” Nani Valencia told the *Los Angeles Times*. “When you have all your [suitcases] with you, people treat you like you have rabies.”

Following a court ruling in September, that stated that the seizure and destruction of property left temporary on the pavements was unconstitutional, the city had to come up with solution to prevent a large amount of bags being left in the area.

“We’re not going to let [homeless people] keep items on the beach anymore,” Los Angeles council member Bill Rosendahl said. “We’re going to bag and tag [them]. We want to make it inconvenient but within the law.”

The Check-in Storage solution, a joint venture of the council and a local housing group, was particularly felt in the colder weather with a local shelter limiting what bags people could bring inside.

Reluctance to leave their kits unattended meant many didn’t use the winter shelter.





*The Christian Kitchen soup run in Walthamstow  
is under threat – page 13*



*"Non-white leg!"*



The solution allows individuals to store their belongings in the container for up to a week.

*Staff*

## Rough sleeping continues to rise across England

Local council figures report a six per cent rise in rough sleeping in England. This is in addition to the 23 per cent increase recorded last year.

According to figures published by the Department for Communities and Local Government (DCLG) 2,309 people were found sleeping rough across the UK during a street count last autumn.

This is up from 2,181 in the previous year.

London has seen the biggest rise, with 557 rough sleepers recorded – an increase of 25 per cent, making up 24 per cent of the national total.

Crisis warned that forthcoming cuts to Housing and Council Tax benefit, elements of the Social Fund (that supports low income households) and the introduction of a new bedroom tax (for social housing deemed to be under occupied); will contribute to further increases in rough sleeping in the future.

Chief executive Leslie Morphy said: "We have been warning for some time now that the economic downturn combined with cuts – particularly to housing benefit – would drive rough sleeping higher. These figures confirm our fears and with a raft of new cuts coming in April, we think this is just the beginning."

Matt Harrison, a Director of Homeless Link, the umbrella body for homelessness charities, agreed saying: "With homelessness rising when many charities face cuts, councils need to continue to invest in services that prevent damage to individuals and communities."

*Jane Evans*

## Soup run row in Waltham Forest

A row is brewing in the London borough of Waltham Forest, where the local council has ordered a local soup run to move after 20 years in the same spot.

Christian Kitchen was called into a meeting on 14 January following a police investigation into anti-social behaviour in the local high street.

The meeting was attended by the council's director of the public realm, Keith Hanshaw, a superintendent of the Metropolitan Police Service, and trustees and volunteers from Christian Kitchen.

Waltham Forest Council proposed two alternative sites, both of which the Christian Kitchen say are unacceptable. The first, a car park, they say will soon be in private ownership, and the second is too far away and unlit.

Organisers of the soup run have until 14 March to respond formally.

However organiser Norman Coe told *The Pavement*: "We do not believe that Christian Kitchen Soup Van has caused anti-social behaviour or exacerbated anti-social behaviour in the area, and we are convinced it is more to do with the planned redevelopment [in the high street]."

He added: "If we cannot find an alternative site then we cannot continue to help the poor and homeless people in our community."

A council spokesperson told *The Pavement*, "We know that the Christian Kitchen feel passionately about their work, which is why we have found them another site on a main bus route and in a non-residential part of the borough close to a large supermarket.

"Whilst the vast majority of the people who use the service are law-abiding, the current site has sadly become a magnet for some people who want to cause trouble

and we do not think that it is right that local residents should be made to feel unsafe when a better non-residential site is available."

*Staff*

## Cornish fines

A woman who takes in homeless and troubled young people has been made to pay thousands of pounds for breaking health and safety rules.

Julie Stoddern from Cornwall was fined £500 plus £4,000 in legal costs after she failed to license her home as a 'place of multiple occupation'.

She has spent years taking in young men, many of whom have come out of prison or have problems with drug abuse.

Ms Stoddern, who lives near the town of Camborne, even lived in a caravan so that she could take more people into her house.

Last year her good work with vulnerable young people was featured on a *BBC Cornwall* programme

But council officials inspected the house and issued her a warning notice about overcrowding in her attic room. They were also concerned that the stairs leading to the room were dangerous because they did not have a bannister.

