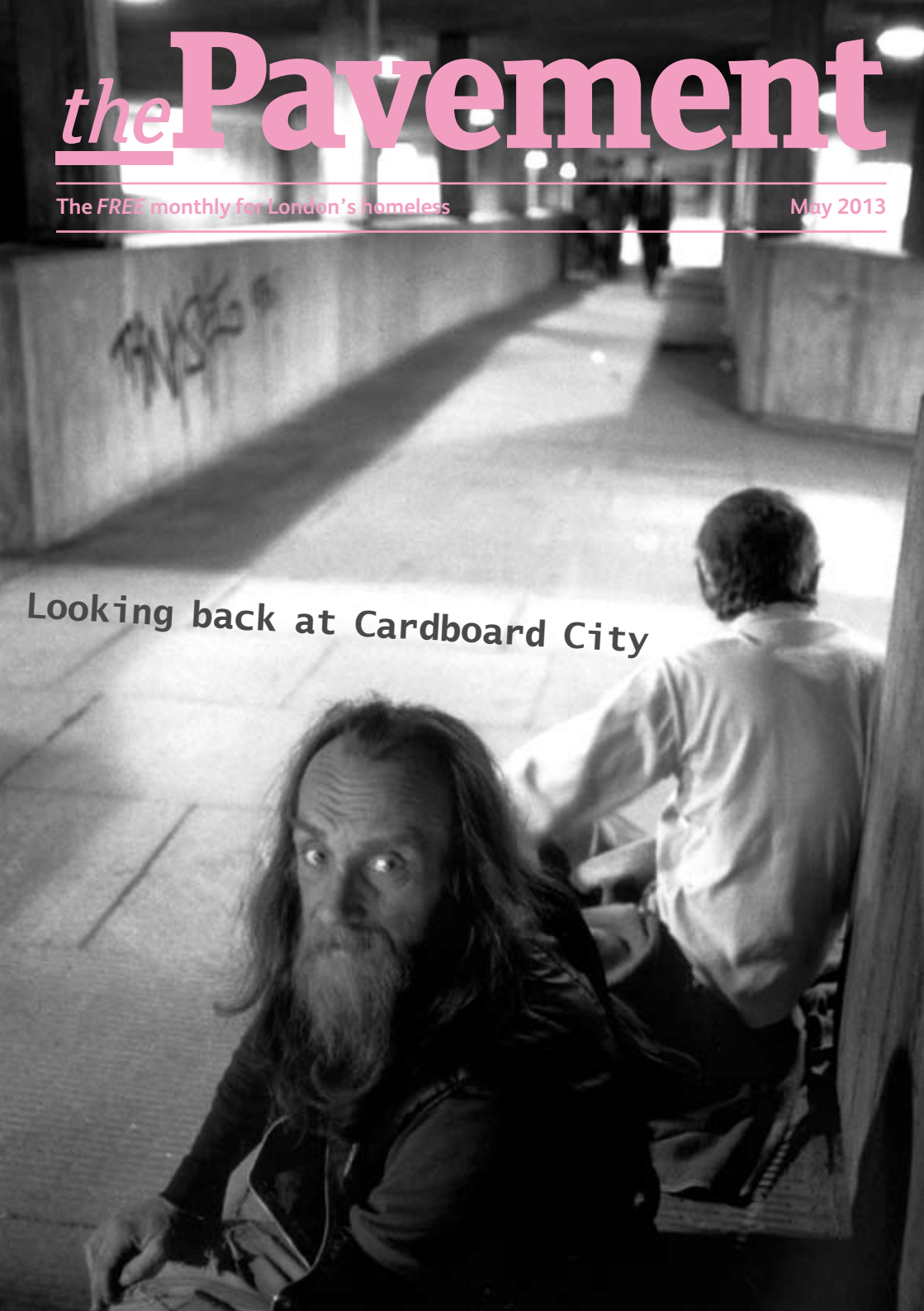


# *the* Pavement

The *FREE* monthly for London's homeless

May 2013

Looking back at Cardboard City





# The Editor

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*The Pavement*

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## *The last issue (in this format)*

Our friends at the *Guardian*, who're helping us with the redesign of the magazine, say that it's almost ready. Indeed, we've seen the drafts and should have templates to work from in May. So, this is going to be the last issue in this format, and June will see our new magazine – we expect feedback when this happens.

So enjoy this last one, and read on. We've an update on the Hove killing, where the case is progressing, and on a much lighter note look at Suspended Coffees and Wayne Hall's trek across Scotland.

## *Richard Burdett*

Editor

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With recent action around London's Imax, we take a brief look back at the 'Cardboard City.' This photograph taken prior to the clearing of Waterloo's Bull Ring 15 years ago – page 9  
*Photography © Chris Steele-Perkins / Magnum Photos*

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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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## Gemma Simpson

Age at disappearance: 23

Gemma has been missing from Leeds, West Yorkshire since 3 May 2000.

The accompanying age-progressed image has been produced to show how Gemma may look age 35. If you think you can help the search please call or text Missing People on **116000** or email **116000@missingpeople.or.uk**.

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

**missing  
people**

Registered Charity No. 1020419

# The news

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

## Suspended coffee

British coffee lovers are adopting a new practice called suspended coffee, where they offer to buy a second cup of coffee for someone to claim at a later date.

The *caffè sospeso* (suspended coffee) tradition began in the cafes of Naples, whereby someone feeling lucky, rich or positive would buy an extra coffee for anyone using the same café who was feeling the opposite.

This tradition has now been formalised as a small movement, with participating coffee shops displaying the suspend coffees sign (shown below). In some cases it might be that the suspended coffees are held for a local organisation, but usually you'll be welcomed if you go in and politely ask for a suspended

coffee, specifying whether its an Americano, latte, macchiato or any other variation on a cup of joe.

If you find yourself short and need a cup, just ask.

Of course, if you find yourself feeling flush, you too can buy a suspended coffee.

