

the Pavement

Issue 6

The paper for The Homeless (London Edition)

Free

The great soup debate

The great debate has begun on the future of soup runs

With 65 soup runs operating in central London, getting fed on the streets has never been easier according to Westminster Council. Last month they convened a soup summit to tackle the issue of over-saturation of services in the capital.

Research by the council found that many soup runs are a “waste of effort and resources”. The vast majority of users of soup runs are not rough sleepers, the report said, and services are duplicated across central London, with some providers travelling in from outer regions. Much of the provision is not joined up with other services for rough sleepers, running counter to the council’s rough sleeping strategy, which aims at providing alternatives to street-based life.

The summit brought together representatives from the council, homeless agencies and soup run service providers. Councillor

Angela Harvey called for a more targeted approach to soup run services, while ex-rough sleeper Mike Briggs told the audience how the sheer quantity of soup runs had helped sustain his life on the streets, to the detriment of his health.



“I’m food and drink correspondent for the Big Issue”

Matthew Davenport presented his report, ‘Why doesn’t someone do something?, a Christian response to homelessness in Westminster’, in which he criticised soup providers who come into Westminster from outside.

“Ignoring the poor of Luton to serve the poor in London is as bad as walking past the body of the victim in the parable of the Good Samaritan,” he said.

For John Bird, founder of the Big Issue and a former rough sleeper, the over-saturation of soup run services is indicative of the failings of many homelessness strategies, which focus on emergency response rather than finding challenging solutions to the problem.

Representatives from soup run providers themselves hit back at the council’s assertions that their food provision is not part of a joined-up service, with Ian Locke from the Simon Community saying that “soup is just the introductory bit” to its other services, and provides contact and...

Continued page 2

New cafe offers more than ‘tea and sympathy’

A cafe in Soho now does care with its cappuccinos

There’s no shortage of coffee houses in Soho, but a new addition serves more than fancy moccaccinos. Café Arlington is an initiative offering rough sleepers a route back to work. It is the first of four planned coffee shops to open its doors to the public, with the others due over the next six months, and is the brainchild of the social enterprise organisation Novas.

Café Arlington (sounding slightly better if pronounced in a French accent whilst gesturing in the air) is situated at one end of Dean Street, like a Soho bookend,

holding together restaurants for the rich, trendy bars for the designer-scruffy and a smattering of strip joints.

The aims and benefits of it are twofold; firstly, the café will offer paid employment opportunities to homeless people across England, with a pledge that 50% of the staff employed within the chain will be graduates of this scheme. Secondly, profits made will be reinvested into Novas’ services to increase access to education, work and more training initiatives for the homeless and other socially excluded individuals.

Olu Emmanuel, 22 years old, from London, is a fulltime employee at the flagship shop

in Soho. It was during his work experience at the Novas headquarters that Emmanuel heard about the possible job at Café Arlington. He filled out the application, anticipating that it would fall at the first hurdle, typical of his job hunting experience as an ex-offender: “I can’t tell you how many job applications I have filled out over the past year, but when they hear you have a criminal record they just don’t want to know”. Much to his surprise Emmanuel was invited for an interview and a subsequent phone call confirmed he had the job, “I was so happy”, he beams.

Training commenced one week before...

Continued page 3

News

Phone lines 4 you

Get a 'home' telephone number without a home

A new scheme called VoiceMail4All is providing accessible phone numbers and messaging services for those without homes. The initiative, launched by St. Mungo's in partnership with technology charity Tech4All, supplies those with no fixed address with a personal telephone number with a standard London dialing code - 0208.

Each number is private and users can record a personal greeting for callers. Messages can be accessed for free at St. Mungo's projects, or from other telephones charged at a local rate. The scheme is aimed at avoiding the stigma of homelessness, when applying for jobs in particular.

David Lightboy, who took part in the trial of VoiceMail4All, says, "I was applying for jobs and was able to have my own 0208 number on the application form. Without that number I would have had to have

left the number for my key-worker or the phone in the hall of my semi-independent house. This way employers don't need to know I am homeless - I feel like I stand an equal chance with any other candidate now."

The service avoids the disadvantages of mobile phones, which can be expensive, have limited batteries and are easily lost or stolen. VoiceMail4All is free to set up and is always accessible by both callers and users.



Having received further funding from various sources, including the London Development Agency, the project is now available across the whole of London.

Co-ordinator Laura Black, pictured setting up an account with Lorenzo, is enthusiastic about the positive impact it will have, stating, "We're all very excited about getting it up and running".

Both number and voicemail are initially set up for a period of three months, which can be extended for longer if required.

It is available through St. Mungo's Ealing outreach team, North Lambeth Day Centre (during the building work from their office) and Bridge Resource centre. Registration is also available through an increasing number of partner projects, including St Martin's, Streetshine, Centrepont and the Big Issue.

Those wishing to find more information can contact St. Mungo's VoiceMail4All co-ordinator on 020 8600 9162, go to www.voicemail4all.org.uk, or visit one of the St. Mungo's centres detailed above.

"VG"

Great soup...

Continued from front page:

...consistency to those living on the streets.

Chris Peacock, director of services for Aslan (All Souls Local Area Network), blasted the council for seeking a quick fix to homelessness. "You can't force someone who is mentally disturbed and deeply alcoholic into accommodation," he said. "Sometimes it takes years. I've been running a soup run for 18 years and its more than just thrusting a bowl of soup into people's hands." Indeed, rather than an over-provision of services for homeless people in the Westminster area, there is an acute shortage, he said, particularly for hostel beds. He also lambasted Westminster Council for failing to engage with soup run providers. Less than a fifth of soup run providers within Westminster responded to the councils' initial research project, and only a handful were repre-

sented at the summit itself.