After she did not respond to the warning, the council took her to court, where she pleaded guilty to ignoring the notice.

The magistrates said they understood her actions were "quite honourable" but said the rules were in place "for the safety of residents".

*John Ashmore*

# 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

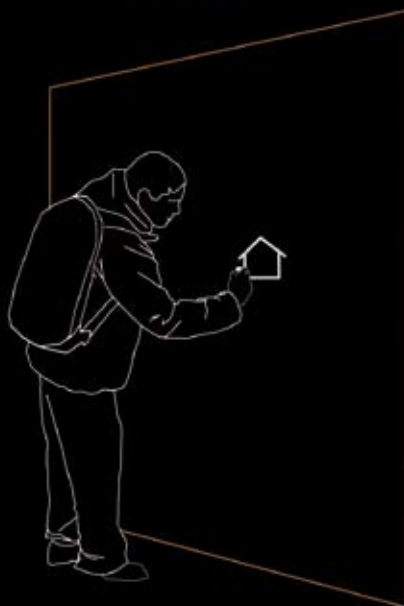


you'll get moved on here

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.



*"Now, putting on my architect's hat..."*

*Oyez, one of the many housed through the  
innovative work of Green Pastures – page 19*









*"At least he's not just sitting at home scrounging, dear"*

## Green Pastures puts the focus on eliminating poverty

As benefit cuts continue, Green Pastures has increased its efforts to find appropriate housing for vulnerable people in towns and cities across the UK.

Originally founded in Southampton in 1997, the organisation has remodeled since 2006, when it began to receive enquiries from all across the country (*The Pavement* first covered their work in 2009). With a desire to see homelessness completely eradicated, the Christian charity restructured, working closely with partner organisations to provide homes for the needy.

"Once a partner has signed, we work with them in their town to find a suitable, affordable property to buy for them," explained Pastor Peter Cunningham. "We then release them to accomplish their vision locally."

This gives partners the opportunity to put their own stamp on the way they operate, without feeling like they are part of a corporate chain. Referrals are run differently according to area and demand.

At present the charity has more than 240 houses and works with 33 partners across the UK, which has already assisted many homeless people. As part of its vision to move forward nationally, the charity is keen to develop up to 200 units of its own, some of which are already with planners at various local authorities.

Although the charity is run by Christians, the organisation operates a no discrimination policy, meaning anyone can volunteer and all vulnerable groups are treated equally when it comes to finding housing.

"Green Pastures partners vary in their work, their structure and their background," explained Cunningham. "One partner in Manchester,

the Boaz Trust, works with asylum seekers whilst two others in Stoke on Trent and Wakefield work specifically with hardened criminals just exiting prison. The national average figure for re-offending is 68 per cent, yet in Stoke on Trent figures are in single digits and in Wakefield they are in the low teens."

He added that despite the success, government ministers have yet to adopt the model as a nationwide policy.

Green Pastures is currently negotiating with local authorities to acquire some empty properties. "It's almost a crime that there are nearly 800,000 empty homes which, with a bit of work by us, could house the homeless," said Cunningham. "If only Councils would sell or even give us some of these we could increase our effectiveness."

As recession continues to bite and the new bedroom tax causes confusion and hardship, the need for the charity will continue to grow.

Meanwhile other issues which affect poverty, such as food and bills, also need to be addressed. "For example poorer families are the ones who are given an electricity meter, yet in reality those families have to pay a standing charge for the meter," commented Cunningham. "In some cases they pay 18 pence per unit or more. It's often a case of heat or eat and it will get worse."

*Lizzie Cernik*

## Red card project in London

Police are piloting a project in London that could see yellow and red card warnings used to deter anti-social behaviour.

Project Spartiate utilises the football-style system before progressing to arrest, prosecution and anti-social behaviour orders

(Asbos). The pilot will run until April.

The Metropolitan Police said no particular group or demographic was being targeted. However Victoria Business Improvement District (BID), a supporter of the project, said in published documents that its aims were to 'reduce rough sleeping and associated antisocial behaviour in Victoria.'