## Staff

## Two charged over pitch and putt murder

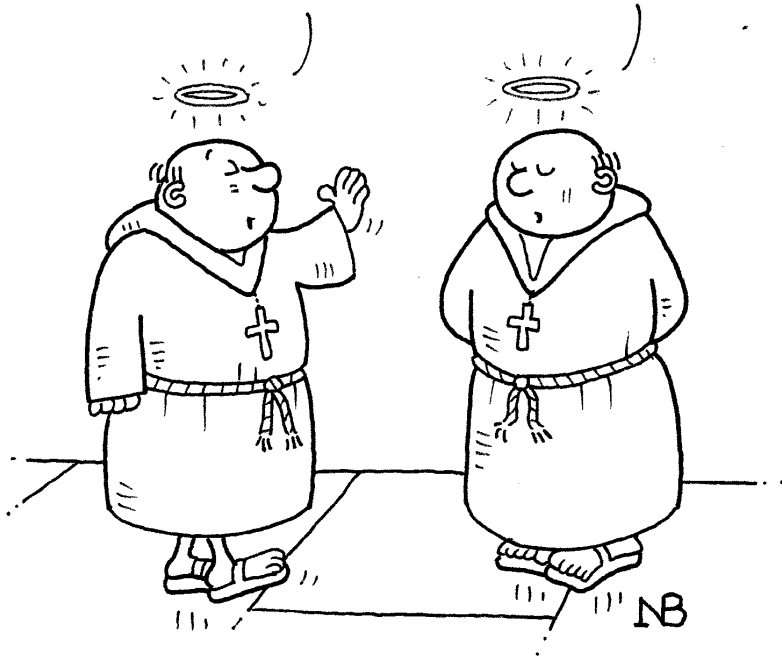
Two street drinkers have been charged with the brutal murder of homeless man Lea Williams in Hove, Sussex.

Michael Clark, 51, and Eddie Philips, 49, are both unemployed and known to Brighton's homeless community. They are being



HI, HOW ARE  
YOU DOING?

I'M GOOD.  
HOW ARE YOU?





mike winans -

"I fink four across could be 'dogs bollocks'"

## You're invited to "Music Tuesdays"

It is on Tuesdays, and it involves music!

There are two sessions, the first one is from 1000 until Noon, and then 12:30 until 2:30.

Listen to and learn to play music

Learn to play keyboard

Sing songs

Refreshments provided at 12

Held in the Simon Community Day Centre

1 Hilldrop Road, London, N7 OJE

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

Living and working with London's street homeless



## 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** **METRO**  
ON SUNDAY

[www.mallonline.co.uk](http://www.mallonline.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)



held in custody and are scheduled to appear at Lewes Crown Court on 1 July. A trial date has been set for 30 September.

An unnamed woman, 35 has been arrested on suspicion of conspiracy to murder. She was bailed until 28 May, while the police make further enquiries.

Mr Williams, 45, was found dead in an archway – known locally as the ‘bat caves’ – that overlooks Hove Pitch and Putt. Project Antifreeze volunteers discovered the body on 11 February this year. A post mortem showed the cause of death to be severe injuries to his head and face; most likely inflicted with a heavy object. Mr Williams sustained further injury, including multiple fractured ribs.

Detective chief inspector Ian Pollard, who is leading the investigation, said: “The recent charges are as a result of the culmination of a number of lines of enquiry, which included members of the public coming forward.”

Sara Emerson, a key worker at Project Antifreeze, said the community in Brighton had been shaken by the events.

“Everyone’s been looking for an answer for a while and they seem a little bit content that someone’s been charged, but it’s all a bit sad,” she said.

Richard Siggs, sergeant in charge of the Brighton Street Community Neighbourhood Policing Team, told *The Pavement* there had been nine murders within the street community in as many years.

“Nine murders in nine years in any community is a really, really bad statistic,” he said. “When violence occurs in the street community it tends to be extreme - last night we had a rough sleeper set on fire. The street community suffer, whether at the hands of other street community members, or, as it appears in this case, some people out on the beers.”

Sergeant Siggs advised rough

sleepers to stay in groups and in “relatively public areas” as well as staying in touch with key workers.

“Tell the key workers what goes on, so we can put the responses in place to try to reduce that tendency to violence.”

Pollard urged anyone with information who has not yet spoken to the police to call 101 quoting Op Depot.

*Jane Evans*

## Remember London’s Cardboard City?

A joint operation between police, council workers and a group of local businesses, launched at the beginning of March, has seen a large-scale clean-up operation at the former site of one of Britain’s most infamous rough sleeping hot-spots near London’s Waterloo station.

Led by the South Bank Patrol (SBP) – a group working for a consortium of businesses in the area and awarded a range of police powers – the ‘clean sweep’ operation aimed to move on rough sleepers from the subways around the Imax cinema.

“As a result of the operation,” said an SBP press release, “all rubbish and cardboard boxes were removed, all contaminated areas were washed down and information about nine rough sleepers was collected and shared with Lambeth’s Street Outreach Team.”

The SBP are managed by the South Bank Employers Group with the aim of gentrifying the area over the last 15 years: “transforming a bleak and hostile area into one of the most exciting destinations in the UK,” according to the organisation’s website.

The episode had echoes of a far larger clean-up operation carried out in 1998 in the same area – which was then a semi-per-

manent encampment of rough sleepers known as ‘Cardboard City’.

The large traffic roundabout which is now the home of the Imax was once the centre of the biggest single group of homeless people in the country – with more than 200 people (four pictured over the page) sleeping out there every night at its peak in the mid-1980s.

Cardboard City became an emblem of the nation’s failure to help the homeless – a starkly visible contrast with the glittering towers of London’s financial centre a mile to the north east. Under the Thatcher government, Cardboard City became ‘a symbol of heartlessness’, according to a lead article in the *Independent* newspaper.

Rising property prices, high levels of unemployment and changes to government policy that led to the closure of around 5,000 places in London hostels all contributed to a sharp increase in homelessness.

