

# *the* Pavement

The *FREE* monthly for London's homeless

April 2013



***I'M BACK!***



**Published by**

*The Pavement*

Registered Charity Number 1110656

**PO Box 60385**

**London**

**WC1A 9BH**

**london@thepavement.org.uk**

**Fundraising**

**fundraising@thepavement.org.uk**

**The List directory**

Kit Maclean

**thelist@thepavement.org.uk**

**Distribution/Stockists**

Jennifer O'Brien

**distribution@thepavement.org.uk**

**Editor-in-Chief**

Richard Burdett

**News Editor**

Catherine Neilan

**Web Editor**

Val Stevenson

**Reporters**

John Ashmore, Emma Batrick

Lizzie Cernik, Sarah Cox

Dearbhla Crosse, Jane Evans

Rebecca Evans, Katharine Hibbert

Jim O'Reilly, Jo O'Reilly

Carinya Sharples

**Photographers**

Rufus Exton, Katie Hyams

**Contributors**

Susie Rathie, Toe Slayer, Evelyn Weir

**Cartoonists**

Nick Baker, Neil Bennett, Cluff, Pete

Dredge, Kathryn Lamb, Ed McLachlan,

Ken Pyne, Steve Way, Mike Williams

**Artists/Designers**

Mike Donaldson, Lo Parkin

**Printed by**

www.evonprint.co.uk West Sussex

# The Editor

## *Don't panic*

The news in this issue has a lot of death and violence in it, with three murders, a violent assault and a man freezing to death, but don't let it stop you reading on or colour your view of the World.

Two of the murders covered are in the context of trials where we're reporting on verdicts. The other is an update on the murder in Hove, on the south coast, where the killer is still to be caught, so we're carrying the police appeal again.

However, there's plenty of interesting stories to keep you informed, and even a couple of positive news items. Please, read on.

## *Richard Burdett*

Editor

**editor@thepavement.org.uk**

**twitter.com/ThePavementMag**

## Contents

### Cover

Street Shield is back this month, and in a fight against a trio of villains – page 20

*Artwork by Mike Donaldson*

### News

### Pages

*Missing People*

4

*The news*

4–19

*Homeless city guide*

14

### Street Life

*Street Shield – the homeless hero*

21

*Foot care – care for your pair*

22

*See the nurse – Nurse Flo is in*

23

*The List (incorporating soup runs)*

32–25

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



## Lisa Pour

Age at disappearance: 40

Lisa has been missing from Killburn since 15 January 2013.

If you think you can help the search please call or text Missing People on **116000** or email **116000@missingpeople.or.uk**.

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

**missing  
people**

Registered Charity No. 1029418

# The news

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

## Missing links on CHAIN?

Homeless services in London are reducing the number of rough sleepers they register on the capital's key database Chain.

*The Pavement* has learned that some organisations using the Combined Homeless and Information Network (Chain) are only logging clients if they are bedded down in certain locations or once they have been seen three times.

Teams are also not registering those who are bedded down on a park bench or in a doorway on private property.

However this directly contravenes Chain guidance, according to Broadway, the charity that runs the network.

Becky Rice, Broadway's research and information manager, said outreach teams should register people "the first time they make contact with them on shift if they are rough sleeping ("bedded down") or if they are not bedded down but have been contacted and are vulnerable".

People should be considered to be sleeping rough if they are sleeping or bedded down in the open air – streets, doorways, parks and bus shelters included – or in buildings or other places not designed for habitation – such as barns, sheds, car parks, car, derelict boats, stations or bushes – she added.

*The Pavement* has also been alerted to instances where rough sleepers have come into contact with outreach workers on a number of occasions but have no entry logged on Chain, but Broadway was not aware of this.

The five-person Chain team has a number of procedures and

checks to ensure their figures are as accurate as possible.

Responsibilities include producing a wide range of reports and analysis, data cleaning, technical development of the system to ensure it meets the needs of all users, working with Greater London Authority (GLA) on special projects such as monitoring for No Second Night Out, StreetLink and the Social Impact Bond project.

This data cleansing can involve, for example, sending out current client lists to hostels to check Chain is up-to-date in terms of who is resident at a hostel and who has now left. While the monitoring reports measure how well teams are performing and meeting targets, such as adding 95 per cent of outreach contacts within 72 hours.

The team also visits projects to deal with any problems that members have using the system and every six months it holds a managers' meeting. Broadway then has regular meetings with the GLA about the progress of the Chain system.

Ms Rice urged anyone who has seen misuse of Chain information to inform the team at Broadway.

"The Chain team will follow up any reports of a breach of this protocol and the GLA may be informed," she said.

"If a reported breach is substantiated and deemed serious and significant by the GLA, the project or organisation concerned may have their access to Chain revoked."

If you have a complaint about the Chain system or the services offered by the Chain team visit <http://bit.ly/YTIktq>

*Carinya Sharples*





*“They may be justified in hating  
a society that has allowed a  
homeless man to freeze to death”*



## Death in Kent blamed on anti-squatting law

The death of a homeless man on the doorstep of an empty home (pictured opposite) has been blamed on new anti-squatting legislation by campaigners.

Daniel Gauntlett, 35, died while sleeping outside a bungalow in Aylesford, Kent, on a bitterly cold night during February, when temperatures dropped to -2.

Gauntlett's body was found the next morning by a passer-by who noticed him from the pavement. An inquest confirmed that his death was caused by hypothermia.

Police had reportedly been called on a previous occasion when Gauntlett had tried to get inside the house, which was boarded up.

Since September, it has been a crime punishable by a £5,000 fine or six months in prison to squat in a residential property. Previ-

ously such squatting was a civil rather than a criminal matter.

A local resident told the *Kent Messenger* that Gauntlett was a familiar face in the area

"He used to ask for money but not for drink," the resident said. "He used to buy pasties from the supermarket. It was so sad. Especially when the houses are empty."

In response campaigners have set up a website called "Is Mike Weatherly MP Dead Yet".

The website claims that because the Hove MP helped to introduce new anti-squatting legislation, he is "personally responsible for the death of Daniel and all other poor and homeless people who will die as a result of this disastrous legislation."

Responding to the website, Weatherly said: "A typical squatter is middle-class, web-savvy, legally minded, university-educated and, most importantly, society-hating."

"If squatters really cared about

the homeless then they would help them access council services, not scare them into believing that they would be arrested."

However, Squatters' Action for Secure Homes (Squash), a group formed to campaign against the legislation, has written an open letter rejecting Weatherly's claim that squatters were largely middle class, pointing to research carried out by Crisis which showed that 40 per cent of single homeless people had squatted.

The Squash letter added: "If the typical squatter were society hating... they may well be justified in hating a society that has allowed a homeless man to freeze to death on the steps of an empty home."

"Squash will continue to campaign against the bigotry and myths perpetuated by Weatherley and the mainstream media about squatting."