Offending behaviour includes begging, street drinking, abusive language and drunkenness.

Yellow cards warn the offender their behaviour is unacceptable and the consequences if it continues. The officer should also offer support such as housing, drug interventions and mental health support. The police work with groups including Connections at St Martin's and the Passage to try and ensure that necessary support is in place, once a yellow card has been issued.

Red cards stress that the behaviour is unacceptable and explain that prosecution is likely.

Its issue triggers research into whether an Asbo or other intervention is necessary. If behaviour continues then it is likely to lead to court action.

A spokesperson for the Metropolitan Police told *The Pavement*: "The idea is to persuade, advise and warn offenders to stop their behaviour before using the ultimate sanction of the criminal justice system."

"By using a sliding scale of warnings, police action can be proportionate but persistent offenders can be identified and those who continue to offend in Westminster will quickly see an increasing grade in the police response to their behaviour."

Early indications of the pilot project are that 65 per cent of those given yellow cards have not gone on to commit further acts of anti-social behaviour in the area.

*Emma Batrick*

## The future of street papers

The *Big Issue*'s UK sales have gone down by 100,000 in less than a decade, putting pressure on the magazine's vendors.

Last summer the *Big Issue* detailed ambitious plans to "create work opportunities for the homeless, ex-homeless and long-term unemployed people. Vendors will get training to help them report on projects and businesses that have the answers to a number of social problems."

That has not yet happened, but there may be another, more readily available solution.

The International Network of Street Papers (INSP), an organisation that provides support to street papers and their vendors throughout the world, is piloting system in which street vendors can offer readers access to a digital edition of magazine for the same price as a print copy.

Access would be sold on a card, which can be scanned on compatible devices. Readers then view their digital edition on their smart phone, tablet or computer.

Lisa Maclean, executive director of INSP, said: "We recognise that there is a need to investigate digital media opportunities within our street paper movement to safeguard the future of street papers and most importantly, employment opportunities for their homeless vendors.

Ms Maclean said feedback from the north of England pilot had been "very encouraging".

"We see that there is a great deal of support for and interest in a digital street paper offering," she added.

*StreetWise*, the US street paper from Chicago, is also experimenting with digital alternatives to help buck the trend in sales. The paper has launched a new mobile

app with PayPal aimed at the customer who does not have change but is willing to buy online.

The customer has to request a unique four-digit code from the vendor, enabling the proceeds to still be sent to that individual.

*Sean Lafferty*

## Recovery College

A free college for homeless Londoners has become a huge hit – with hundreds of new students joining in recent months.

The Recovery College was set up by the charity St Mungo's in September, and has grown from an experimental project to one with nearly 400 students enrolled on 60 courses.

These range from practical courses on health, literacy, food, finance and jobs to creative courses in music, film, and philosophy.

"The college provides a structured environment for people - but without some of the demands of mainstream education. It seems to be filling a gap," said Stuart Bakewell, St Mungo's area manager.

Staff and students said the college has helped build their self-esteem in a relaxed and friendly atmosphere.

Steve, a student in his 50s, told the *BBC* that the course had shown him how much his life could be improved "with a bit of confidence".

"The vast majority [of our students] didn't have a good time at school, so this is showing it can be enjoyable," said organiser Andy Williams.

For more information on how you can join St Mungo's Recovery College, email [recovery.college@mungos.org](mailto:recovery.college@mungos.org), or call them on 020 8762 5500. The college website can be found at: <http://bit.ly/UCfzwB>

*Jim O'Reilly*



**I'LL E**





**BE BACK NEXT MONTH!**

# Health and wellbeing

*The Pavement's health team look at feet and sleep, to keep you in the pink*

## My feet are sore

If feet were stuck on top of our heads we might be more inclined to look after them. They might serve no purpose, but they would be seen and not ignored.

The majority of people happily go without pain or discomfort but for others sore feet are a major problem.

Fortunately with a little knowledge and regular 'TLC', routine foot hygiene can and does help prevent sore feet and maintain healthy, happy walking.