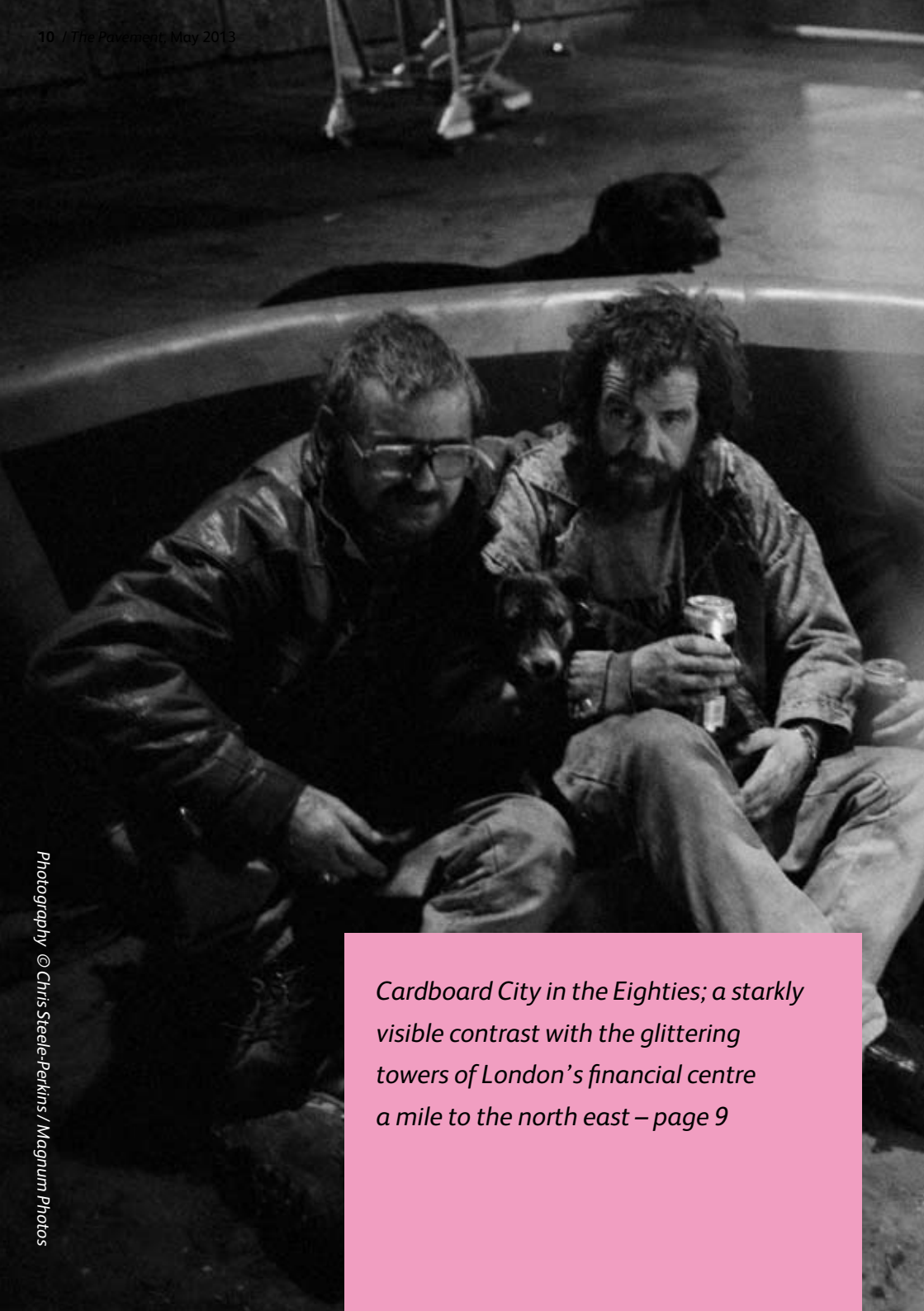
Cardboard City was the most visible sign of this rapidly growing national crisis. By the time it was finally closed – after the high court granted an eviction order against those who remained – the ‘bull ring’ was home to a small group of 30 or so who vowed never to leave.

“I may not have a house but this is my home,” said Tom, one of the city’s final residents in a newspaper interview at the time. “These people are my family, and I’m not going anywhere.”

So 15 years and one £20m cinema complex later, authorities are still struggling to prevent rough sleepers from settling near the heart of Cardboard City.

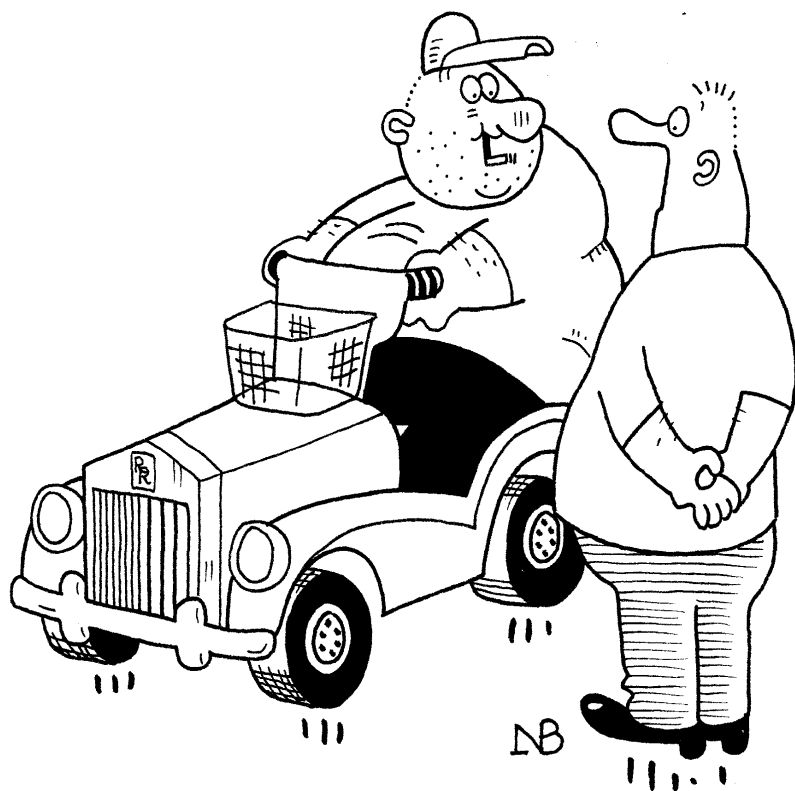
*James O’Reilly*

- Did you ever sleep out in Cardboard City in the bad old days? We’d love to hear your memories for the 15th anniversary of its closure. Send your messages to [editor@thepavement.org.uk](mailto:editor@thepavement.org.uk)



*Cardboard City in the Eighties; a starkly visible contrast with the glittering towers of London's financial centre a mile to the north east – page 9*





*"It's a social mobility scooter"*

## Liverpool sentence

Three teenage boys who murdered a rough sleeper for a dare were handed tough jail sentences in April.

Kevin Bennett, 53, was kicked to death outside an Iceland store in Liverpool in August of last year.

Connor and Brandon Doran, aged 17 and 14, and Simon Evans, 14, were told they would be kept in jail until the Home Secretary allows them to be released.

The judge at the trial said the senseless attack was “a desperately sad reflection on this society”.

He strongly criticised Linda Doran, the mother of two of the murderers, who tried to trick police by providing false information about where they were on the night of the attack.

The older brother, Connor, was described as the “leader of the pack” and was handed a 12-year jail sentence. His younger brother Brandon got six years for acting as the lookout, while Evans was jailed for eight years.

The judge described Ms Doran, whose eldest son Ryan is also in jail for murdering a stranger, as a “pathetic and tragic character” who had failed as a mother.

Leslie Morphy, chief executive of Crisis, said: “Sadly violent attacks against people sleeping rough are all too common. Homeless people are 13 times more likely to have experienced violence – much of it perpetrated by the general public.”

*John Ashmore*

## Scratch card winner

An American homeless man who won \$50,000 on a scratch card ticket has told how he plans to remain a rough sleeper and give away much of his newfound fortune.

Dennis Mahurin, 58, has been living in a tent in the woods in

Bloomington, Illinois, since 1978 and, despite his recent cash win, has rejected the idea of purchasing a more solid home.