*Katharine Hibbert*



## 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 ★

Supporting  
London life



**dmg::media**

**Daily Mail**  **The Mail** 

ON SUNDAY

**METRO**

[www.mailonline.co.uk](http://www.mailonline.co.uk) • [www.metro.co.uk](http://www.metro.co.uk) • [www.wowcher.co.uk](http://www.wowcher.co.uk)  
[www.jobsite.co.uk](http://www.jobsite.co.uk) • [www.thisismoney.co.uk](http://www.thisismoney.co.uk) • [www.travelmail.co.uk](http://www.travelmail.co.uk)



## Liverpool murder verdict

Three teenage boys have been found guilty of murdering a rough sleeper behind a supermarket in Liverpool.

The schoolboys, one now aged 14 and two others aged 16, kicked 53-year old Kevin Bennett to death on 17 August of last year. The brutal attack took place behind an Iceland store in the Walton area of Liverpool in the early hours of the morning.

They now face sentences of up to 12 years - less than an adult because of their age at the time of the murder. They cannot be named for legal reasons.

Each of the three pleaded not guilty when the case came to trial in January, with the court hearing three weeks of evidence before the verdict on 26 February.

When the guilty verdict was read out the youngest of the three boys started crying but the other two did not react at all, according to reports in the *Liverpool Echo* newspaper.

The judge commented: "Throughout the trial he appears to have been the only one of the defendants that has shown any emotion at all."

A woman of 42 was also found guilty of perverting the course of justice by lying to police about where the boys were the night of the attack.

During the trial the court heard that the attack on Bennett, who was well known in the local area, was completely unprovoked.

Prosecution lawyer Alan Conrad told the jury: "Mr Bennett had done nothing to deserve such violence. Those who attacked him were much younger and more agile than he was - very young indeed."

Bennett had been known as a heavy drinker and was last seen leaving a local pub at 1am with a bag full of beer, hours before being set upon by the three boys.

John Ashmore

## Squatting six months on

Pressure is being kept on the government to reverse its decision to criminalise squatting six months after legislation was first passed.

Last September the government held brief consultation period, in which sensationalist and inaccurate statements were issued and concerns about the proposals ignored, from respondents including Metropolitan Police, Law Society and Criminal Bar Association.

This would "end the misery of homeowners whose properties have been preyed on by squatters," according to Ken Clarke, the Justice Secretary, ignoring the fact that squatting someone's home was already a criminal offence under Section 7 of the Criminal Law Act 1977.

The law is designed to save £350m - although it will cost £25m to implement in its first five years.

But half a year after the law - making squatting in residential properties punishable by up to six months in prison or a fine of £5,000 - was passed, campaign group Squatters' Action for Secure Homes (Squash) has launched analysis detailing the impact.

Squash estimates the total cost of the law - once rehabilitation, housing benefit claims and costs associated with a higher level of rough sleeping have been taken into account - as closer to £790m.

As for police action, there have been arrests for squatting in abandoned buildings, but none for displacing somebody from their home - so much for ending "the misery of homeowners".

However, local authorities and the police are gathering so little data on the Act's impact that the real picture is hard to grasp.

There are no accurate figures for the number of evictions. Twenty-nine police forces hold no data on S144 offences.

Several told Squash that

offences are non-notifiable/not recordable and they could not locate the relevant Home Office offence code.

And 91 per cent of local authorities do not record whether people have previously lived in squatting buildings. However, Crisis has previously found that 40 per cent of homeless people have squatted at some stage and suggests that squatting is the consequence of a housing and homelessness emergency.

The Case Against Section 144 is available from the Squash website, <http://www.squashcampaign.org>

Val Stevenson

## Legal action threatened over soup run move

The Christian Kitchen, a soup run in the London borough of Waltham Forest, which had been asked to move to a new location (see *The Pavement* March issue), has taken legal advice to force the council into further discussions about the proposed move.

Law firm Irwin Mitchell wrote to Waltham Forest Council, on behalf of users of the Christian Kitchen, stating that if they do not meet again to discuss the proposed move, they will seek a Judicial Review of the decision.

As a result the council has agreed to further discussions.

Alex Rook, a public law expert at the law firm Irwin Mitchell, said: "The council has not properly consulted with either the organisers Christian Kitchen, or the users of the service. They have not provided any suitable evidence that shows how the soup kitchen is responsible for anti-social behaviour. In fact a Freedom of Information request proves that the Council has had no direct complaints about the soup kitchen in the past 12 months.





*The Christian Kitchen soup run in Walthamstow, London, has sought legal advice in its attempts to resist being moved – page 9*



*"Ooh! I do admire a man who can accessorize"*

"There are serious concerns that many of the current users of the service simply won't be able to get to the proposed new site. It seems strange to force people who can't afford a hot meal to have to spend money taking a bus or two to get to a meal provided by a charity."

A spokesman for Waltham Forest Council told *The Pavement*: "The Council has been contacted by solicitors acting on behalf of Christian Kitchen seeking a meeting to discuss the moving of the kitchen."

"The Council is confident that its decision to relocate the Kitchen was fairly and lawfully made in light of the ongoing problems with anti-social behaviour at the current site at Mission Grove. The Council has already met with the Christian Kitchen about the proposed move but has willingly offered another meeting which is to be arranged for on or around 2 April."

"The Council also put back to the proposed move from 28 March to 5 April to facilitate these discussions and to allow for an amicable resolution."

*Staff*

## Pitch and putt killer still at large

Police are no closer to finding the murderer of rough sleeper Lea Williams (pictured).

Mr Williams suffered fatal injuries to the head and face and died in the arches adjacent to the Hove pitch and putt course, Sussex, at the beginning of February (see *The Pavement* March issue).

A photo taken of Mr Williams and his friends in the arches where he died has been released by the police, but the photographer remains unknown.

Detective Chief Inspector Ian Pollard, who is leading the investigation, said: "An anniver-

sary appeal at the scene of the crime on Monday 18 February did result in local people providing information, but to date this has not led us to Lea's murderer(s)."

Although the police remain hopeful that DNA evidence may unlock clues about the killer, they have not yet named either the suspect or the possible murder weapon.

Detective Inspector Wendy Burton said: "Forensic examinations of the many items that were found lying around Lea's body are ongoing."

"DNA testing like this takes time but it is a vital part of the investigation and may tell us who else was in the archway with Lea between Sunday, 10 February and Monday, 11 February, when his body was found."

The police are still gathering and reviewing hundreds of hours of CCTV footage recorded in the vicinity of the murder.

If you have any information please call 101 quoting Operation Depot.

*Jane Evans*

## One man and his dog

One man, one dog and a 184 day trek through sub-zero temperatures, sleet and snow. That's the challenge Wayne Hall set himself, in a bid to raise £10,000 for Shelter.

A self-employed tiler Mr Hall, 46, set off on his epic trek through the Scottish Wilderness in February with only his dog Jerry for company.

With just a tent for shelter Mr Hall and Jerry have survived by living largely off the land, on a diet of fish, berries and edible plants, and the occasional bacon buttie when offered by kind-hearted stranger.

Mr Hall said: "The dog and I have enjoyed every minute of the trip so far but it's also really hit home why we're doing this."