General callus (hard skin) is the result of skin cells losing water. Man-made fibres found in shoes and tights dry out the surface of the skin, and general friction caused by movement damages skin cells which then start to mass produce. An absence of water in the outer layer of the skin prevents old cells from separating and when this accumulates in parts of the foot prone to heavy wear, such as the ball of the foot, toe knuckles and the heels, calluses result.

Dry skin responds well to regular application of moisturizing cream (face cream), which temporarily increases the amount of water available to the skin cells. More concentrated hard skin types may respond better to prescribed medication. Using a pumice stone to regularly scrub a hard skin surface is a safe way to take off the callus and is made easier after the foot has been soaked in warm water (46°C) for no more than 10 minutes.

The use of sharp metallic object for self treatment should be avoided, as this can result in cuts and infection. When a callus forms over a bony area, a conical

shaped callus or corn may form.

These miniature ice cream cone shaped calluses compress nerve endings causing added pain and discomfort. The only successful way to relieve this is to remove the excess skin with a sharp scalpel.

Self-help here is not recommended and podiatrists can easily and quickly remove the most painful corn with no discomfort.

Sore corns are often caused by tight or ill fitting shoes and so a change of footwear brings added relief.

Skin is a complete organ and regenerates every 28 days, but when damaged by callus, this is a permanent change and the painful corn will return in the next six to eight weeks.

To date there are no successful corn cures and despite the popular myth corns do not have roots to kill, so people with chronic skin damage do have to contend with regular foot care for relief.

Nails are made of modified skin cells, and like hair continue to grow throughout life.

Finger and toe nail should be trimmed each week and filed to remove rough edges. Manicure and pedicure sets are available, but it may take some practice before you can master the techniques.

People with failing eyesight or poor circulation and lack of feeling in their legs, as found in diabetes mellitus, should avoid self-care.

When toe nails are thick and especially painful, a visit to the podiatrist will bring much relief.

Diet helps improve the strength and appearance of nails with poor protein intake a common cause of opaque white bands on the nails. Absence of proteins slows down the rate of nail growth and the

plates grow thinner. A shortage of vitamin A (found in many dairy products and carrots) causes dryness and brittleness and a lack of vitamin B2 (found in milk, cheese, eggs, almonds, whole grains and vegetables.) results in fragile nails with both horizontal or vertical ridges. Vitamin B complex is also a factor in fungus infestation found underneath the nails. Frequent hangnails usually indicate an inadequate intake of vitamins C; folic acid and protein and iron deficiency can disturb the growth of the nails, causing dryness, brittleness, thinning, flattening and eventually the appearance of moon-shaped nails.

Diabetes can also cause nails to become dry, brittle and very thin due to complications arising in the autonomic nervous system. White spots may indicate a zinc deficiency or trauma to the nail. If you have any nail problems then see your general practitioner or podiatrist.

Toe nails need to be cut straight across the growing edge. Toe nails are oblong in shape and require to be cut to that shape. This is sometimes frustrating when there is discomfort in the side of the nail. However poor cutting can result in serious damage and infection so special care is required.

Rule of thumb, do not cut into the corner of the nail and when cutting problems arise see your podiatrist.

## *Toe Slayer*

Registered Podiatrist  
and Shoe Historian

## Sleep deprivation

Even writing the word *Insomnia* sends a shudder of pure terror down my spine. Not being able to sleep is one of my greatest fears, up there with an invasion of Daleks.

People who are lucky enough to sleep well may imagine sleep deprivation is like feeling a little tired, sleepy and slow. That is not how it is for me. Sleep deprivation brings about a seething hell of crabbiness, irrationality and makes performing even the simplest tasks similar to swimming in a jar of Marmite.

I'm not alone in suffering from lack of sleep from time to time. Most people will suffer a short term burst of insomnia during their lives and for some folks it can be a recurring and serious problem. Lack of sleep should not be underestimated in health terms as it impacts on all parts of your life.

If you're having trouble sleeping, you should consider a trip to the doctor as sleep problems are often a symptom of underlying illness. Fix the underlying problem and your sleep should return to normal.