However, he has admitted that he may spend some of the money on a tent upgrade.

The Bloomington native purchased his scratch card for \$3 from a petrol station in early April, 2013, initially believing that he had won \$1,000. It was not until Mr Mahurin returned to the petrol station that he realised the extent of his windfall. He said he almost fell over when the attendant told him what he had actually won.

After taxes, his winnings will stand at just under \$35,000.

The veteran rough sleeper plans to spend some of the cash on overdue dental work and visiting his son. However, this relatively meagre jackpot win has made headlines across the globe because of Mr Mahurin’s selfless attitude to spending the prize; he will donate \$100 to each of his homeless friends in the area.

“With all the other homeless people around here, I’ve made up my mind,” he said. “I’m going to give them each \$100.”

His close circle of friends consist of eight fellow rough sleepers, but he has joked about the new “friends” he expects to make as a result of his win.

Local residents in the area have spoken about Mr Mahurin’s win as truly befitting of his generous nature and friendly attitude.

“He’s a very, very nice guy. He’s one of the sweetest people I’ve ever met,” said Emmarie Cross an employee at the Circle K where Mahurin bought his winning ticket. “I’ve been telling everybody, this couldn’t have happened to a nicer guy.”

*Sarah Cox*

## StreetLink – the story so far

Almost 5,000 reports have been made to local services since the launch this year of the new StreetLink scheme.

The scheme, run by Homeless Link, lets members of the public ring local services to let them know if someone is sleeping rough.

However, only 1,500 of the reports resulted in what StreetLink calls a “positive outcome” for rough sleepers, suggesting there may still be difficulties connecting people with services.

There have been 15,000 calls made so far, which led to 4,600 reports to local services. So, there has been one “positive outcome” for every 10 calls made by the public.

When a member of the public makes a report StreetLink passes the information on to a contact provided by the local council and then follows up the report to see what happened.

A StreetLink spokesman said the organisation would only call the local council or local services to deal with reports, never the police.

*John Ashmore*

## Death in Cornwall

A rough sleeper has died after the shed where he was sheltering caught fire – possibly caused by an electric heater he had rigged up to keep warm.

The man, named locally as Mark ‘Mack’ Trudgeon, had been living with his family in Helston, Cornwall, but was said to have fallen on hard times.

Fire crews were called to the shed in Helston at 10.40pm on 23rd March. After they put out the fire Mr Trudgeon’s body was found inside the destroyed building.

# 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

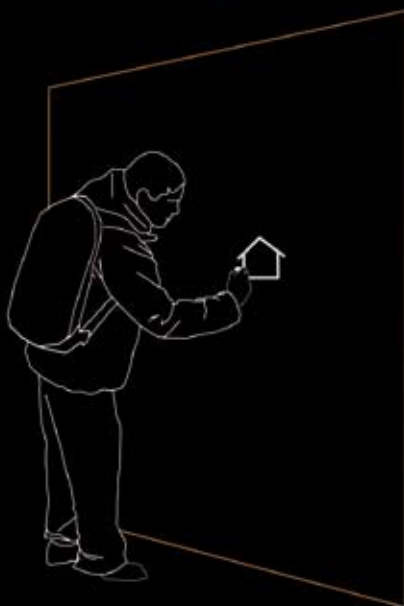


you'll get moved on here

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.

Police have ruled out any suspicious circumstances.

Fireman Andy Barrett, who led the fire service's investigation, told the *West Briton* newspaper it was "a tragic set of circumstances".

"It wasn't the healthiest or safest place to take refuge. We believe the most likely cause was an electric heater too close to combustible materials."

Another local homeless man, Terry Rees, said he was sleeping nearby when he was woken by a large bang and saw flames rising from the shed. He suffered minor burns to his hands and feet trying to rescue his friend.

He said he was "still shaken" by the incident. He added: "I noticed the shed had been broken into at around 6pm. I checked inside and saw Mack and gave him a spare sleeping bag. There was an electric heater on. I told him to switch it off."

Helston Town Council confirmed Cornwall Council owned the site and had responsibility for the park and its buildings.

Cornwall Council confirmed it was taking part in a full investigation.

*Katharine Hibbert*

## A new fund

The government has launched a new scheme to help improve the lives of disadvantaged young people by teaching them basic skills.

The Homes and Communities Agency is spending £37 million on the scheme, which is called the Homelessness Change Programme.

The All Saints hostel near Portsmouth received almost £400,000 from the HCA, with the housing firm First Wessex providing another £1.1 million. As the first hostel to be part-funded by the scheme, it has been refurbished and will offer

support for 22 rough sleepers aged 16-25 in the Portsmouth area.

Local councillor Steve Wylie said: "The hostel provides young people with a safe and encouraging environment in which they can flourish, grow, and take those first vital steps towards independent living, we're absolutely thrilled to see it re-open."

*John Ashmore*

## It is about him

For 13 years, Ian Young (pictured below) lived as a traveller, a raver and a DJ at illegal events, turning to drug trafficking, smuggling and dealing for cash. Now aged 49 and with 12 years of sobriety under his belt, his new book 'It's Not About Me!' has been written to help others break free from debilitating addictions.

For more than a decade, Mr Young lurched from sofa to squat, believing that he should not have to pay his way in society. "I refused to sleep outside where it's cold, when I could break into an empty building and at least have some walls around me", he said. "In fact, whatever the weather

conditions were like, it made more sense to me to break into an empty building whenever I needed somewhere to sleep

Mr Young managed to break his addiction using a combination of absence-based recovery and spiritual therapy. His book details his own journey and provides advice and tips for both addicts wanting to make a change in their lives and also the family and friends of those affected by addiction.

Separated into two parts, 'It's Not About Me!' follows his early life as an underground DJ and drug dealer, where he first encountered stand-up comedian and drug addiction campaigner, Russell Brand. The second part stands as a recovery guide for those coming out of addiction or who need help to take their first steps.

"It's been 12 years and I just don't resemble that person any more. When I got sober, I recognised that one of things I needed to do was leave that community and that counter culture. That was one of the biggest challenges", Mr Young told *The Pavement*. "People always ask me why I work in addictions. They can't believe it when I tell them where I came from. They can't believe I'm the

person stood in front of them today."

'It's Not About Me' is published by Anoma Press and is priced at £14.99. It is available to purchase from [Amazon.co.uk](http://Amazon.co.uk).

*Sarah Cox*







# A walk on the wild side

*The Pavement caught up with Wayne Hall, on his six-month fundraising walk*

Seven months ago, following the death of his landlord and the subsequent sale of his home of the last 10 years, Wayne Hall found himself homeless.