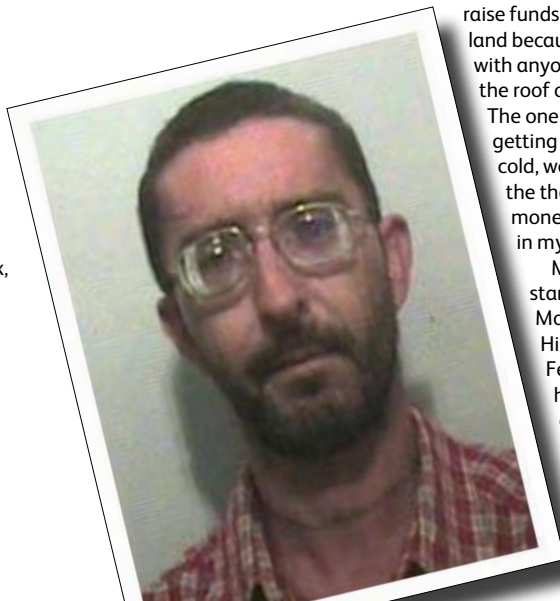
"There have been a few mornings when we've woken up to find the water bottle and food completely frozen, and that's inside a good quality tent. I can't imagine what it's like for people who have to sleep rough night after night."

Mr Hall has experienced homelessness first hand after losing his home nine years ago when his landlord died and the property was inherited and sold.

He added: "I chose to raise funds for Shelter Scotland because I empathise with anyone who has lost the roof over their head."

The one thing that is getting me through the cold, wet and snow is the thought of raising money to help others in my situation."

Mr Hall's trip started at Loch Morar in the Highlands on 25 February, and he will travel across Scotland, stopping at 25 lochs on the way. He'll complete the



# 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

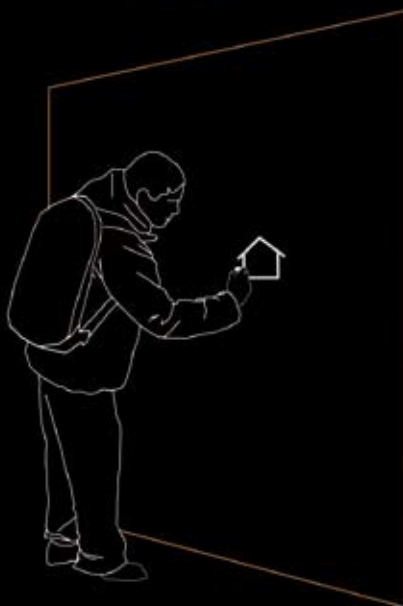


you'll get moved on here

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.



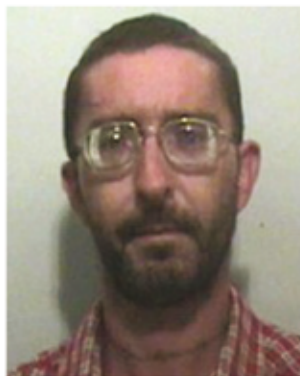


*Cash withdrawal symptoms*

IT'S BECAUSE  
I'M A WOMAN,  
ISN'T IT!?



# 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)



*"Well, first the good news; you are extremely photogenic"*

expedition on his 47th birthday at Galloway Forest Park on 27 August.

Throughout his journey Mr Hall had been keeping his followers up to date on his and Jerry's progress by posting regular news on his Facebook page and Twitter account. To find out how they are getting on go to <http://on.fb.me/ZvrYTO> and <http://bit.ly/ZXVGRa>

To donate visit: <http://www.just-giving.com/sixmonthsinscotland>

*Mairi Gordon*

## Snakes in a bin

An innovative luggage storage facility for use by homeless people in Venice, Los Angeles, (see *The Pavement* March issue) had more than luggage left in it in early March.

Workers found a large snake in one of the wheeled bin storage containers.

The local authority's animal services went to the container which can be used to store luggage, after a worker reported seeing a python or boa constrictor.

The workers were going through belongings in storage, which the female owner hadn't collected for a week, when they came across the hungry reptile.

*Staff*

## Trial of Marble Arch murderer

The Old Bailey has heard how a man killed a Scottish homeless person and later turned up at Buckingham Palace demanding to see the Queen.

Ghodratollah Barani strangled Mark Morrison, 46, originally from Dunblane, at Marble Arch, central London, in June and spent the next week repeatedly trying to see the monarch.

Barani had been to the palace before the killing and was twice taken to hospital but doctors thought he was feigning illness to advance his asylum application.

He said he had been hearing voices telling him to kill someone to make him king.

He believed the Queen would help him and when he was stopped at the north gate of Buckingham Palace, he said he was the king of Afghanistan.

The 27-year-old Afghan, who lived in Sheffield before arriving in London, pleaded guilty to manslaughter on the grounds of diminished responsibility. He was ordered to be detained in a secure hospital for an undefined period of time.

Barani had been taken to St Thomas' and Gordon hospitals after two previous attempts to enter the palace.

*Sean Lafferty*

- If you're Scottish and homeless in London, or have friends who are, these are two organizations to know <http://www.scotscare.com> or <http://www.borderline-uk.org>

## Malicious attack on a Bristol rough sleeper

A musician who kicked and stomped on the head of a Bristol rough sleeper, has been sentenced with a suspended jail term.

Sharon Collins, who was bedding down with her Jack Russell in a Bristol underpass known to locals as the Bear Pit spoke to Diego Rodriguez at 1:15am in October last year; he responded with an unprovoked attack, kicking Collins in the back of the head and returning to stamp on her face.

CCTV footage and blood found on the defendant's shoe helped to secure his arrest and subsequent conviction.

Although he says he was drunk and cannot recall the encounter, he pleaded guilty of assault occasioning actual bodily harm.

Crown Court judge David Ticehurst gave Rodriguez a 12 month prison sentence, which was suspended for 18 months. He must also carry out 240 hours unpaid work and pay £100 court costs, along with a further £100 to the victim.

The judge told Rodriguez: "As your barrister said, this was a malicious and violent offence.

"This woman was sleeping rough. She regarded an underpass in Bristol as her bedroom.

"She was sleeping on blankets, her head was on a suitcase and she was trying to get some sleep when someone like you comes along and kicks her for no good reason."

*Jane Evans*

## UKBA to be scrapped

The UK Borders Agency – the authority that has deported rough sleepers from Eastern Europe – is to be scrapped after home secretary Theresa May told MPs "its performance was not good enough".

The UKBA was formed in 2008 as distinct from the Home Office, but Ms May said this had led to a "secretive and defensive culture".

On March 25, MPS from the Home Affairs Committee published a report claiming that the UKBA had repeatedly supplied incorrect information about the size of backlog asylum cases, describing it as "not fit for purpose".

Committee chairman and Labour MP Keith Vaz welcomed the home secretary's decision to put the border agency "out of its misery".

*Staff*

# STREET SHIELD

## CHAPTER 32

### TO THE RESCUE!







NEXT TIME...  
**A SET-TO!**

# Health and wellbeing

*The Pavement's health team look at tip to toe to keep you well*

## Cracked heels

Old skin cells account for 90 per cent of the dust in buildings. You may not know that you have dry skin around your heels, and it's often not a problem. But if you have diabetes, check your feet regularly – a vanity or inspection mirror lets you see those out-of-the-way places! A lack of feeling in your hands and feet is a common complication of high blood sugar levels, and you may be unaware your skin is damaged.