The council said that it does not want to bring an end to soup runs within Westminster, but seeks to avoid duplication and integrate the provision within other services for the homeless. It put forward a "preferred soup run provider model" to dramatically reduce the number of soup runs on the street.

Frank Moran of Thames Reach Bondway called for more co-ordination between soup runs and existing services, and highlighted the work of Unleash, an umbrella organisation for churches and projects involved in homeless action in London.

Unleash held its own meeting to discuss the "anti-soup run lobby" prior to the Council's soup summit, at which itself and other soup run providers agreed to launch a forum to help groups offering food and outreach to co-ordinate their activities

and ensure overlap is avoided.

But the soup run providers are not about to call time on their activity, which Unleash says are part of a long tradition of Church and faith group social action, offering "vital, life-saving work at no cost to the taxpayer."

For Westminster Council, and many working in with street sleepers in central London, however, the soup run has had its day.

"We need more creative responses to homelessness," says Moran. "Is the soup run an adequate response in the twenty-first century?"

"Hector"

News

New cafe...

Continued from front page:

...the doors opened for business. Staff were put through their health and safety, food hygiene and customer care paces. Once the theory was out of the way, they were let loose on a whole plethora of coffee machines. The new employees were trained on all aspects of running a coffee shop. "This means," Emmanuel said, "that each day we are in charge of something different - one day you're on the tills, the next on the coffee machines and another day you might be clearing tables and cleaning the kitchen."



When asked what was best about having a fulltime job he mentioned numerous things, such as being able put money aside for a pending shopping spree (as a twenty-two year old being decked out in the right gear is very important), and the fact that he could even afford to socialise after covering his rent. However, Emmanuel added, "I have made my mum really proud of me and, oh," he pauses, "I can have as much free coffee as I want!"

"Bez"

NLDC gets a face-lift

St John's/NLDC closes for building work

The North Lambeth Day Centre (NLDC), one of Central London's busiest day centres, closed for refurbishment on 26th September.

In the meantime, the work with clients will continue from an office base and through outreach services. According to homeless organisation St Mungo's, which manages the centre, the refurbishment will improve the facilities and access to the building, but it is not clear yet whether the services provided will change after the refurbishment.

"To better meet the needs of the people who use it, and to make it more accessible, the building needs to be refurbished," said Luton Sinfield, St Mungo's Group Manager. "The services are continually evolving but our commitment to the most excluded will remain and we will continue to focus on local rough sleepers. Whilst the centre is closed we will continue to work with clients from an office base and link up with those on the street via area patrols in liaison with outreach services."

The centre, which is funded by the London Borough of Lambeth and St

Mungo's, has long being a popular day centre, with practical services such as washing facilities, showers, free clothing store and luggage storage.

Lambeth Council said it is supporting the refurbishment, but it refused to say how much money is being spent on the project, adding, 'whilst the maintenance and improvements to the building are taking place the normal services available

have been relocated to satellite locations and will be reinstated once complete."

People who attend the centre regularly will still be able to contact the staff through the offices.

The centre is expected re-open in December.

"Ana"



Streetlife

Learning a trade at West London Day Centre

A new scheme offers training at Seymour Place

If you want to get back to work but don't feel you have the right skills, help is at hand. The West London Day Centre (WLDC - see service listings, page 11, for address), working with the City of Westminster College, has set up a DIY training project for homeless people to learn a range of trades which could secure you a place at a vocational training college, a job and, eventually, a career.

"We started it just over two years ago in an old betting office," says Stuart Allen from the City of Westminster College, who runs the course. "It was so successful that we're still doing it, but we had to move away from the original building. We started at the WLDC in September and we're already busy. We offer a 13 week course, each week running from Monday to Thursday."

Students have to commit to coming for at least three days a week. In return they get expert tuition, plus £3 for lunch and their bus fare. The classes on offer range from plastering, tiling and carpentry, to painting, wallpapering, basic plumbing and brick laying. There's no official start date, so people can start the course whenever they like. After they've been in to meet Stuart and decided on the skills they want to learn, they need to receive a referral, but after that they're good to go. "We're looking for people who are motivated in some way, and

this course really builds on that," says Stuart. "We work with them on an individual basis and the course is quite dynamic."

The course has so far received plenty of applicants, and had those who have moved on to fulltime employment as well as those who are about to move into their first flat and wanted the skills to decorate their homes. "We also welcome refugees," says Stuart, "who may simply want the chance to mix with English speakers and practice the language in a working environment. We're prepared to take anyone with the enthusiasm and commitment to sign up for the 13 weeks and come in for at least three days per week for that time, no matter what their housing status."

The scheme offers a safe and supportive place to learn, and a stepping-stone into vocational college or work. For admissions advice, call Stuart on 020 7723 3693.

"Hack"

- The City of Westminster College, which provides a broad range of courses for the homeless, operate at The Passage, St Martins, and the Cardinal Hume drop-in centre. They have courses on art, IT, personal development and many other subjects. For more details about these courses please contact Ita Leavy, on 020 7258 2818.

Diary: What's on in London

In this new section we cover some of the events coming up in the next couple of months:

On Thursday 10th November the annual Commemoration Service in "memory of homeless folk who have died during the past year" will be held at St Martin's-in-the-field. Starting at 12 noon the service will involve various people, with rough sleepers alongside staff from the Social Care Unit and Unleash. Always a moving event we will report on it, but it's coordinator, Roger Shaljean, extends an open invitation to this service, so you will be sure of a welcome there.