Obviously if you are going through a difficult time in your life then sleep will be disturbed if you have a lot on your mind. Try to relax and if it helps write your problems down and leave them on a piece of paper, beside you or in your pocket, to think about tomorrow.

This might even be the case if you're sleeping out or in a noisy hostel - underlying problems should still be considered.

If you've been checked and there's nothing wrong, then NHS Direct recommends adopting what is often called "good sleep hygiene." This is easier said than done if you are sleeping rough or living in a hostel, but the advice is still worth repeating. You should establish fixed times for going to bed and getting up. Try to relax before attempting to sleep and avoid napping during the day.

Try to avoid caffeine, nicotine and alcohol late at night.

Exercise during the day can help you sleep, but exercising in the evening can have the opposite effect, heavy meals late in the evening can also disturb sleep.

Lastly, try to avoid checking the clock throughout the night. Good sleep hygiene advice also includes keeping your bedroom area for sleep and sex only and having a warm bath before bed. As a rough sleeper you may find this advice difficult to follow but worth remembering when your circumstances change.

Ear plugs may be useful and there are a number of varieties available from chemists. I find foam ones fall out, and I've had more success with the waxy ones you can squidge into the shape of your ear canal. Eye masks to block out light can be useful, I used one when I was on permanent night shifts and found it helpful although it did make me slightly claustrophobic. It goes without saying that you should be cautious of using ear plugs and eye shields if you are sleeping outdoors as it can make you vulnerable.

There are a number of over-the-counter sleep aids that some people find useful and it's worth going to the chemist and asking a pharmacist for advice on these.

Evidence about whether herbal remedies work is patchy but some people do swear by things like drinking camomile tea and placing lavender oil on their pillow.

If none of the above works then you can seek further advice from a doctor. It may be useful to keep a sleep diary so you and the doctor can see how much sleep you are actually getting. Remember some people need more sleep than others so don't worry if you seem to sleep less than other people. As with most things, it's all about what's normal for you.

Prescription sleeping pills can

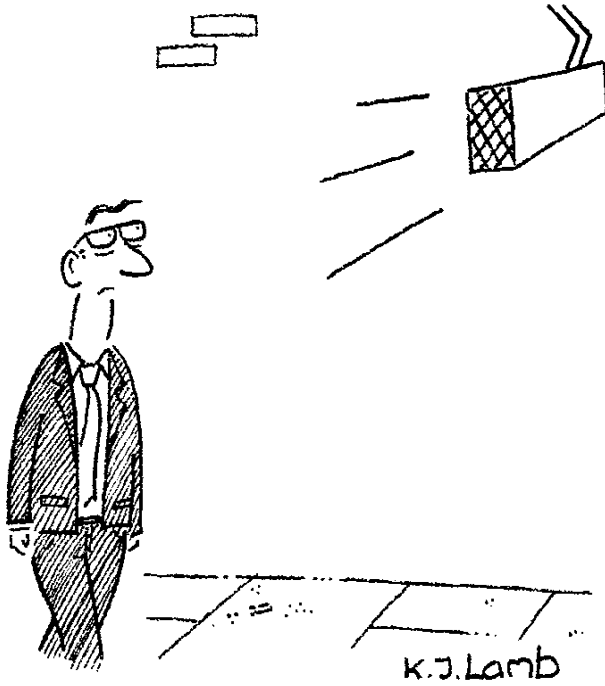
offer short term relief, however they are not a long term solution and as with all medication come with side effects. Best to take medical advice before going down this route.

Cognitive Behavioural Therapy is also helpful for some people and you can ask your doctor about this.