Normally, the outer skin can cope with moderate shearing stresses (rubbing against another surface), but when it is damaged, callus (thickened skin) replaces the normal, soft skin. Thickened skin can crack, which exposes the lower layer of

skin (the dermis), and often leads to bleeding and infection. Cracked heels are often blamed on going barefoot or walking in flip-flops, but the condition is frequently triggered by not wearing a closed-in shoe that supports your heels and by dehydrated skin.

If you have severe cracking, see your doctor or podiatrist – the hard skin needs to be carefully removed.

Fortunately, you can improve dry skin with some simple steps. Rehydrating the cells encourages the old cells to separate from the new ones, leaving a more pliable surface which can cope with the external stresses around the surface of the foot. However, hard skin always returns – a chemical enzyme in the blood determines how quickly the skin reproduces itself.

So, what can you do if you have cracked heels?

- Wash your feet in warm water (hand hot, 46° C).
- Dissolve

a handful of table salt in a basinful of water and bathe the feet for no longer than 10 minutes before patting them dry. (The saline solution is antiseptic and will clean out deeper fissures.) If your cracks are severe, repeat the footbaths every four hours.

- Use an antiseptic cream to cover the cracks.

If these do not heal within a few days, then report them to your doctor. Skin cells quickly take up water from bathing, and old cells can be removed easily by rubbing gently across the skin with a pumice stone or clean, plastic (not metal!) pot scourer. Regular foot baths and rubbing keeps mild to moderate heel callus at bay. Rubbing cream into the skin is also recommended – anything that is good for the hands and face is good for the feet!

Barrier creams are recommended for moderate to severe heel cracks. They are greasier and form a temporary film that traps microscopic water on the skin's surface and helps it rehydrate. Cream containing urea can be very good for severe heel callus but can also irritate the skin, so should be used only under direction.

The doctor can prescribe other medicated creams.

**Toe Slayer**  
Registered Podiatrist  
and Shoe Historian



## Mouth care

The ongoing and seemingly endless winter we are having this year has had an annoying and painful effect on my lips. They've been dry and chapped for about two months now. If you are also a chapped lip sufferer remember to slap on the lip salve or Vaseline and don't be tempted to lick them, it'll make them worse.

Cold sores are caused by the herpes simplex virus and once you've had them once you will always be susceptible to them. Cold sores usually strike when people are run down, tired or stressed. They start with a tell tale tingle and this is the best time to slap on some over the counter cold sore cream. It's really worthwhile taking advice from a pharmacist about what's the best cream for you.

Remember to look after your mouth and if you have an ulcer or sore that does not heal then seek advice from a doctor or nurse.

By far the biggest mouth issue is your teeth and taking care of them is critical to good health.

Food and bacteria build up on the teeth causing plaque. Plaque is a thin, sticky film of bacteria that constantly forms on the surface of your teeth. This bacteria forms an acid which attacks the surface of the tooth leading to tooth decay. If tooth decay is left untreated the nerve of the tooth can become infected and die. Once this happens you may lose the tooth or get an abscess.

The easiest way to stop tooth decay is to brush your teeth regularly. It is recommended that you brush your teeth at least twice a day with a medium sized, nylon bristled toothbrush. Brushing for two minutes in a circular motion is the best way to remove plaque. Dentists recommend you use a toothbrush that contains fluoride.

Most people don't bother to clean in between their teeth but

this should be a very important part of your cleaning routine. There's no point in taking the plaque off the surface if you're leaving nasty stuff between your teeth. Dental floss is the easiest way to clean in between your teeth. Get a long strand of it, wrap the ends round your fingers and gently clean between each tooth, using a new part of the floss strand for each tooth. Removing bacteria from between your teeth will also keep your breath fresh. Toothbrushes don't last forever and an old worn out toothbrush will not get your teeth properly clean. Get a new one once the bristles start to look worn and definitely don't use the same one for more than three months.

No matter how scrupulous you are about cleaning your teeth plaque can still gather around your teeth and harden. This hardened plaque is known as tartar and can be difficult to remove. It's important that you get rid of it because leaving it on your teeth can cause tooth decay and gum problems. Visiting the dentist is really the only way to get rid of it. Lots of dentists now have hygienists who can give your teeth a deep clean.

Worried you might have smelly breath? Getting into a good tooth cleaning routine may sort it out. Some people find brushing their tongue after their teeth helps. Mouthwash may help keep your mouth clean but isn't really necessary and may mask bad breath problems rather than solve them. If you think you have smelly breath and can't get rid of it then see a dentist and ask for advice.

Gum disease is the biggest cause of tooth loss in adults. If your gums bleed regularly, are sore, red, inflamed or you notice any changes in them then you must see a dentist. Gum disease is easily treated with good mouth cleaning and visits to the dentist.

For those of you who already have dentures remember you must

keep them clean. Food can gather in dentures and literally rot in your mouth. Give your dentures a good scrub at least twice a day. If your dentures aren't comfortable or are chafing the inside of your mouth then see a dentist. It's really important to get them fitted properly.

Dentists don't just look after teeth; they can also make sure the inside of your mouth is healthy. Dentists are trained to spot signs of mouth cancer or anything else wrong with the inside of your mouth. The British Dental Health Association says early detection of mouth cancer can increase chances of survival by 90 per cent. So think of your dentist as a life saver!

It may take a bit of effort to find a dentist. You may have to ask around to find a dentist in your area who will see you. Remember, you don't need a permanent address to see a dentist. You can use the address of a day centre, friend or relative. Try asking at your local health centre or clinic for information about dentists.

The British Dental Health Foundation has a Word of Mouth Helpline and you can call them on **0845 063 1188**. Alternatively NHS Direct can give you a list of dentists in your area. Their number is **0845 46 47**.

*Susie Rathie*  
Our Nurse Flo



*"...and I could play the lead and we could call it 'Carrion Scavenging', gerrit? 'Carry On Scav...'"*

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

**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 – 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/cld

**Quaker Mobile Library**

Every second Mon, 11.30am at

Manana Centre, Berrmondsy

(every fortnight); Every other

Tue: 7pm, Lincoln's Inn Fields;

Sat: 9.45am, The Connection at

St Martins; 11am, The Passage; 2

-4pm St Giles Church, WC2 8LG

**Stonewall Housing**

Housing advice for LGBT

people of all ages

020 7359 5767 (advice line)

www.stonewallhousing.org

**TELEPHONE SERVICES**

**Community Legal Advice**

0845 345 4345, Nationwide

Mon-Fri: 9am-8pm;

Sat: 9am-12.30pm

Free, confidential service, offering

specialist advice on housing,

benefits, tax credits, debt etc.