Capital Art, the new homeless art group we reported on in Issue 3, have a broad variety of events coming up in the next few months. There are art workshops in museums and galleries, they are free, fun and open to everyone. Coming up in late October and November:

Tate Modern: The Self-Taught Artist

Monthly two-hour sessions at Tate Modern will lead to the Henri Rousseau exhibition and an all-day practical workshop in January.

V&A Art Library

Christmas Cards from the museum's collection, including the first ever made. Followed by workshop to make your own.

Royal Academy: Edvard Munch By Himself

The acclaimed exhibition and practical art workshop.

Wallace Collection: Birthday Suit Workshops

For beginners and experts.

To get the full list or book a place ring or text Jennifer at 07985 411 458, or e-mail capitalarts@aol.com.



"Sorry seems to be the hardest word - Although anti-disestablishmentarianism is quite difficult."

Focus

Old soldiers on the streets

A new report looks at the link between military service and homelessness

The disproportionately large number of ex-military personnel who become homeless is well documented. Twenty five per cent of rough sleepers and other single homeless people are said to have military backgrounds. Homelessness agencies such as Thames Reach Bondway and St Mungo's suggest 10 per cent is closer. Though less alarmist, that figure is still too high. Since the armed forces are

problem and to suggest improvements.

Interviewing ex-services people in-depth, who had been or were homeless, we asked them about their lives before joining, their experiences whilst in the military and since. The most striking feature of their responses was the pride that they universally felt in their military service. They told us about 'comradeship' and felt they had "learnt a lot about looking after myself - life lessons." One person commented, "I used to have a bad reputation with the police. The army made me realise what an idiot I was and what I'd put my Dad through." Most people leave

problems, such as mental health problems or conflict-related post-traumatic stress disorder. Drinking excessively is also a legacy of spending too much time in "The Mess."

Survival skills gained in the army can help with life on the street. One person who had lived in a graveyard told us that "a plastic bag is often much warmer than a sleeping bag. You learn these little things from being in the military."

As well as the services developed since the 1990s, more can be done. Successful approaches will validate the positive aspects of the ex-military identity – it can't be easy going from 'fighting the Queen's enemy' to being a security guard – while seeking to re-integrate ex-military homeless people into the mainstream of society. Homelessness agencies will need to work more closely with ex-forces charities.

Preventing ex-military homelessness depends upon the armed forces recognising and dealing with particular emotional problems when they arise, especially when bad behaviour may lead to premature discharge without support before or after departure. In the longer term, military life needs to become, within the obvious operational constraints, more like normal lives lived on normal streets with friends and family who are not in the armed forces. New garrisoning arrangements will mean that soldiers spend more time in the UK and less time living in barracks. The structures and preparations for modern warfare and peacekeeping, fought quickly and mostly from a distance, come together fortuitously with reducing the culture shock that can lead to homelessness. Problems will nevertheless remain for those for whom military life has not in the end helped move on from past problems and those for whom military life itself has made them vulnerable and less able to cope with modern life, which evidently lacks clear hierarchy, structure and purpose. Hardly surprising that it seems bewildering.

Gerard Lemos
Lemos & Crane



a tiny proportion of the whole population, military service does seem to be a risk factor for subsequent homelessness. But to suggest that being in the armed forces, particularly the army, makes you more likely to become homeless, is over simplistic. It is like describing a zigzag and broken path as if it was as straight and clear as a Roman road.

Since these links started to emerge in the early 1990s the Ministry of Defence, the armed forces and the ex-forces charities have put in place initiatives, both pre- and post- departure, to advise and assist in finding homes. These are all welcome, but the problem still persists. The Indigo Trust, one of the Sainsbury's Family Charitable Trusts, commissioned Lemos & Crane to understand better the intractability of the

the armed forces with their confidence, skills and maturity enhanced; better prepared for civilian life.

But for some, military life, with its emphasis on hierarchy, structure, peer groups and life lived in the present tense, is a poor preparation for civilian life. One person noted "It's a completely different mindset from civilian life but you don't really realise that until you leave and then the differences are really clear." Some become homeless, not always immediately, sometimes years later. Others find old problems recurring, family conflict, relationship breakdown and mental health: Military life had allowed them to distance the present from the past, but the past crashes back in. For others military life has itself triggered

Letters

No space for an Editorial this issue, but before the letters let me pass on a bit of news. We're conducting a readership survey so that we can best improve our future issues - If you see a survey form, please complete it and return it to us. More journalists have joined our 'staff' so you should notice an improvement in writing as well as greater coverage of issues. Lastly, in a change of plans, Paul Grist, a great British comic artist (Kane, Jack Staff), has agreed to start work on our comic strip soon - Pow!



(This letter has been edited for length)

Dear Editor,
you can read everywhere the views of all these people from different organisations who claim to care about the homeless and who, in fact, have an extremely pleasant lifestyle from caring for the homeless, to the extent that you feel they would panic if there was a decline in the number of homeless. For example Shaks Gosh, chief executive of Crisis, who wants to extend services to the homeless, and John Bird of the Big Issue, who feels we are being "mollycoddled"? How much have you personally made from exploiting the homeless since you started?

It's the same with big organisations like Crisis. Like many homeless people I consider it to be a money making racket for those who claim to care about us, and the "services" I have used are chaotic and under-resourced - please don't tell me that Crisis is short of money. Crisis at Christmas was the ultimate triumph of Public Relations over substance - the services offered by the Quakers, who get no funding, were far superior to those offered by Crisis at its Public Relations extravaganza. (But both these organisations have plenty of [people] who will write in to contradict me.)