Now Mr Hall, a self-employed tiler originally from Stoke-on-Trent, has turned an unfortunate situation into an opportunity to raise awareness for homelessness. He is almost half-way through a sponsored six month trek starting in the Scottish Highlands in an attempt to raise £10,000 for Shelter.

Accompanied by his German shepherd Jerry, the pair are camping every night of their journey, and have so far braved all that the Scottish elements has thrown at them, including temperatures of -8° amid the coldest March in the surrounding area for 100 years, not to mention stomach bugs and a minor bout with frostbite.

The duo set out from Loch Morar on 25 February and plan to finish the expedition at Gallo-

way Forest Park on 27 August – Mr Hall's 47th birthday.

Following our report last month, we caught up with the pair for a more in-depth chat about their trip; the highs, the lows, their trials and tribulations, and what's kept them motivated so far.

***When did you decide that taking on such a challenging adventure was something you wanted to do?***

This trip became a possibility when the house that I was renting was put up for sale. I found this out last October and almost immediately started planning the trip. I thought: do this trip, raise funds and awareness and then probably get on with my life, rent another place, and pick up where I left off work wise. I'm a self-employed tiler by trade, and although it won't be easy,

I should be able to start earning a living again as I'd built up a good reputation as a quality tradesman in my local area.

***What inspired you to embark on such a journey and how do you prepare for this kind of trip?***

The trip itself is a bit of a dream of mine. It took a great deal of planning regarding where to go, what to take, how to publicise it and so on, and of course I've financed this trip solely myself with the help of a few good sponsors and friends. Funds are already starting to look a tad thin but we will muddle through one way or the other. Jerry and I have been on many short trips out in the wilds over the last six years so we do have some decent experience

when it comes down to living outdoors.

The fact that we will see every minute of every day outdoors for 182 days was also an inspiration and the wildlife/nature aspect also



was a big incentive as it's always been something close to my heart.

***Do you have any sense of just how cold it's been at times, particularly through the night, and has the journey been tougher than you expected so far?***

The weather since the trip started some eight

weeks ago has been somewhat tougher than expected and battling through the coldest March in 100 years in a tent in the highlands of Scotland has been testing to say the least. I honestly have no idea how people living on the streets and in poor housing cope with such times. I have

a good four seasons sleeping bag, bivvy bag, and a fleece liner to sleep inside every night – most people do not – and I have still been really cold, despite having good gear.

Cold is something I don't do well and for the first six weeks there was no relief from this unless I was tucked up inside the tent inside my sleeping system. Early signs of frostbite had to be nipped in the bud back in mid-March. Not nice at all.

***How has Jerry's company helped?***

There's only the two of us, so on this trip he's with me 24 hours a day, seven days a week. I know it would be considerably tougher without him, his company, the fact he gets me out and about and the





***You were temporarily homeless yourself at one time. Was this a reason for donating to Shelter?***

The fact we chose Shelter was because I could definitely empathise with homeless issues. Through the first few years after a marriage break up in the late '90s it was very difficult at times, often relying on mates to put you up. I slept on many couches through that time. The lack of a 'home' in your life can be very mentally challenging.

***Have you been surprised by the response***

***you've received so far, both from well-wishers en route, and online via Facebook and Twitter (@6MthsInScotland) ?***

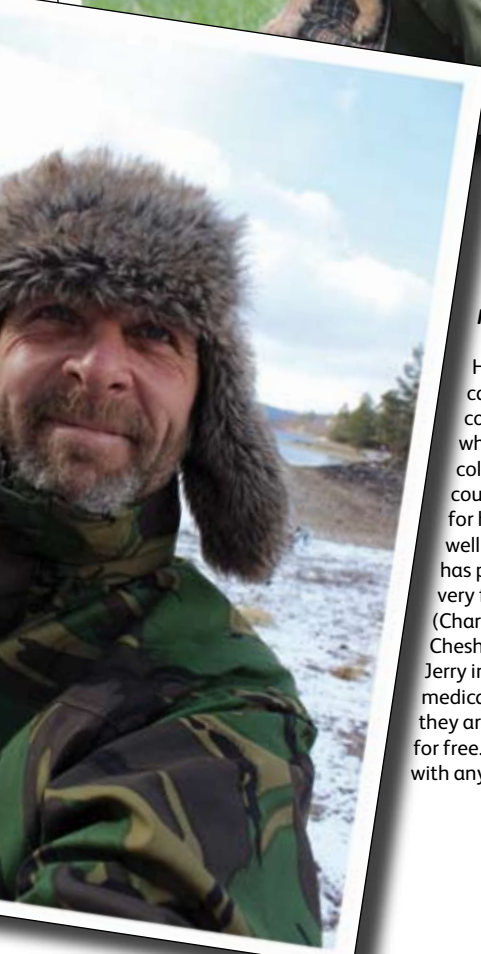
The feedback and support from followers on the Facebook page has been inspirational and highly motivating at times. Also, people that I bump into up here are hugely supportive once they realise what I'm doing and why. It's been quite touching at times to experience people's kindness and generosity, and has rekindled some faith in mankind for me.

One thing I will say to summarise is that in this country, in this day and age, homelessness should not be a problem, but it's a serious one. It breaks my heart to see genuine good people who fall on hard times to suffer in this area.

fact that he brings a smile to my face every day counts for a great deal. He's an excellent companion; first class.

#### ***How has he coped?***

He struggled quite significantly on occasion with the cold here through March, which was supposedly the coldest on record. I did all I could to make things less trying for him. Now he's coping really well since the temperature has picked up a touch. I'm also very fortunate to have his vets, (Charter Veterinary Services) in Cheshire sponsor us and support Jerry in times of need as he needs medication on a daily basis, which they are very kindly donating for free. Bet that doesn't happen with any homeless people's pets.





# STREET SHIELD

## CHAPTER 33

### A SET-TO!





# Health and wellbeing

*The Pavement's health team look at some chronic problems*

## Chronic foot strain is a real pain

In an average lifetime we walk the equivalent of three and half times around the circumference of the world.

That is a lot of miles for just two feet that most of us take it for granted. Out of sight, out of mind and provided the dogs are not barking, then the dark is where they usually stay.

Until that is, when something goes wrong, and then we wish we could cut them off and stick them in our pockets until they get better. There is a complex relationship between the 28 bones that make up each foot and '30 something' joints that join them together to make the levers and pedestals we depend on to walk. One step usually takes one second to complete and in that time the foot of the leading leg contacts the ground for about 6 tenths of the second before leaving the ground as the other leg goes through the same stance and swing phase.

Transferring body weight from one side then the other is the way we move around and this very complex action needs the feet to complete different functions if the impact of ground forces on weight bearing joints is to be avoided.

The arches of the feet play an important role and allow feet to efficiently function as both pedestals and levers during the stance phase. Standing, walking and running require highly coordinated movement but tiredness due to overuse, diseases like arthritis, and ageing cause twisted bones and misaligned joints which leave feet compromised.