AD, BA, DA, H

**Domestic Violence Helpline**

0808 2000 247

Free 24-hr drug helpline

0800 776 600

**Frank**

For prostitution

Helps victims of trafficking

0808 808 4994

For young people (1pm-7pm daily)

**Get Connected**

0800 055 6688

For queries about existing claims

for Income Support, Jobseekers

Allowance or Incapacity Benefit

0845 377 6001

For Social Fund enquiries

0845 608 8661

For the Pensions Service

0845 60 60 265

**London Street Rescue**

0870 383 3333

Rough sleeper's 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**

020 7359 5767

Housing advice for LGBT people

(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

**Stonewall Housing**

Housing advice for LGBT

people of all ages

www.stonewallhousing.org

0845 608 8661

For the Pensions Service

0845 60 60 265

**The Albert Kennedy Trust**  
Unit 203 Hutton Square Busi-  
ness Centre, 16/16a Bald-

## SPECIALIST SERVICES

**Winners Chapel**  
King George's hostel: alterna-  
tive Saturdays to Streetlyties

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

**UR4Meals**  
Upper Room, St Savour Church,  
Cobbold Road, W12 9LN  
Mon-Fri: 5.30-6.45pm (hot supper)

**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

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

**Streetlyties**  
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.streetlyties.org](http://www.streetlyties.org)

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

**St Vincent De Paul**  
Lincoln's Inn Fields  
Tue & Thu: 7.30pm  
Second and last Wed of  
the month: 9pm  
Sandwiches, drinks, cake and clothes

**St Monica's Church**  
Temple Station  
First, third and fourth Tue  
of the month: 8.30pm

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

**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 Ignatius Church**  
Lincoln's Inn Fields  
Sat: 7.45pm  
Hot food and sandwiches  
Sat: 11.30am-1.30pm  
10 St Andrew's Road, W14 9SX

**St Andrew's Church**  
St Giles High Street, WC2 (next  
to Denmark Street) - Sat (2  
- 4pm) & Sun (1.15-3.15pm)

**Simon Community**  
*Tea Run*: Sun & Mon (6-9.30am):  
St Pancras Church 6.30am;  
Millford Lane 6.45am; Strand  
7am; Southampton Road 7.30am;  
Grosvenor Gardens 8.30am;  
Marble Arch (Sunday) 9am  
*Soup Run*: Wed & Thurs  
(8pm-10.30pm): St Pancras  
Church 8.15pm; Hinde Street  
8.45pm; Malttravers 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) & Sun (1.15-3.15pm)

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

**Sahru Vaswani Centre**  
Lincoln's Inn Fields, Wed: 8-8.30pm  
**Sai Baba**  
Coram's Fields (3rd Sun of  
month): 11am-1pm  
Vegetarian meal and tea  
Lincoln's Inn Fields  
Sun: 7pm  
**Seventh Day Adventists**  
Lincoln's Inn Fields  
Sun: 7pm

**The Sacred Heart**  
This run from Wimbledon has  
several teams coming up once  
a month with sandwiches and  
hot beverages around 9pm.  
Every Tuesday at Spenser Street  
and Friday at Christchurch  
Gardens, both in Westminster

**Rice Run**  
The Strand, Fri: 9-10pm  
Rice and Chicken, or savoury rice

**Rhythms of Life International**  
Mon: 4.30-6pm; St Leonard's  
Church, Shoreditch High Street,  
E1 6JN; Tue-Sat: 2.30-4pm;  
Frampton Park Road, E9 7PQ  
Free tea and warm food  
served 365 days a year

**Peter's Community Café**  
The Crypt, St. Peter's Church,  
De Beauvoir Road, N1  
020 7249 0041  
Mon-Wed: 12noon-6.30pm  
Victoria, 2nd Sun of month: 7pm

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

**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

**Nightwatch**  
At the fountain in the Queens  
gardens, central Croydon  
Every night from 9.30pm  
*Sandwiches and hot drinks*

**Missionaries of Charity**  
Mon: Spitalfields (9.30pm)  
**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.  
Sun-Thurs: 7.45-8.45pm



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

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

**Life Bread**  
Emmanuel Pentecostal Church, 374 Lee High Road, SE12 8RS  
A hot meal every Tuesday 6–8pm

**LightHOUSE Chapel International**  
King George's Hostel, 75 Great Peter Street, Fri: 8.30pm

**Lincoln's Inn Fields**  
Mon–Fri: 7.15pm; Many vans with food and occasionally clothing. Sat–Sun: 6.15pm onwards

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

**The London & Slough Run**  
Mondays (including bank holidays). Van with tea/coffee, sandwiches, eggs, biscuits, soft drinks, clothes, and toiletries:  
The Strand, opposite Charing Cross police station: 8.45pm; Cotton Street (Nr. Holborn): 9pm; & Lincoln's Inn Fields: 9pm; Temple: 9.30pm; Waterloo (St John's Church): 10.15pm

**London City Aid**  
Tothill Street, Second Wednes-day of the month: 8.30–11pm  
Food, bedding, clothes and toiletries

**Love to the Nations Ministries**  
Charing Cross, Strand  
Every second Sun: 4pm

**Love Streatham**  
388 Streatham High Street, SW16 6HX  
Mon: 7–9pm Food parcels given out

**Memorial Baptist Church Plaistow**  
389–395 Baking Road, E13 8AL  
020 7476 4133, Sat: 8am–12pm  
Full English breakfast

**Farm Street Church**  
Thurs: 8–10.30pm  
Three routes: *Oxford Street route* – Davies Street; Bourdon Street; South Moulton Street; Oxford Street; top end of Regent Street to Hanover Street; Hanover Square; New Bond Street  
*Berkeley Square route* – Berkeleyy Square; Berkeleyy Street; Green Park tube; Piccadilly  
*Hyde Park Corner route* – Mount Street; Park Lane underpasses; Shepherds Market; Curzon Street

**First Steps**  
King George's Hostel, 75 Great Peter Street  
Thurs: 8.30–10pm  
Hot meals, soup, fruit and cake

**Food Not Bombs**  
The Narrowway, Hackney Central  
Every second Sat: 5–6pm, FF

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

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

**Hare Krishna Food for Life**  
The Hare Krishna food run provides wholesome and tasty vegetarian 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 fit there's food left. The latter from Mon–Sat, all year round: 12pm: Kentish Town (Isip Road); 1pm: Camden (Arlington Road); 2pm: King's Cross (York Way)

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

**Imperial College**  
Serving sandwiches and hot beverages on Sunday evenings (8–9.30pm) at Lincoln's Inn Fields.

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

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

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

**Camden Road Baptist Church**  
Hilldrop Road, Holloway, N7 0JE  
020 7607 7355  
Thurs: 10.30am–12noon

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

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

**Ealing Soup Kitchen**  
St Johns Church Hall, Mattock Lane  
Fri: 11am–4pm; Sat & Sun: 3.30–5pm  
*They also give practical help/housing advice*

**Emmanuel Church**  
Forest Gate, E7 8BD (corner of Romford Rd & Upton Lane)  
Thurs: 7.30am (cooked breakfast)

**Faith House (Salvation Army)**  
11 Argyll Street, King's Cross (near Burger King), WC1H 8EJ  
020 7837 5149  
Tues: 5–6pm (women's drop-in); Weds: 1–3pm (women's drop-in); Fri: 11am–1pm (women's brunch & discussion group)  
Mon and some Wed sessions now held at Chalk Farm Salva-tion Army - listed above. FF, CL

## EMPLOYMENT AND TRAINING

**Dress for Success (Women)**  
Unit 2, Shepperton House  
89-93 Shepperton Road, N1 3DF  
020 7288 1770  
[www.dressforsuccess.org/London](http://www.dressforsuccess.org/London)  
Smart clothing for job interviews