I would like to see all these organisations (including Thames Reach Bondway) closed down, and the money used to re-house people - there is a vast amount of empty housing in the North which I have discovered there is a wall of silence about when I have tried to get information. Why - because it would put the

homeless organisations out of business? How much does Shaks Gosh make personally, out of interest? If *The Pavement* is genuinely a paper for the homeless, and not just a mouthpiece for the homeless industry, could you do an investigation into the vast fees charged by organisations like St Mungos, Sally Army et cetera for hostel places (giving figures) which (because housing benefit is such a nightmare) mean that people cannot obtain work in hostels despite having to tell Jobcentres that they are doing so. This is a major reason why people like myself will not use hostels.

George Orwell

Real name supplied

Dear George,
thank you for writing in, and you've covered so many issues for debate that we may look at in future. For a start we make nothing from *The Pavement*. As to your complaints levelled at some of the larger organisations, no doubt they are expensive to fund, but, and it's a big but, you have a choice whether to use their services, and, as a few of our lead articles show, some of that money achieves interesting and practical results (VoiceMail4All?). We do believe that it is important that there is a broad selection of day centres and services available (both in ethos and funding), so that you can vote with you feet.

"Ed"

Contacting us:

It is easy to drop *The Pavement* a line whether by e-mail or post, and published letters get a t-shirt. Write to us at -

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SE22 8YL

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Legal Affairs

Odd laws

Following on from our recent report on the vagaries of the Vagrancy Act, it's time for a look at some of the curious laws governing this country.

Did you know that if Gordon Brown or David Blunkett turned up to the House of Commons in a suit of armour, they would be breaking the law? I can't imagine what the punishment would be. Punishments for pirates (although I'm not suggesting Brown and Blunkett are pirates) were, however, pretty serious until recently. Pirates could be sentenced to death, by hanging, for treason and piracy with violence on the high seas. Luckily this has now been struck off the statute books – but our government clearly wasn't in any hurry to abolish it – they only got around to it in 1998.

If a whale is captured near the coast, it must first be offered to the Queen (it's not entirely clear for what purpose) and cannot be dealt with in any way without her consent. Swans swimming in open rivers belong to the Crown.

Yes, these are the laws of our country.

But the law does not confine itself to the natural world. There are quite a number of peculiar laws that govern town living. You can be charged £200 or imprisoned for 14 days for beating a rug in the street, except - you will be pleased to hear - if you do so before 8am. The same penalty applies if you fly a kite on the street, ring someone's door bell and scarper or sing an obscene song.

Towns too are entitled to pass their own byelaws. You will be relieved to hear that it is only legal to shoot a Welsh person inside the city of Chester after midnight and with a bow and arrow. However the Scots are not so lucky. Any day excepting Sundays in York, it is perfectly legal to shoot a Scotsman – providing you do so with a bow and arrow.

Still, at least we don't live in North Dakota where it is illegal to fall asleep on the road

with your shoes on. Or in Connecticut, where it is illegal to walk backwards after sunset. And at least our laws no longer really take into account holy days – you can get into trouble in Israel if you pick your nose on a Saturday and in Scotland, it is illegal to fish on Sundays.

So what? In the United Kingdom these absurd laws don't really cause anyone any harm. True. But that would mean, you would hope, that our government is not passing any more laws to add to this collection of pointless regulation. Unfortunately that is not the case. Who would have thought that anyone would pass a law about feeding pigeons – but in 2003 that is exactly what Ken Livingstone did when he made it illegal for people to feed pigeons in Trafalgar Square without his permission.

But this has a more serious point too; think of ASBOs for example. Our courts have the power to pass orders against "anti-social" behaviour – without any limitation - and this means that ridiculous and prohibitive orders are being passed as we speak. ASBOs were granted against a suicidal woman to ban her from bridges and against a boy with tourette syndrome - a condition which causes compulsive swearing – to ban him from swearing. While our government's appetite for absurd laws is still alive, it is a worry that they have the legal governance of our country, in their hands.

"Young Bailey"



"...and upgrade my phone while you're at it"

Health

Dear Flo...

Dear Flo

I like to drink super-strength lager, it's cheap and hits the spot, but now I've heard on the grapevine that its more dangerous than normal lager. Is this true?

Dave

Islington

Dear Dave

The trouble with super-strength lager or cider is certain varieties can contain up to 4 units of alcohol in one can. The Department of Health recommend men should not drink more than 28 units per week. They also recommend that women only drink 21 units per week. That way alcohol remains a pleasant social pastime that is unlikely to affect your health. If

however you rise above this recommended intake your heart, liver, stomach or even brain function could be affected.

Here are the maths...

One can of normal strength (5%) lager/cider is approximately 2 units, so that means the highest safe intake is 14 cans a week or 2 cans a day. One can of super strength (8%) lager/cider is approx 4 units. That's a maximum safe intake of 7 cans a week or 1 can a day.

Most drinkers I know that drink 'super' don't restrict it to one a day; most drink around 4 cans a day (that's 116 units a week) and some even drink eight or nine

cans a day - a massive 224 units a week. That's more in one week than you should have in 2 months. The body cannot take that level of regular punishment and it could affect your health possibly forever.
Flo

I've had some enquiries about Hepatitis recently, particularly Hepatitis C, so next month we'll have a special report on Hepatitis C and its rise in the homeless population.

Good health,

"Flo"

Foot Care

Trench Foot et al

Keeping the feet warm and dry in the winter months makes very good sense and not just for comfort. Preventing chilblains, Trench foot and frost bite are very important and with a little care the risks can be reduced markedly.

Chilblains (pictured below) describe an abnormal response of the circulation to exposure to cold and damp. There are various stages and the symptoms range from hot and itchy spots, tender areas of the skin, to deep ulceration. Keeping them at bay is easy; the simple answer is to keep the feet at a constant temperature. Dry warm socks are a must. If you are prone to chilblains then visit your doctor in the warmer months and ask for

preventative medication. Unfortunately this does not help when chilblains are present.