For more sleep advice go to:  
NHS Insomnia: <http://bit.ly/ro20ZN>  
Boots 10 tips: <http://bit.ly/XdITco>  
Mind - CBT: <http://bit.ly/V5m3VO>  
<http://sleepstarved.org/>

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

*Susie Rathie*  
Our Nurse Flo



*“Thank you for choosing this pavement, we  
hope you’ve enjoyed your journey”*

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

**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

**Domestic Violence Helpline**  
0808 2000 247  
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  
0845 60 60 265

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

**Frank**  
0800 776 600  
Free 24-hr drug helpline

## TELEPHONE SERVICES

**SAÑEline (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

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Housing advice for LGBT  
people of all ages  
[www.stonewallhousing.org](http://www.stonewallhousing.org)  
0845 60 60 265  
For the Pensions Service

**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

**Sai Baba**  
Coram's Fields (3rd Sun of  
month): 11am-1pm  
Vegetarian meal and tea

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

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

**Streetlies**  
Mon: 6-9pm, St Stephens Church,  
1 Coverdale Road, W12 8JJ

Tue: 6-9pm, King George's hostel,  
75 Great Peter Street, SW1P 2BN

**www.streetlies.org**

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

**Teen Challenge**  
020 8553 3338

Mon - Sat: 9 - 11pm; Mon,  
Whitechapel; Tue, Hackney Central  
Station; Wed, Brixton Town Square;  
Thu, Ealing Tube Station; Fri,  
Waterloo (St John's Church); Sat,  
Stratford Central Baptist Church.  
Also now run drop-ins  
- call for details

**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 Streetlies

**Silver Lady Fund (The Pie Man)**  
Van behind the Festival Hall or on  
Southwark Bridge Road - from 5am

**Simon Community**  
*Tea Run: Sun & Mon (6-9.30am):*

St Pancras Church 6.30am;  
Milford Lane 6.45am; Strand  
7am; Southampton Road 7.30am;  
Grosvenor Gardens 8.30am;  
Marble Arch (Sunday) 9am

*Soup Run: Wed & Thurs*  
(8pm-10.30pm): St Pancras  
Church 8.15pm; Hinde Street  
8.45pm; Maltavers Street  
9.15pm; Waterloo 9.45pm  
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 Thur  
& Fri 10am-4pm - Ealing  
Churches workers

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

**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: 7-9.30 pm, B, CL, FF

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

**Peter's Community Cafe**  
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





**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 Green-lan 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

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

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 Spectrum Centre, 6 Green-lan Street, NW1  
 0207 267 2100  
 For those sleeping out or in hostels within the borough  
 Mon, Tue & Fri: 9.30am - 12 noon; Wed: 2 - 4.30pm  
 BA, BS, CL, D, FC, H, MS, NE, SH

**Great Chapel Street Medical Centre**  
 13 Great Chapel Street, Soho  
 020 7437 9360  
 Mon, Tues & Thurs: 11am-12.30pm; Mon-Fri: 2pm-4pm  
 For those sleeping out or in hostels within the borough  
 A, BA, C, D, DT, FC, H, MH, MS, SH

**Dr Hickey's - Cardinal Hume**  
 Arneway St, SW1  
 020 7222 8593  
 Mon, Tues, Thurs & Fri: 10am-12.30pm & 2pm-4pm  
 Wed: 10am-12.30pm  
 A, BA, C, D, DT, H, MH, MS, SH

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

**Help in finding work and education**  
 www.ur4jobs.co.uk C, ET, FF  
 (Migrants workers job club)

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

**ENTERTAINMENT & SOCIAL EVENTS**

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

**Open Film Club**  
 www.opencinema.net, FF, LA

**EX-FORCES**

**AWOL?** Call the 'reclaim your life' scheme from SSAFA  
 01380 738137 (9am-10am)

**Home Base**  
 158 Du Cane Road, London, W12 0TX  
 020 8749 4885  
 www.cht.org.uk  
 Monday-Friday: 9.30am-5.30pm  
 Accommodation for 21 ex-service men and women aged 18-55  
 who are homeless or potentially homeless. Require proof of military service. Phone, call in or write, C

## The Welcome Project

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

## West London Day Centre

134-136 Seymour Place, W1H  
020 7569 5900  
Mon-Fri: 8.45-10am (rough sleep-  
er's drop-in); 10am-1.30am (drop-  
in, hostel residents join); 1.45am-  
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 Deftford 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  
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  
(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 service  
is listed in **Eastern European** section  
A, C, D