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

**Turnaround Resource E1**  
Montefiore Centre, Hanbury Street, London, E1 5HZ  
020 7247 9005  
[www.turnaround1.org.uk](http://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.openin cinema.net](http://www.openin cinema.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](http://www.cht.org.uk)  
Monday-Friday: 9.30am-5.30pm  
Accommodation for 21 ex-service men and women aged 18-55 who are homeless or potentially homeless. Require proof of military service. Phone, call in or write, C

**Royal British Legion**  
08457 725 725  
Ring the Legionline to see how they can help ex-servicemen and women

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

**Veterans UK**  
0800 169 2277  
Free help and advice for veterans and access to dedicated erans and one-to-one welfare service.  
[www.veterans-uk.info](http://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 & Thurs: 9.30am - 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

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

**Dr Hickey's - Cardinal Hume**  
Arneway St, SW1  
020 7222 8593  
Mon, Tues, Thurs & Fri: 10am-12.30pm & 2pm-4pm  
Wed: 10am-12.30pm  
A, BA, C, D, DT, H, MH, MS, SH  
**Health E1, 9-11 Brick Lane, E1**  
020 7247 0090  
Mon-Thurs: 9.15am-11.30am  
Friday: 10.30am-12.30pm;  
Mon, Wed & Fri afternoons - appointments only  
For those sleeping out or in hostels within the borough

**Islington Primary Care Service (IPCS)**  
1515 North, 99 Seven Sisters Road, N7 7QP  
020 7561 5410  
Mon - Wed, Fri: 10am - 1pm; Thu: 2 - 5pm  
For those who are homeless or have drug and alcohol problems within Islington  
FC, MH, MS, SH

**King's Cross Primary Care Centre (CHIP)**  
264 Pentonville Rd, N1  
020 3317 2645  
Tue & Fri: 2 - 4.30pm  
For those sleeping out or in hostels within the borough  
BA, BS, CL, DT, FC, H, MH, MS, NE, SH

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

**TB Find & Treat**  
For advice and information on tuberculosis  
020 3447 9842  
[www.findandtreat.com](http://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

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

## 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

## DRUG / ALCOHOL SERVICES

### Addaction (Harm Reduction Team)

228 Cambridge Heath Rd, E2  
020 8880 7780  
Drop-in: Mon, Fri 10am-4pm;  
Tues, Wed & Thur 12noon-6pm;  
Closed each day 1.30pm-2.15pm  
D, OL, MS, NE, SH

### Blackfriars Road CDAT Team

151 Blackfriars Rd, SE1 8EL  
Mon-Fri: 1-5pm; Sat: 1-4pm  
AS, A, AD, AC, CA, C, D, H, NE, OB, SH

### Wandsworth Drug Project

86 Garratt Lane, SW18 4DB  
020 8875 4400

### www.turning-point.co.uk

C, D, FF, IT, LA, MH

with is Steroid Service 6-9pm.

SMART recovery, except Wed,

including AA, NA, LGBT AA and

Meetings every night from 6pm,

open access 12noon-5pm

Wed 1-5pm; Sat: 11am-5pm,

access 12noon-5pm (except

Mon-Fri: 10am-6pm, open

020 7437 3523

32a Wardour St, W1D 6QR

Alcohol Service (Turning Point)

South Westminster Drug and

Mon-Fri: 4 - 7pm

White van under Centrepoint

Tower, Tottenham Court Road

Needle Exchange Van

bridge and Bexley and Greenwich.

A, C, D

Newham, Tower Hamlets, Red-

use, working with people from

another person's drug or alcohol

has concerns about their own or

confidential services to anyone who

London (DASL) provides free and

Drug and Alcohol Service for

020 8257 3068

Road, Stratford, E15 4LD

Capital House, 134-138 Romford

Support Services

East London Drug and Alcohol

C, D, OL, NE

& Wed: 3pm-6pm (drop-in)

service); Mon & Fri: 2pm-5pm

exchange and telephone

Mon-Fri: 10am-5pm (needle

020 8749 6799

herds Bush, W12 8PB

103a Devonport Rd, Shep-

Druglink

Mon-Fri: 9am-5pm, C, MS

020 7381 7700

282 North End Rd, SW6 1NH

Substance Misuse Service

Central and NW London

MH, MS, NE

Mon: 2pm-4pm (drop-in)

020 7620 1888/6500

## Alcohol Services

### Part of DASL in Drug &

other agencies; Thur: 5-7pm

treatment, advice, contact with

Support for drug and alcohol

020 8257 3068

Forest Gate, E7 8BD

Emmanuel's Church,

Alcohol Support

Eastern European Drug and

Ring for appointment

3pm, for appointments; closed Wed

Open weekdays 10am-12pm & 2-

020 8741 1288

King Street, W6 9LP

Palingswick House, 241

East European Advice Centre

## MIGRANTS

### EASTERN EUROPEANS &

AS, BA, C, D, ET, MS, NE

8.30pm; Wed & Fri: 10am-5.30pm

Mon: 10am-3pm; Tue & Thu: 10am-

020 7485 2722

184 Royal College Road, NW1 9NN

184 Camden

AD, C, D, H, NE, OB, SH

exchange); 1-5pm (open access)

(appointments and needle-

Mon-Fri: 10am - 12.30pm

020 7266 6200

470-474 Harrow road, W9 3RU

Westminster Drug Project (WDP)

## UR4JOBS

Upper Room, St Saviour Church,

Cobbold Road, W12 9LN

020 8740 5688

07967 312207 (English)

07772 565815 (Romanian)

07772 473554 (Polish)

Mon-Fri: 5.30-6.45pm (hot

support); Mon & Tue: 12noon-5pm

(Migrants workers job club)

Help in finding work and education

www.ur4jobs.co.uk C, ET, FF

gees and migrants, AD, BA, FF, H

Free advice and support for refu-

Wed: 12.30-3.30pm

info@hackneymigrationcentre.org.uk

Church Street, N16 9ES

Walk, Stoke Newington

St Mary's Church, Spenny

Hackney Migrant Centre

**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-Thru: 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 Savour's**  
Cobbold Rd, W12  
020 8740 5688  
Mon: 1-6pm (UR4Jobs); Tue-Thur:  
5.30-6.45pm; Fri: 1-6pm (UR4Jobs);  
Sat-Sun: 12.30-1.30pm  
A, AC, BA, C, CA, CL, D,  
ET, IT, FF, H, OL  
**Webber Street**  
6-8 Webber St, SE1 8QA  
020 7928 1677  
Mon-Sat: 9am-12noon  
AS, B, BA, BS, BE, CL, FF,  
LA, MH, MS, OL

3.30pm (appointments & activities)  
A, AC, BA, BS, C, D, ET, H,  
IT, L, MH, NE, OL, SK, SH  
**SanKtUs**  
4 Lady Margaret Road, NW5 2XT  
Entrance in Falkland Road  
020 7485 9160  
Mon, Wed, Fri: 2-3pm;  
Sun: 3-4pm  
BS, CL, FF, H  
Mon-Thru: 9.30am-12.30pm  
AS, AD, BA, CA, ET, H, L, IT, 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 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