Trench foot (pictured above) can be a more serious affliction. The condition arises when the legs are exposed to prolonged cold (non-freezing) conditions. This results in both circulation and nerve damage. The range of symptoms vary from a feeling of cold feet, pins and needles, to no feeling whatsoever. This condition was first discovered during World War I when soldiers' legs and feet were immersed in cold muddy waters for weeks on end. Their ligaments gave way and the feet collapsed. Soldiers were literally unable to move. In the Falklands War there was a recurrence of Trench Foot because the boots of the British Forces' were unsuitable for the weather conditions.

A similar condition, immersion foot, gives similar symptoms, but is associated with

prolonged exposure to warm and wet conditions. This was common during the Vietnam War, where the jungle provided warm moist conditions.

For both, warm socks or insulating insoles will help, but the real secret is to keep the feet dry.

Frostbite is another serious condition which affects the extremities. This describes tissue death (pictured below) and is caused by exposure to subfreezing temperatures. It can be a very serious condition, and fourth degree frostbite usually results in autoamputation.



As always, if you have foot, hand and leg related symptoms and they do not respond to simple prevention, please consult your doctor.

"Toe Slayer"

Podologist & Shoe Historian



Soup Runs

Good Soup Guide

No. 3: ASLAN

Going out at 3am to meet with a soup run isn't perhaps necessary but seeing behind the scenes is all important to getting a rating in our Good Soup Guide. And it begins early for ASLAN.

The connection with the Lion in the Chronicles of Narnia is intentional, but ASLAN also stands for the All Souls Local Action Network. This group, originating in All Souls church (Langham Place, at

the top of Regent Street) began with a tea run in January 1988. This quickly grew as it was supplemented with food and the ASLAN volunteers are always busy on Friday nights sandwich making. A simple tea run in the beginning, ASLAN is now a first rate soup run even if the food isn't the best (it isn't bad though).

ASLAN volunteers set off at just after 5am every Saturday from their clubhouse off Cleveland Street in a van bearing the volunteers, trestle tables, tea urns and food for the stops. They always have a

selection of sandwiches, sometimes a hot dish (jacket potato) and always hot tea and coffee. Fruit is plentiful, and a selection of clothing is carried for those who need – If they don't have what you want, they'll keep an eye out for you.

But, ASLAN is more than a sandwich and cup of tea. They provide food and showers in two shifts at The Passage in Victoria on Saturday mornings (see Soup Kitchen listings), and hold invitation only evenings at the clubhouse, which always includes a communal meal and usually some prior entertainment. Even the soup run isn't one dimensional. As Clare, one of the run leaders, told us, "it's not just about food, or even a cup of tea; it's about meeting up and chatting as much as anything."

ASLAN's director, Chris Peacock, is involved with the formation of the new soup run forum, and has lead the way in standards of food preparation and hygiene.

For its other services and welcome, ASLAN deserve top marks, but based on the food alone we give them a very respectable four slabs.

Rating:



SOUP RUNS*

All Souls' Local Action Network (ASLAN) (four slabs)

Sat 5.30-8.30am - Covent Garden, Milford Lane, Surrey Street, Strand, and Waterloo.

Hare Krishna Food for Life

The Hare Krishna food run provides vegetarian meals from Monday to Saturday all year round.

Islip Road (Kentish Town) 12.30pm; Arlington Road (Camden) 1.30pm; York

Way (King's Cross) 2.30pm; Lincoln's Inn Fields 7.15pm (Mon, Wed, Thurs); finish at Temple if there's food left.

House of Bread

Sun 6.45am onwards
Hot food and a full cooked breakfast once a month on the Strand (at the Charing X end, opposite McDonald's).

Sai Baba

Thurs 7.30pm: Lincoln's Inn Fields - Curry
This group provide several food services, both in buildings and on the streets.

Silver Lady Fund (four slabs)

Pies, pasties, and sausage rolls from Mick's van; each day 6.30-6.45am on Upper Ground, next to the Royal Festival Hall.

Simon Community (four slabs)

Tea Run: Sun and Mon (6-9.30am): Hinde Street, Milford Lane, Strand, Exeter Street, Covent Garden, Army and Navy, Waterloo, Lincoln's Inn. Wed and Thurs (8-10.30pm) Milford Lane, Chaplin Walk (Waterloo), Army and Navy,

Marylebone Church, Hinde Street.

Street Cafe: Mon (4.30-7.30pm) and Wed (9.30am-1.30pm): St Mary-le-Strand Church (Strand).

Soup Run: Wed and Thurs (8-9.20pm): Hinde Street, Milford Lane, National Theatre, Army and Navy, Howick Place (Victoria).

SW London Vineyard

Sun 2.30-4.30pm beneath Waterloo Bridge (Embankment) - hot stew

*Please note, soup kitchens are listed on page 11

Services available in London

Alcohol workers – A
Art classes – AC
Benefits advice – B
Barber – BA
Bathroom/showers – BS
Counselling – C
Careers advice – CA

Clothing – CL
Drugs workers – D
Dentist – DT
Education/training – ET
Food – F
Free food – FF
Foot care – FC

Housing advice – H
Internet access – IT
Laundry – L
Luggage stowage – LS
Music classes – MC
Mental health – MH
Medical services – MS

Outreach workers – OB
Outreach worker links – OL
Pavement stockists – P
Sexual health advice – SH
Safe keeping – SK
SSAFA – SS
Tenancy support – TS

There are many changes to the service listing this month as more people have contacted us with corrections - But, there are probably more errors, so if you see one, please let us know (address on page 6).