Fortunately, for the vast majority, only mild discomfort presents but for others they can experience real pain. Sore feet is a very common complaint with chronic foot strain causing painful and tender joints with surrounding skin hot, moist and visibly swollen. Foot strain and flattening arches force changes to walking patterns resulting in increased risk of ankle sprains and bone fractures.

Fallen arches are commonly spoken about, but are a very rare event although chronic foot strain can appear as if the arches of the feet have collapsed. Busy feet need to be protected from hard surfaces and extreme temperatures especially when it is wet. Over exposure to cold and damp can cause extreme foot pain, so it is important to wear well fitting shoes and clean dry socks or tights.

Foot strain symptoms may be relieved by wearing over the counter insoles (foot orthoses). These are available in chemists and supermarkets and fit easily into shoes to improve comfort and support the foot. The rule of thumb is you usually get what you pay for. Hence cheaper insoles will not last as long as the more expensive ones, but for the duration are very comfortable.

In the event of persistent symptoms however you are advised to consult your health care practitioner. Stay well, stay safe and always, 'Take care of the pair'

### *Toe Slayer*

Registered Podiatrist  
and Shoe Historian

## Chronic wounds

Before I became a nurse I had no idea what a chronic wound was. Like most people I thought a wound meant you cut yourself making a sandwich, stuck a band aid on it and few days later it healed.

This is not always the case; some wounds do not follow the usual healing process and take longer and require special treatment to heal. Wounds like this heal best under the supervision of a nurse.

A chronic wound is not the same thing as a simple cut or graze. It is a wound that won't heal on its own, takes a long time to heal or is in any other way complicated.

IV drug users are at risk of developing chronic wounds. If you inject, this article is mostly for you, but anyone can develop a chronic wound and the advice that any wound that does not heal within a couple of weeks should be seen by a nurse or doctor applies to all of us.

Often chronic wounds are infected. If you have a fever, redness or swelling round the wound, pain, oozing or the wound smells, then you should see a doctor or nurse as soon as possible, because you may need antibiotics.

Obviously the best way to avoid a chronic wound from using drugs is not to inject. Injecting is bad for you in a vast number of ways, but you already know that, so this is advice specifically about preventing a chronic wound. This is harm limitation advice, and I don't in any way condone injecting. I believe injecting in this context can never be safe, however people do it and the following advice should make it a bit less dangerous.

Make sure your injecting equip-



ment is clean, use a new needle each time you inject. Use alcohol swabs or hot soapy water to clean any other equipment after each use. Bacteria or germs can be passed from equipment onto your skin, increasing risk of infection. Keep your kit off the ground and try to create a clean area to prepare your drugs. Wipe this area down with an antibacterial wipe before you start.

Try not to share your kit and never, ever share needles. Try to dispose of needles safely, preferably in a yellow sharps box.

Studies have shown people who always clean their skin before injecting are less likely to develop wounds. The most effective way to clean your skin is to wet with warm water, soap all over with antibacterial soap for a few minutes, rinse and dry well. Thoroughly wash your hands before you begin the process of injecting. If this is not possible for you, then improvise by using antibacterial skin wipes or wash as well as you can with the facilities available.

Keeping everything as clean as possible is the number one rule when doing anything that involves breaking the skin. Think it through for yourself. Develop a routine of cleaning your hands and kit and creating a small clean space to work from. Even if it's not perfect, doing it each time you inject will help reduce harm to yourself.

Veins are tubes that carry blood around your body. One sort of chronic wound is an ulcer and these are often caused by damaging the vein walls. Each time you inject you make a small hole in the wall of the vein. Try to rotate sites (use different veins) as much as possible to avoid repeatedly damaging the same vein.

Injecting in the groin or neck are both very dangerous things to do and if you are doing this you need to take medical advice about your addiction.

Digging around for a vein with the tip of the needle is also likely

to speed up wound formation, so if you don't get it first time remove the needle and start again with a fresh needle. Cleaning the place you have injected afterwards also helps reduce the risk of infection.

If you have "blown" a vein or the site becomes red and inflamed you should really seek medical advice. If you don't want to do these leave the damaged vein alone, keep it clean and monitor. If it continues to stay red, becomes sore, swollen or a wound starts to form then you need to see a nurse or doctor.

Street drugs contain impurities, as does the citric acid you may use to cook-up with. There is some evidence that people who inject a mixture of drugs such as heroin and cocaine are more at risk of developing wounds, probably because of the greater levels of cutting agents or impurities in the drugs. Use sterile water whenever possible, because it contains fewer impurities.

Use the softest, stretchiest and widest tourniquet you can get, as using something hard or narrow can crush the veins. You do not need to tie too tight and try never to make a knot that will dig into your skin.

Look after your skin in general by using moisturiser, preferably unperfumed. If you have another skin condition, unrelated to your addiction, then seek treatment for that too, as injecting into already damaged skin increases your chances of getting a wound.

Injecting into the fat, muscle or just under the skin can cause a type of wound called an abscess. If you are doing this and a hard lump forms, or you develop a round wound or sore, then you need to get advice because it means you have an infection and/or damage beneath the skin. Some wounds are deeper and can form spaces beneath the skin, even if there isn't much to see on the surface. Be aware of this and if you have unexplained pain, redness or swell-

ing... You know what I'm going to say... See a nurse or doctor!

If you have a wound that isn't healing normally, regardless of how you got it, you need to get help with getting it to heal. Nurses are experts at this, and, to be honest, most of us get a lot of satisfaction out of helping people with wounds.

Leaving a chronic wound untreated can become life threatening if a deeper infection sets in. It can also be painful and controlling pain is part of the treatment of wounds. Remember healing a chronic wound can take a long time and it's very important you keep going back to get your dressings changed. If you think this could be a problem, then it's better to discuss honestly with the nurse at your first appointment.

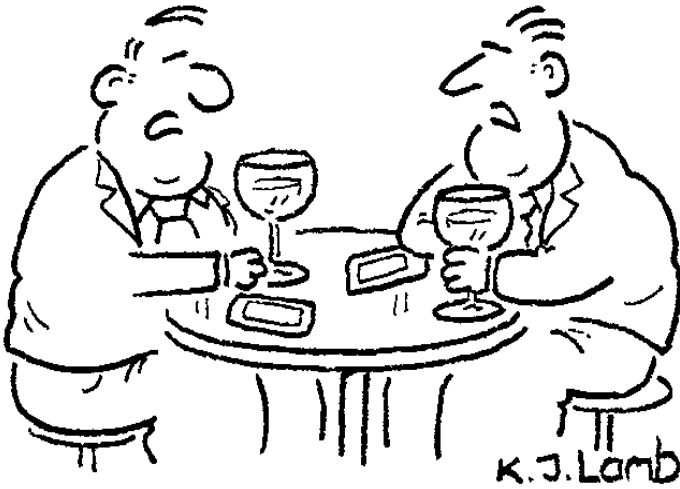
Patients from all walks of life, who are not complying with dressing changes or treatments, can suffer problems in wound healing. If you want it to heal then you have to get help, and keep going back. I can't stress this strongly enough to you.