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

**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 Chalfont Street, NW1 1JR  
020 7388 5560  
Daily: 10.30am-4pm  
AS, AC, CA, C, ET, LA, MS, MC, OB  
**No 10 - Drop in Centre (Salvation Army)**  
10 Princes Street, W1B 2LH  
020 7629 4661  
Tue, Wed, Fri: 2.30-4pm  
(advice & enquiries);  
Mon: 3-5.30pm (advice & enquiry-  
ies, film group); Tue: 2.30-4pm  
(reading group); Wed: 5.30-8pm  
(drop-in - soup & sandwiches); Fri:  
12.30am-2pm (table tennis club)  
BA, CL, H, LA

**North London Action for the Homeless (NLAH)**  
St Paul's Church Hall, Stoke  
Newington Rd, N16 7UE  
020 8802 1600  
Mon: 12noon-1.30pm;  
and Wed: 7-8.30pm  
BA, BS, CL, FF

**The Passage (25+)**  
Carlisle Place, SW1P  
St Vincent's Centre,  
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

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

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

0800 174 047 (freephone)  
dutyworker@scotscare.com

AD, BA, C, CL, D, H, MH,  
020 7352 9305

Mon, Tues & Thu: 9am–3.45pm  
F, L

**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

AC, BA, BS, CA, CL, C, ET,  
FF, H, IT, L, 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  
020 7272 2811/0178

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

Mon–Fri: 12noon–3pm  
020 8692 5767

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

**Action Homeless Concern**  
Emmas House

1 Berrymead Gardens, Acton  
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, L, LA, MS, MH, ML, SK, SH, TS  
Bromley 999 Club

424 Downham Way,  
Downham, BR1 5HR

020 8698 9403  
Mon–Fri: 10am–5pm, AD, L, FF

## 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

**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  
The Connection at St Martin's

12 Adelaide St, WC2  
020 7766 5544

Mon - Fri: 9am - 12.30pm (12pm  
Wed). Various afternoon ses-

sions from 1pm (except Wed).  
Weekends: (limited to rough

sleepers, by invitation).  
A, AC, BA, BS, CA, CL, D, ET, F, FC,

H, IT, MC, MH, MS, OB, SK, SS  
Croydon Resource Centre

70a Wellesley Rd, Croydon, CR0 2AR  
020 8686 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 Fortune Gate  
Rd, Croydon 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, Crikle-  
wood, NW2 3AQ

Tues–Fri: 10am–12 noon.  
AC, BA, BS, H, IT, L, MS, OL

**Deptford Churches Centre**  
Speedwell St, O20 8692 6548

Mon, Tues, Thu & Fri: 9am–3.30 pm  
CA, CL, D, DA, DT, ET, FF, H, L,

LA, LF, MC, MH, MS, OL, SS, TS  
B5, CL, F, IT, L, SK

Mon – Fri: 10am – 12.30pm  
0845 8333005

83 Margaret St, W1W 8TB  
London Jesus Centre

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

Mon, Tues & Thurs: 9am – 12noon  
(rough sleepers only); Wed: 9am

020 8446 8400  
Mon – Fri: 12noon – 3pm (drop in);

36B Woodhouse Road, N12 0RG  
Homeless Action in Barnet (HAB)

AC, FF, H, IT, LA, LF, MH  
asylum seekers session).

12 noon–3pm (refugees and  
(Italian speakers session); Fri:

Mon: 2pm–5pm; Tues: 6–9pm;  
020 7278 8687

Cromer St, WC1  
The Crypt, Holy Cross Church

**Holy Cross Centre**  
The Crypt, Holy Cross Church

020 7278 8687  
Mon: 2pm–5pm; Tues: 6–9pm;

(ticket required) Thurs: 5–8pm;  
AC, FF, H, IT, LA, LF, MH

asylum seekers session).

12 noon–3pm (refugees and  
(Italian speakers session); Fri:

Mon: 2pm–5pm; Tues: 6–9pm;  
020 7278 8687

Cromer St, WC1  
The Crypt, Holy Cross Church

**Holy Cross Centre**  
The Crypt, Holy Cross Church

020 7278 8687  
Mon: 2pm–5pm; Tues: 6–9pm;

(ticket required) Thurs: 5–8pm;  
AC, FF, H, IT, LA, LF, MH

asylum seekers session).

12 noon–3pm (refugees and  
(Italian speakers session); Fri:

Mon: 2pm–5pm; Tues: 6–9pm;  
020 7278 8687

Cromer St, WC1  
The Crypt, Holy Cross Church

**Holy Cross Centre**  
The Crypt, Holy Cross Church

020 7278 8687  
Mon: 2pm–5pm; Tues: 6–9pm;

(ticket required) Thurs: 5–8pm;  
AC, FF, H, IT, LA, LF, MH

asylum seekers session).

12 noon–3pm (refugees and  
(Italian speakers session); Fri:

Mon: 2pm–5pm; Tues: 6–9pm;  
020 7278 8687

Cromer St, WC1  
The Crypt, Holy Cross Church

**Holy Cross Centre**  
The Crypt, Holy Cross Church

020 7278 8687  
Mon: 2pm–5pm; Tues: 6–9pm;

(ticket required) Thurs: 5–8pm;  
AC, FF, H, IT, LA, LF, MH

asylum seekers session).

12 noon–3pm (refugees and  
(Italian speakers session); Fri:

Mon: 2pm–5pm; Tues: 6–9pm;  
020 7278 8687

Cromer St, WC1  
The Crypt, Holy Cross Church

**Holy Cross Centre**  
The Crypt, Holy Cross Church

020 7278 8687  
Mon: 2pm–5pm; Tues: 6–9pm;

(ticket required) Thurs: 5–8pm;  
AC, FF, H, IT, LA, LF, MH

asylum seekers session).

12 noon–3pm (refugees and  
(Italian speakers session); Fri:

Mon: 2pm–5pm; Tues: 6–9pm;  
020 7278 8687

Cromer St, WC1  
The Crypt, Holy Cross Church

**Holy Cross Centre**  
The Crypt, Holy Cross Church

020 7278 8687  
Mon: 2pm–5pm; Tues: 6–9pm;

(ticket required) Thurs: 5–8pm;  
AC, FF, H, IT, LA, LF, MH

asylum seekers session).

12 noon–3pm (refugees and  
(Italian speakers session); Fri:

Mon: 2pm–5pm; Tues: 6–9pm;  
020 7278 8687

Cromer St, WC1  
The Crypt, Holy Cross Church

**Holy Cross Centre**  
The Crypt, Holy Cross Church

020 7278 8687  
Mon: 2pm–5pm; Tues: 6–9pm;

(ticket required) Thurs: 5–8pm;  
AC, FF, H, IT, LA, LF, MH

asylum seekers session).

12 noon–3pm (refugees and  
(Italian speakers session); Fri:

Mon: 2pm–5pm; Tues: 6–9pm;  
020 7278 8687

Cromer St, WC1  
The Crypt, Holy Cross Church

**Holy Cross Centre**  
The Crypt, Holy Cross Church

020 7278 8687  
Mon: 2pm–5pm; Tues: 6–9pm;

(ticket required) Thurs: 5–8pm;  
AC, FF, H, IT, LA, LF, MH

asylum seekers session).