## Needle Exchange Van

White van under Centrepoint  
Tower, Tottenham Court Road  
Mon-Fri: 4 - 7pm  
South Westminster Drug and  
Alcohol Service (Turning Point)  
32a Wardour St, W1D 6QR  
020 7437 3523  
Mon-Fri: 10am-6pm, open  
access 12noon-5pm (except  
Wed 1-5pm); Sat: 11am-5pm,  
open access 12noon-5pm  
Meetings every night from 6pm,  
including AA, NA, LGBT AA and  
SMART recovery, except Wed,  
with is Steroid Service 6-9pm.  
C, D, FF, IT, LA, MH  
www.turning-point.co.uk

## Wandsworth Drug Project

86 Garratt Lane, SW18 4DB  
020 8875 4400  
Mon-Fri: 1-5pm; Sat: 1-4pm  
AS, A, AD, AC, CA, C, D, H, NE, OB, SH

## Westminster Drug Project (WDP)

470-474 Harrow road, W9 3RU  
020 7266 6200  
Mon-Fri: 10am - 12.30pm  
(appointments and needle-  
exchange); 1-5pm (open access)  
AD, C, D, H, NE, OB, SH  
184 Camden  
184 Royal College Road, NW1 9NN  
020 7485 2722  
Mon: 10am-3pm; Tue & Thur: 10am-  
8.30pm; Wed & Fri: 10am-5.30pm  
AS, BA, C, D, ET, MS, NE

## EASTERN EUROPEANS & MIGRANTS

**East European Advice Centre**  
Pollingswick 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

Ermanuel's Church,  
Forest Gate, E7 8BD  
020 8257 3068  
Support for drug and alcohol  
treatment, advice, contact with  
other agencies; Thur: 5-7pm  
Part of DASL in **Drug & Alcohol Services**

## Alcohol Services

**Hackney Migrant Centre**  
St Mary's Church, Spenny  
Walk, Stoke Newington  
Church Street, N16 9ES  
info@hackneymigrantcentre.org.uk  
Wed: 12.30-3.30pm  
Free advice and support for refu-  
gees and migrants, AD, BA, FF, H

## URJ0BS

Upper Room, St Saviour Church,  
Cobbold Road, W12 9LN  
020 8740 5688  
07967 112207 (English)  
07772 565815 (Romanian)  
07772 473554 (Polish)  
Mon-Fri: 5.30-6.45pm (hot  
supper); Mon & Tue: 12noon-5pm

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

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

#### St Stephen's Church (The Manna)

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

#### The Tab Centre

20 Hackney Rd, Shoreditch, E2  
020 7739 3076  
Friday: 9am-12noon, F

#### Triumphant Church International

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

#### Union Chapel (Margins)

Compton Terrace, Upper Street, N1  
020 7359 4019  
Sun: 3pm-5pm  
BS, CL, FF, HA, L, LA, LF

#### Upper Holloway Baptist Church

11 Tollington Way, N7  
020 7272 2104  
Mon: 10am-1pm CL, FF, LF

#### Upper Room, St Saviour's

Cobbold Rd, W12  
020 8740 5688  
Mon: 1-6pm (UR4jobs); Tue-Thurs:  
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

#### SanKtus

4 Lady Margaret Road, NW5 2XT  
Entrance in Falkland Road  
020 7485 9160  
Mon, Wed, Fri: 2-3pm;  
Sun: 3-4pm  
BS, CL, FF, H

#### Shoreditch Community Project

(SCT) St Leonard's Church  
Shoreditch High St, E1  
020 7613 3232  
Mon & Wed: 9.30am-12.30pm;  
Tues: 2-4pm  
FF, BA, OL

#### Simon Community 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 and Thu 10.30am - 2pm  
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

#### St Cuthbert's Centre

The Philbeach Hall  
51 Philbeach Gdns, Earls Court  
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

#### New Horizon Youth Centre (16

– 21 year olds)  
68 Chilton Street, NW1 1JR  
020 7629 4061  
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;  
and Wed: 7-8.30pm  
BA, BS, CL, FF

#### The Passage (25+)

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-

## ScotsCare & Borderline (for Scots

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

**Borderline (for Scots):**  
BA, CA, H, B, P, TS  
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,  
020 7359 5767 (advice line)

**Stonewall Housing**  
22 Leroy House, 436  
Essex Road, N1 3QP

Free confidential housing advice  
for LGBT people of all ages.