DAY CENTRES

Ace of Clubs

St Alphonsus Rd, Clapham
020 7622 3196
Sun, Mon, Tues: 2pm-6pm;
Wed, Thur: 12 noon-2pm; Fri,
Sat: 12 noon-6pm
BS, DT, F, FC, H, IT, L, MS, OB

Acton Homeless Concern

Emmaus House,
1 Berrymead Gardens, Acton
Call for opening times:
020 8992 5768
A, B, BA, CL, D, DT, ET, F, FC

Aldgate Advice Centre/ Dellow Centre

Aldgate High Street, Aldgate
020 7283 1950
Mon-Fri: 9.15am-11.30am
for rough sleepers; 1.30pm-
3.30pm: appointments and
activities; Fri: 3pm-4pm for
rough sleepers
A, B, BS, CL, D, ET, F, H, L, MH, MS, P

Broadway Day Centre

Market Lane, Shepherds Bush
020 8735 5810
Mon-Fri: 9.30am-2.30pm
(drop-in); 8.30am-4.30pm
(breakfast for rough sleepers)
CL, ET, F, FC, H, MS, P

Choral Hall Lifeskills Centre

310 Barking Road, Plaistow
020 7511 8377
Mon-Fri: 10am-2pm
A, B, BS, CL, D, F, FC, L, MS

Cricklewood Homeless Concern

60 Ashford Road, Cricklewood
020 8208 1608
Housing drop-in: Mon, Wed,
Fri: 10am-11am (for advice
please be at front door at 9am
for ticket). Day services: Mon,
Wed, Fri: 10am-3.30pm (10am-
12.30pm for advice; 1pm-
3.30pm basic services)
AC, B, BS, H, IT, L, MS, OL

Crisis Skylight

66 Commercial Street, E1
020 7426 5661
Mon-Thurs 2pm-9.30pm
AC, ET, IT, P
•This listing in no way does
justice to the number of
activities they have running
– for a full list visit www.crisis.org.uk and look under 'Projects
and Services'.

Dellow Day Centre

see 'Aldgate Advice Centre'

Deptford Churches Centre

Speedwell Street, Deptford
020 8692 6548
Mon, Tues, Thurs and Fri:
9am - 3.30 pm
BS, ET, F, H, L

Finsbury Park Street Drinkers Initiative

91 Tollington Way
020 7263 4140
Mon-Thurs: 8.30am-3pm
A, BS, D, F, H, L, OL

Hanbury Community Project (S.C.T.)

22a Hanbury Street,
Spitalfields, E1
020 7377 2497
Wed -Thurs 10.00am-4.00pm
AC, B, C, ET, IT, P

Holy Cross Centre

The Crypt, Holy Cross Church,

Cromer Street, WC1
020 7278 8687
Mon: 2pm-5pm;
Tues: 6.30pm-9pm
FF, H, MH

London City Mission

Waterloo Christian Centre,
628 Webber Street, SE1
020 7928 1677
Mon-Fri: 9am-12noon
B, BA, BS, CL, FF, H

Manna Day Centre

6 Melior Street, SE1
020 7403 1931
Mon-Sun: 9.30am-1.30pm
B, BS, CL, DT, FF, FC, H, MH, MS, P

North Lambeth Day Centre

(St Mungo's)
St John's Crypt,
73 Waterloo Road, Lambeth
020 7261 9622
•Presently undergoing

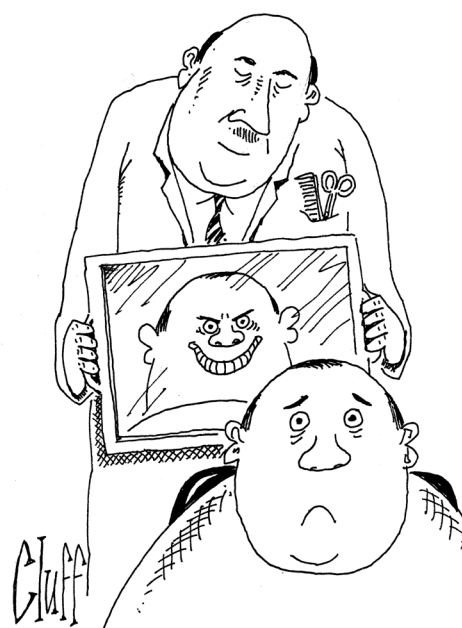
building work, due to be
completed in December this
year, although still running
from an office for those
working with staff based there,
and still operating out-reach
workers. (see news page 3)

North London Action for the Homeless (NLAH)

Church Hall,
24-30 Bouverie Road, N16
020 8802 1600
Tue: 12pm-1.30pm (drop-in);
Thurs: 7-8.30pm
B, BS, CL, FF, P

Rochester Row Day Centre (Salvation Army)

97 Rochester Row, SW1
020 7233 9862
Mon and Fri: 5.30pm-8pm
(appointments only); Tues
2pm-4.30pm (art workshop);
Wed and Thurs: 5.30pm-8pm
(drop-in session); Thurs 1pm-



5pm (Benefits); Thurs and Fri
2pm-4pm (English classes)
AC, B, BS, CL, ET, FF, P

Shoreditch Community Project (S.C.T.)