Nutrition is important in wound healing, take advice from the nurse about this and do the best you can with your diet. Taking a multi vitamin every day can help if you think your diet isn't too great. Smoking slows down wound healing, so if you can cut down or quit, then do.

Good luck and keep well.

*Susie Rathie*  
Our Nurse Flo

# CITY WHINE BAR



*"People should stop banker-bashing – it's so unfair"*

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 Hammersmith,  
Argyle Place, King Street, W6  
ORQ, 020 8748 1400  
Blue Cross Merton, 88 – 92  
Merton High Street, SW19 1BD  
020 8254 1400

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

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

**Jobcentre Plus**  
To make a claim  
0800 055 6688  
For queries about existing claims  
for Income Support, Jobseekers  
Allowance or Incapacity Benefit  
0845 377 6001  
For Social Fund enquiries  
0845 608 8661  
For the Pensions Service  
0845 60 60 265

**London Street Rescue**  
0870 383 3333  
Rough sleeper's hot-line  
**Message Home Helpline**  
0800 700 740, 24 hrs daily

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

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

**Eaves**  
020 7735 2062  
Helps victims of trafficking  
for prostitution

**Domestic Violence Helpline**  
0808 2000 247  
AD, BA, DA, H  
benefits, tax credits, debt etc.  
specialist advice on housing,  
Free, confidential service, offering  
Mon-Fri: 9am-8pm;  
www.communitylegaladvice.org.uk  
0845 345 4345, Nationwide  
**Community Legal Advice**  
Out-of-hours helpline for those  
affected by mental health

## TELEPHONE SERVICES

**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 Martins; 11am, The Passage; 2  
Sat: 9.45am, The Connection at  
Tue: 7pm, Lincoln's Inn Fields;  
(every fortnight); Every other  
Mana Centre, Brompton  
Every second Mon, 11.30am at  
Quaker Mobile Library

**Runaway Helpline**  
0808 800 7070  
For under-18s who have left home  
people of all ages  
020 7359 5767 (advice line)  
www.stonewallhousing.org

**The Samaritans**  
08457 90 9090  
SANEline (6 – 11pm)  
0845 767 8000  
Out-of-hours helpline for those  
affected by mental health

## WEBSITES

**UK Human Trafficking Centre**  
0114 252 3891  
any time in their lives  
Helpline for men who have  
been sexually assaulted at  
any time in their lives

**Survivors UK**  
Mon, Tue & Thur: 7-10pm  
020 7404 6234  
Helpline for men who have  
been sexually assaulted at  
any time in their lives

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

**Stonewall Housing**  
Housing advice for LGBT  
people of all ages  
www.thepavement.org.uk/  
services.htm  
Regularly updated online  
version of The List.

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

**The Albert Kennedy Trust**  
Unit 203 Hutton Square Busi-  
ness Centre, 16/176a 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.

**www.streetlyties.org**  
Green, Shepherd's Bush  
Sun: 6pm; outreach on Bush  
Green, Shepherd's Bush;  
Wed: 9pm; outreach on Bush  
75 Great Peter Street, SW1P 2BN  
Tue: 6 - 9pm, King George's hostel,  
1 Coverdale Road, W12 8JJ  
Mon: 6 - 9pm, St Stephens Church,  
Streetlyties

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

**St Vincent De Paul**  
Lincoln's Inn Fields  
Tue & Thu: 7.30pm

**St Thomas of Canterbury**  
Lincoln's Inn Fields  
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

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

**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; Maltrovers 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

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

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

**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

**Quaker Run**  
Victoria, 2nd Sun of month: 7pm

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

**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*

**New Life Assembly**  
A run in Hendon, that comes into  
the West End once a month.

**Missionaries of Charity**  
Mon: Spitalfields (9.30pm)  
**Muswell Hill Churches**  
2 Dukes Ave, N10 2PT  
020 8444 7027  
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  
020 7837 7182  
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 Wednesday 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 Barking 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).

**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)

**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

**Islington Primary Care Service**  
(1PCS)  
1515 North, 99 Seven Sisters Road, N7 7QP  
020 7561 5410  
Mon - Wed, Fr: 10am - 1pm; Thu: 2 - 5pm  
For those who are home-less 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

**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

**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-lane 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, DT, 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  
Friday: 10.30am-12.30pm;  
Mon, Wed & Fri afternoons - appointments only  
For those sleeping out or in hostels within the borough

**Employment and Training**

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

**New Hanbury Project (SCT)**  
3 Calvert Avenue, E2 7JP  
020 7613 5636  
Mon-Thurs: 9.30am-4.15pm  
Courses in: personal development, life skills, woodwork, 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.openclinema.net , FF, LA

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

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

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

## The Welcome Project

020 7620 1888/6500  
Mon: 2pm-4pm (drop-in)  
MH, MS, NE

## Central and NW London

Substance Misuse Service  
282 North End Rd, SW6 1NH  
020 7381 7700  
Mon-Fri: 9am-5pm, C, MS

## 184 Camden

184 Royal College Road, NW1 9NN  
020 7485 2722  
Mon: 10am-3pm; Tue & Thu: 10am-8.30pm; Wed & Fri: 10am-5.30pm  
AS, BA, C, D, ET, MS, NE

## EASTERN EUROPEANS & MIGRANTS

East European Advice Centre  
Palingswick House, 241  
King Street, W6 9LP  
020 8741 1288  
Open weekdays 10am-12pm & 2-3pm, for appointments; closed Wed  
Ring for appointment

## Alcohol Support

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

## 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 11-5pm); 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

## Wandsworth Drug Project

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

## Blackfriars Road CDAT Team

151 Blackfriars Rd, SE1 8EL

## 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

## www.999club.org

F, H, L, LA, MS, MH, OB, SH, TS  
AS, AD, A, B, BE, CL, C, DA, D, FF,  
Mon-Fri: 9.30am-5pm  
020 8694 5797  
21 Deptford Broadway, SE8 4PA  
The 999 Club

## 21 Deptford Broadway, SE8 4PA

AS, AD, A, B, BE, CL, C, DA, D, FF,  
Mon-Fri: 9.30am-5pm  
020 8694 5797  
21 Deptford Broadway, SE8 4PA  
The 999 Club