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

Mon–Thurs: 9.30am–12pm  
12 noon–1pm (sandwiches).

AC, BA, BS, CA, CL, C, ET,  
FF, H, IT, LT, LA, LF, MC

Mon–Thurs: 8am–9.30am  
(breakfast club)

**Hanbury Community Project (SCT)**  
Details of their changes have been  
confirmed, and they're now called

the New Hanbury Project, and listed  
under **Employment & Training**

**The Haven Club**  
At the Holy Cross Centre  
(See below).

Mon: 6pm–10pm  
For self-treating drug & alcohol  
users: no using on day or no entry

**Holy Cross Centre**  
The Crypt, Holy Cross Church  
Cromer St, WC1

020 7278 8687  
Mon: 2pm–5pm; Tues: 6–9pm;  
(ticket required) Thurs: 5–8pm;

AC, FF, H, IT, LA, LF, MH  
12 noon–3pm (refugees and  
asylum seekers session).

**Homeless Concern**  
Emmas House  
1 Berrymead Gardens, Acton

020 8992 5768  
Call for opening times  
A, B, BA, CL, D, DT, ET, F, FC

**Broadway Day Centre**  
Market Lane, Shepherds Bush, W12  
020 8735 5810

Mon, Wed, Fri: 10  
- 1am (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

**Chelsea Methodist Church**  
155A Kings Road, SW3 5TX  
020 7352 9305

Mon, Tues & Thu: 9am–3.45pm  
F, L

**Church Army (women only)**  
1–5 Cosway St, NW1  
020 7262 3818

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

AC, BA, BS, CA, CL, C, ET,  
FF, H, IT, LT, LA, LF, MC

Mon–Thurs: 8am–9.30am  
(breakfast club)

**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  
020 8868 1222

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

**Cricklewood Homeless Concern**  
60 Ashford Road, NW2 6TU  
020 8208 8590

info@chc-mail.org  
Homeless drop-in: 28a Fortuneigate  
Rd, Crover Park, NW10 9RE

Tues & Fri: 10am–2.30pm;  
Wed & Thurs: 12.30–2.30pm

Mental health drop-in: in flat  
above St Gabriel's Hall  
77 Chichele Rd, Crickle-

wood, NW2 3AQ  
Tues–Fri: 10am–12 noon.

AC, BA, BS, H, IT, L, MS, OL  
Speedwell St, 020 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

Ungoing renovation until  
2013, but still open at:  
23 Barnabas Church,

Addison Road, W14 8LH  
020 7471 7030  
Tue & Wed: 2 – 4pm

**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)**  
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users: no using on day or no entry

**Holy Cross Centre**  
The Crypt, Holy Cross Church  
Cromer St, WC1

020 7278 8687  
Mon: 2pm–5pm; Tues: 6–9pm;  
(ticket required) Thurs: 5–8pm;

AC, FF, H, IT, LA, LF, MH  
12 noon–3pm (refugees and  
asylum seekers session).

**Homeless Action in Barnet (HAB)**  
36B Woodhouse Road, N12 0RG  
020 8446 8400

Mon – Fri: 12noon – 3pm (drop in);  
Mon, Tues & Thurs: 9am – 12noon  
(rough sleepers only); Wed: 9am

– 12noon (women's group)  
AD, BA, BS, CL, F, H, L, TS

**London Jesus Centre**  
83 Margaret St, W1W 8TB  
0845 8333005

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

# the List

The directory of London's homeless services

Updated 28 February 2013

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

Email changes and suggestions to:  
[thelist@thepavement.org.uk](mailto:thelist@thepavement.org.uk)  
Or write to our address on page 3  
Updated entries: 2  
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)

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