St Leonard's Church,
Shoreditch High Street, E1
020 7613 3232

Mon, Wed, Fri: 9.30am-
12.30pm; Tues: 2.00pm-
4.00pm

FF, B, OL, P

Simon Community

House of Hospitality, 129
Malden Road, Kentish Town
Mon-Fri: 9am-5.30pm - Drop-
in

Spectrum Centre

6 Greenland Street, NW1
020 7267 4937

Mon: 10am-12pm (advice),
2pm-4pm (drop-in); Tues:
10am-12pm (advice),
2pm-4pm (women only); Wed:
2pm-4pm (advice); Thurs:
10am-2pm (advice);
Fri: 10am-2pm (advice); 2pm-
4pm (advice)

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

Spires Centre

8 Tooting Bec Gardens
020 8696 0943

Tues and Thurs: 9-10.30am
(rough sleepers only),
10.30am-2pm (drop in); Wed:
10am-12pm (rough sleepers),
10am-1pm (adult learning
centre); Fri: 10am-1pm
(women only); Sun: 11.30am-
3pm (drop-in)

A, B, CL, D, ET, F, FC, H, MS, P

Spitalfield's Crypt Trust (S.C.T.)

see Hanbury and Shoreditch
Community Projects.

St Christopher's Fellowship

Lime Grove Resource Centre,
47 Lime Grove, W12

Please call for opening times:
020 8740 9182

AC, BS, CA, ET, FC, IT, L, MS

St Cuthbert's Centre

The Philbeach Hall,
51 Philbeach Gdns, Earls Court
020 7835 1389

Mon-Fri: 11.30pm-3.45pm

AC, BS, C, CL, F, H, IT, L, OL, P

St Giles Trust

64-68 Camberwell Church St,
SE5

020 7703 7000

Mon-Fri: 9.30am-12.30pm
(advice/no drop-in)

**A, B, BS, D, ET, H, L, MH, MS,
P, TS**

St John's at Hackney

Community Space Centre,

Lower Clapton Road, E5

020 8985 6707

Mon-Thurs: 10am-12.30pm;
2pm-4.30pm; Wed: 10am-
12.30pm

B, BS, CL, ET, F, H, IT, MS

St Stephen's Church/The Manna

17 Canonbury Rd, N1 2DF

020 7226 5369

Tues: 7pm-9pm (drop-in);

Weds: 1-3pm (drop-in with B
and FC);

Fri: 10am-1pm (drop-in)

BS, CL, FC, FF, L, P

The Connection at St

Martin's (Social Care Unit)

12 Adelaide Street, WC2

020 7766 5544

Daily 9am-12.30pm drop-in
with some afternoon sessions.

On the weekends the service
is mixed (16+) from 9am-
1pm (no entry after 10.30).

There are drop-in sessions
on Tues and Thurs 4.30pm-
7.30pm (26+ only), and
sessions on Mon, Wed and Fri
4.30pm-7.30pm (strictly by
appointment only).

Social Care Unit is to the left of
the church's step (age 26+)

**A, AC, B, BS, CA, CL, D, ET, F,
H, IT, MC, MH, MS, P, SK, SS**

The Connection at St Martins
at No 12 (age 16-25)

**A, AC, BS, CA, CL, D, ET, F, H,
IT, L, MC, MH, MS, SK, SS, TS**

The Passage (25+)

St Vincent's Centre,
Carlisle Place, SW1P

020 7592 1850

Mon-Fri: 7am-11am for rough
sleepers. Appointments only
beyond this time

**A, B, CA, CL, D, ET, F, FC, H,
IT, L, MH, MS, P, TS**

•Use by ASLAN on Saturday
mornings - food and showers.

Upper Room, St Saviour's

Cobbold Road, W12

020 8740 5688

Mon-Thur: 5.30pm-6.45pm;

Tue: 9.30am-11.45am; Sat-Sun:
12.30 pm-1.30pm

A, BA, C, CA, D, ET, FC, FF, H

West London Day Centre

134-136 Seymour Place, W1H

020 7569 5900

Mon-Fri: 8.45am-10am for

rough sleepers; Mon-Fri:

10am-12.30pm (drop-in)

**AC, B, C, F, IT, L, LS, MS, OL,
P, SK**

West London Mission

New Lambeth Walk-in, SE1

•Sorry, this closed some time
back due to lack of funding.

Whitechapel Mission

212 Whitechapel Road, E1

020 7247 8280

Mon, Tues, Thurs, Fri, Sat, Sun:

6am-11am (cooked breakfast)

BS, CL, FF, MS, OL

SOUP KITCHENS

American Church

(entrance via Whitefield
Street)

79a Tottenham Court Rd, W1T

020 7580 2791

Mon, Tues, Thurs, Fri: 10am-
12pm. Serving hot meals, soup
and bread, and/or sandwiches

ASLAN

All Souls Clubhouse

Cleveland Street

020 7580 3522

Sat evening: An evening meal
and entertainment by invite
only.

•See review of soup run on
page 9.

MEDICAL SERVICES

Great Chapel St Medical Centre

13 Great Chapel Street, W1

020 7437 9360

Mon-Fri: 2pm-4pm; Mon, Tues,

Thurs: 11am-12.30pm

**A, B, C, D, DT, FC, H, MH, MS,
P, SH**

Dr Hickey's: Cardinal Hume Centre

Arneway Street, SW1

020 72228593

Mon, Tues, Thurs, Fri: 10am-
12.30pm & 2pm-4pm.

Wed: 10am-12.30pm

**A, B, C, D, DT, FC, H, MH, MS,
P, SH**

King's Cross Primary Care Centre

264 Pentonville Rd, N1

For opening times, call

020 7530 3444

**B, BS, CL, DT, FC, H, MH, MS,
P, SH**

SPECIAL SERVICES

Quaker Mobile Library

Mon (every second): North

Lambeth Day Centre

(Waterloo), The Christian
Centre in Webber St (behind

the Old Vic), and The Manna
Centre (the busiest stop).

Sat (every): am, The Passage
and St Martin's.