12 noon–3pm (refugees and  
(Italian speakers session); Fri:

Mon: 2pm–5pm; Tues: 6–9pm;  
020 7278 8687

Cromer St, WC1  
The Crypt, Holy Cross Church

**Holy Cross Centre**  
The Crypt, Holy Cross Church

020 7278 8687  
Mon: 2pm–5pm; Tues: 6–9pm;

(ticket required) Thurs: 5–8pm;  
AC, FF, H, IT, LA, LF, MH

asylum seekers session).

12 noon–3pm (refugees and  
(Italian speakers session); Fri:

Mon: 2pm–5pm; Tues: 6–9pm;  
020 7278 8687

Cromer St, WC1  
The Crypt, Holy Cross Church

**Holy Cross Centre**  
The Crypt, Holy Cross Church

020 7278 8687  
Mon: 2pm–5pm; Tues: 6–9pm;

(ticket required) Thurs: 5–8pm;  
AC, FF, H, IT, LA, LF, MH

asylum seekers session).

12 noon–3pm (refugees and  
(Italian speakers session); Fri:

Mon: 2pm–5pm; Tues: 6–9pm;  
020 7278 8687

Cromer St, WC1  
The Crypt, Holy Cross Church

**Holy Cross Centre**  
The Crypt, Holy Cross Church

020 7278 8687  
Mon: 2pm–5pm; Tues: 6–9pm;

(ticket required) Thurs: 5–8pm;  
AC, FF, H, IT, LA, LF, MH

asylum seekers session).

12 noon–3pm (refugees and  
(Italian speakers session); Fri:

Mon: 2pm–5pm; Tues: 6–9pm;  
020 7278 8687

Cromer St, WC1  
The Crypt, Holy Cross Church

**Holy Cross Centre**  
The Crypt, Holy Cross Church

020 7278 8687  
Mon: 2pm–5pm; Tues: 6–9pm;

(ticket required) Thurs: 5–8pm;  
AC, FF, H, IT, LA, LF, MH

asylum seekers session).

12 noon–3pm (refugees and  
(Italian speakers session); Fri:

Mon: 2pm–5pm; Tues: 6–9pm;  
020 7278 8687

Cromer St, WC1  
The Crypt, Holy Cross Church

**Holy Cross Centre**  
The Crypt, Holy Cross Church

020 7278 8687  
Mon: 2pm–5pm; Tues: 6–9pm;

(ticket required) Thurs: 5–8pm;  
AC, FF, H, IT, LA, LF, MH

asylum seekers session).

12 noon–3pm (refugees and  
(Italian speakers session); Fri:

Mon: 2pm–5pm; Tues: 6–9pm;  
020 7278 8687

Cromer St, WC1  
The Crypt, Holy Cross Church

**Holy Cross Centre**  
The Crypt, Holy Cross Church

020 7278 8687  
Mon: 2pm–5pm; Tues: 6–9pm;

(ticket required) Thurs: 5–8pm;  
AC, FF, H, IT, LA, LF, MH

asylum seekers session).

12 noon–3pm (refugees and  
(Italian speakers session); Fri:

Mon: 2pm–5pm; Tues: 6–9pm;  
020 7278 8687

Cromer St, WC1  
The Crypt, Holy Cross Church

**Holy Cross Centre**  
The Crypt, Holy Cross Church

020 7278 8687  
Mon: 2pm–5pm; Tues: 6–9pm;

(ticket required) Thurs: 5–8pm;  
AC, FF, H, IT, LA, LF, MH

asylum seekers session).

12 noon–3pm (refugees and  
(Italian speakers session); Fri:

Mon: 2pm–5pm; Tues: 6–9pm;  
020 7278 8687

Cromer St, WC1  
The Crypt, Holy Cross Church

**Holy Cross Centre**  
The Crypt, Holy Cross Church

020 7278 8687  
Mon: 2pm–5pm; Tues: 6–9pm;

(ticket required) Thurs: 5–8pm;  
AC, FF, H, IT, LA, LF, MH

asylum seekers session).

12 noon–3pm (refugees and  
(Italian speakers session); Fri:

Mon: 2pm–5pm; Tues: 6–9pm;  
020 7278 8687

Cromer St, WC1  
The Crypt, Holy Cross Church

**Holy Cross Centre**  
The Crypt, Holy Cross Church

020 7278 8687  
Mon: 2pm–5pm; Tues: 6–9pm;

(ticket required) Thurs: 5–8pm;  
AC, FF, H, IT, LA, LF, MH

asylum seekers session).

12 noon–3pm (refugees and  
(Italian speakers session); Fri:

Mon: 2pm–5pm; Tues: 6–9pm;  
020 7278 8687

Cromer St, WC1  
The Crypt, Holy Cross Church

**Holy Cross Centre**  
The Crypt, Holy Cross Church

020 7278 8687  
Mon: 2pm–5pm; Tues: 6–9pm;

(ticket required) Thurs: 5–8pm;  
AC, FF, H, IT, LA, LF, MH

asylum seekers session).

12 noon–3pm (refugees and  
(Italian speakers session); Fri:

Mon: 2pm–5pm; Tues: 6–9pm;  
020 7278 8687

Cromer St, WC1  
The Crypt, Holy Cross Church

**Holy Cross Centre**  
The Crypt, Holy Cross Church

020 7278 8687  
Mon: 2pm–5pm; Tues: 6–9pm;

(ticket required) Thurs: 5–8pm;  
AC, FF, H, IT, LA, LF, MH

asylum seekers session).

12 noon–3pm (refugees and  
(Italian speakers session); Fri:

Mon: 2pm–5pm; Tues: 6–9pm;  
020 7278 8687

Cromer St, WC1  
The Crypt, Holy Cross Church

**Holy Cross Centre**  
The Crypt, Holy Cross Church

020 7278 8687  
Mon: 2pm–5pm; Tues: 6–9pm;

(ticket required) Thurs: 5–8pm;  
AC, FF, H, IT, LA, LF, MH

asylum seekers session).

12 noon–3pm (refugees and  
(Italian speakers session); Fri:

Mon: 2pm–5pm; Tues: 6–9pm;  
020 7278 8687

Cromer St, WC1  
The Crypt, Holy Cross Church

**Holy Cross Centre**  
The Crypt, Holy Cross Church

020 7278 8687  
Mon: 2pm–5pm; Tues: 6–9pm;

(ticket required) Thurs: 5–8pm;  
AC, FF, H, IT, LA, LF, MH

asylum seekers session).

12 noon–3pm (refugees and  
(Italian speakers session); Fri:

Mon: 2pm–5pm; Tues: 6–9pm;  
020 7278 8687

Cromer St, WC1  
The Crypt, Holy Cross Church

**Holy Cross Centre**  
The Crypt, Holy Cross Church

020 7278 8687  
Mon: 2pm–5pm; Tues: 6–9pm;

# the List

The directory of London's homeless services Updated 28 March 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:  
[thelists@thepavement.org.uk](mailto:thelists@thepavement.org.uk)  
Or write to our address on page 3  
Updated entries: 3  
Services added: 0

## ADVICE SERVICES

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

**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, 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