## www.999club.org

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

## Wandsworth Drug Project

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

## Blackfriars Road CDAT Team

151 Blackfriars Rd, SE1 8EL

## www.999club.org

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

## Wandsworth Drug Project

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D, OL, MS, NE, SH



**Manna Day Centre**  
6 Mellor St, SE1  
020 7403 1931  
Every day: 8.30am–1.30pm  
AS, BA, BS, BE, CL, DT, FF,  
FC, H, MH, MS, OL, TS  
**New Cross 999 Club**  
All Saints, Monson Rd, SE14  
020 7732 0209  
Mon–Fri: 1.00am–5pm  
AD, ET, FF, L, LA  
**New Horizon Youth Centre (16  
– 21 year olds)**  
68 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

**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  
**The Tab Centre**  
20 Hackney Rd, Shoreditch, E2  
020 7739 3076  
Friday: 9am–12 noon, F  
BS, CL, FF, L  
**St Stephen's Church (The Manna)**  
17 Cononbury Rd, N1 2DF  
020 7226 5369  
Tues: 7–9pm (drop-in); Weds:  
1–3pm (drop-in – B and FC); Fri:  
1.00am–12 noon (key work session)  
BS, CL, FF, L  
**St Giles Trust**  
64 Canberwell Church St, SE5 8JB  
020 7708 8000  
Mon–Thu: 9.30am–12.30pm  
AS, AD, BA, CA, ET, H, L, IT, OL

**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–12 noon (women  
only); Tues: 9–10.30am (rough  
sleepers only); 10.30am–2pm  
(drop-in); Wed: 10am–12 noon  
(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.  
FC, FF, H, LA, LF, MC, MH, MS  
AD, AS, BA, BS, CL, C, D, ET,  
A, AD, AS, BA, BS, CL, C, D, ET,  
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–12 noon (8.30am  
for verified rough sleepers) & 1.30–

**The Passage (25+)**  
St Vincent's Centre, SW1P  
Carlisle Place, SW1P  
020 7592 1850  
Mon–Fri: 8am–12pm (for rough  
sleepers); 12–2pm (Lunch);  
2–6pm (appointments); 4.30–6pm  
(verified rough sleepers – by invita-  
tion); Sat–Sun: 9am–12 noon.  
A, BA, CA, CL, D, ET, F, FC,  
H, IT, L, MH, MS, TS  
**Providence Row**  
The Dellow Centre  
82 Wentworth St, Aldgate, E1 7SA  
020 7375 0020  
Mon–Fri: 9.30am–12 noon (8.30am  
for verified rough sleepers) & 1.30–

**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–12 noon  
AS, B, BA, BS, BE, CL, FF,  
LA, MH, MS, OL

## 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 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

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

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 7720 2811/0178  
Mon–Fri: 12noon–3pm

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

**www.aceofclubsclapham.org**  
020 8892 5768

Call for opening times  
1 Berrymead Gardens, Acton

**Action Homeless Concern**  
Emmas House

Market Lane, Shepherds Bush, W12  
020 8735 5810

Mon, Tue, Fri: 10  
- 11am (drop-in); 2 – 4pm

(groups & appointments)  
AD, A, BA, BS, CL, DA, D, ET, F, FC,

H, IT, LT, LA, MS, MH, ML, SK, SH, TS  
**Bromley 999 Club**

424 Downham Way,  
Downham, BR1 5HR

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

**Depford Churches Centre**  
Speedwell St, 020 8692 6548

Mon, Tues, Thu & Fri: 9am - 3.30 pm  
A, AC, AD, AS, B, BA, BE, BS, C,

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

020 7267 4937  
Mon–Fri: 9.30am–7pm

A, BS, C, CL, D, FC, H, L, MH, MS, TS  
020 7252 9305

155A Kings Road, SW3 5TX  
020 7252 9305

**Chelsea Methodist Church**  
Tow, NW1

6 Greenland St, Camden  
020 7267 4937

**Camden Spectrum (Thames**  
Reach)

6 Greenland St, Camden  
020 7267 4937

**Divine Rescue**  
Thurlow Lodge, 1 Thurlow Street,

SE17 2US, 020 3489 1765  
Mon: 10am–6.30 pm;

Tue–Fri: 10am–5pm  
AD, AS, AC, BA, C, CL, FF, H, MC, OB

Earls Court Community Project  
Ongoing renovation until

2013, but still open at:  
St Barnabas Church, 23

Addison Road, W14 8LH  
020 7471 7030

Tue & Wed: 2 – 4pm  
CL, FF

**Hackney 180 First Contact &**  
Advice (Thames Reach)

Hackney Methodist Church  
219 Mare St, E5

0208 985 6707  
Mon–Thurs: 8am–9.30am

(breakfast club)  
Hanbury Community Project (SCT)

Details of their changes have been  
confirmed, and they're now called

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

**The Haven Club**  
At the Holy Cross Centre

(See below).  
Mon: 6pm–10pm

For self-treating drug & alcohol  
users: no using on day or no entry

**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;

12 noon–3pm (refugees and  
asylum seekers session).

AC, FF, H, IT, LA, LF, MH  
**Homeless Action in Barnet (HAB)**

36B Woodhouse Road, N12 0RG  
020 8446 8400

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

(rough sleepers only); Wed: 9am  
– 12noon (women's group)

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

**Depford Churches Centre**  
Speedwell St, 020 8692 6548

Mon, Tues, Thu & Fri: 9am - 3.30 pm  
A, AC, AD, AS, B, BA, BE, BS, C,

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

020 7267 4937  
Mon–Fri: 9.30am–7pm

A, BS, C, CL, D, FC, H, L, MH, MS, TS  
020 7252 9305

155A Kings Road, SW3 5TX  
020 7252 9305

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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;

12 noon–3pm (refugees and  
asylum seekers session).

AC, FF, H, IT, LA, LF, MH  
**Homeless Action in Barnet (HAB)**

36B Woodhouse Road, N12 0RG  
020 8446 8400

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

(rough sleepers only); Wed: 9am  
– 12noon (women's group)

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 01 May 2013

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

Email changes and suggestions to:  
[thelist@thepavement.org.uk](mailto:thelist@thepavement.org.uk)  
Or write to our address on page 3  
Updated entries: 2  
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–4pm  
Practical and emotional support 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)

**London Irish Centre**  
50–52 Camden Sq, NW1 9XB  
020 7916 2222  
Ring for service times  
A, BA, C, CL, D, E, H, MC

**KCAH**  
36a Fife Rd, KT1 1SU  
020 8255 2439  
BA, FF, H  
(appointments only)  
AS, H, TS  
Mon–Fri 10am–4pm

**HOPE worldwide / Two Step**  
360 City Road, EC1V 2PY  
020 7713 7655

**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