NATIONAL SERVICES

Borderline – offering support

and advice to homeless and

vulnerable Scots in

London

7-9 Belgrave Road

London

SW1V 1QB

0845 456 2344 (advice line)

Mon-Fri: 9.30 - 10.30am (drop-

in advice service); 9.30am-

4.30am (appointments)

Closed Wed pm

A, B, C, CL, D, H, MH, P

EX-FORCES

Ex-Service Fellowship Centre

40 Buckingham Palace Road,

Victoria offer an excellent

service. Tel: 020 7828 2468.

AWOL?: 01380 738137 (9am-
10am Mon-Fri)

TELEPHONE SERVICES

Shelter: 0808 800 44 44

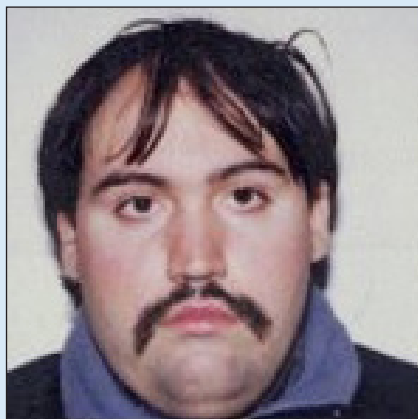
(7 days, 8am-12am)

Saneline: 0845 767 8000

Message Home Helpline:

0800 700 740 (24-hrs)

Debtline: 0808 808 4000



MISSING

Colin Chester

Age at Disappearance: 24

Colin has been missing from his home in Hillside, North London since Thursday 9th June 2005. There is very little information regarding Colin's disappearance and his current whereabouts are not known. We are extremely concerned for Colin's safety as he suffers from ill health and are anxious to find out that he is ok. We just want to know that Colin is alright and urge him or anyone that may have any information as to his well-being to contact us. All calls to the Helpline are free and completely confidential. Colin is 24 years old, of stocky build with dark brown hair and brown eyes. He sometimes has a moustache, though it is not known if he presently has one. If you have seen Colin or have news of his whereabouts, please call the National Missing Persons Helpline on 0500 700 700. Alternatively you can email sightings@missingpersons.org.

The National Missing Persons Helpline offer strict confidentiality with all their calls. Under 18s can call their confidential Runaway Helpline free on 0808 800 70 70. Over 18's can call the Message Home Helpline listed on the previous page.

Please note, *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 is a charity - Registered Charity No. 1110656

Opinion Pole

Polskie Strony

UNIKANIE NIELEGALNYCH GANGÓW PRACY

Jeżeli dopiero co zjawileś się w Wielkiej Brytanii to prawdopodobnie jesteś na etapie szukania pracy. Najlepsze prace można znaleźć poprzez agencje, duże firmy, bądź, i to z największym powodzeniem, w the Job Centre Plus (Biuro Pracy). (Pytaj w ośrodkach o najbliższe oddziały). Jeżeli jednak znajdziesz się w sytuacji, że nie będziesz pracować przez kilka dni bądź tygodni, a jednocześnie będziesz korzystać z ośrodków dla ludzi bezdomnych na terenie Londynu, możesz natknąć się na gangi oferujące łatwe i szybkie zatrudnienie poza granicami miasta. I to za gotówkę.

Członkowie tych gangów pojawiają się zwykle w grupach dwu lub trzyosobowych, nierzadko w vanie i oferują pracę dorywczą, od robót drogowych do zbierania owoców. Historia gangów rekrutujących ludzi z dziennych ośrodków dla ludzi bezdomnych w większych miastach jest długa. Należy szczególnie uważać, gdyż ich oferty często prowadzą do gróźb, odmowy wypłaty wynagrodzenia a także do znalezienia się gdzieś w dalekim, nieznanym miejscu.

Nasza porada jest taka, aby nie dać się zwodzić ich ofertom.

We apologies to all our readers who enjoy the crossword on the back page, because:

- We're lost the answers to last issue's puzzle.
- We're not got one for this issue.

For future issues we're finding a new supplier of crosswords (ones with the answers supplied), and hopefully will be using an uncoated paper that will make completing crosswords easier.

Po pierwsze – jest to nielegalne. Zatem jeżeli planujesz zostać w tym kraju przez dłuższy okres, zarejestruj się i znajdź pracę, w której będziesz płacił podatki – w ten sposób, jeżeli cokolwiek będzie nie tak, będziesz kryty.

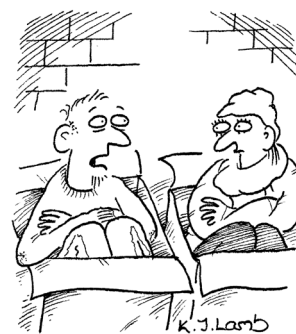
Po drugie, gangi te płacą niewiele. Bardzo często nie tyle, ile obiecują. Z dużą śmiałością można powiedzieć, że można nagle pracować poza Londynem za mniej pieniędzy niż będzie kosztowała podróż do centrum miasta.

Po trzecie, gangi te bardzo rzadko płacą tygodniowo. Za to są znane z utrzymywania tygodniami pracowników przy pracy, obiecując zapłatę, po czym znikają bez śladu bez wcześniejszego rozliczenia się.

Zatem co należy robić? Przede wszystkim należy odmówić ich ofertę. Nie należy iść z nimi niezależnie jakie są obietnice a także nie należy wsiadać do ich vanów. Jeśli jednak ufasz ludziom i jesteś zdeterminowany pójść, zbierz grupę ludzi – siła w liczbie. Groźby użycia siły w miejscu ich pracy są często praktykowane.

Dowiedz się na temat pracowania legalnie lub przynajmniej pozostań w grupie ludzi z pewnymi kontaktami i którym możesz zaufać.

Mirosław Polanowski



"Hi honey, I'm homeless"