


# the Pavement

The paper for the homeless - London edition

Issue 10 - free



*Inside: St Martin's rebuilding,  
Marylebone move-on, talking to  
Ken Livingstone, a designer for the  
streets and much, much more!*

# The Editor

*A new format, but still all the news*

Welcome to *The Pavement*, A5 edition. The size means it's a handier read, and we hope you'll find the format more interesting, but it's still full of news from the street, and news that affects the street. We will be taking in advertising from the next issue; offering space to those that want to inform you of their services, or recognise the power of the Homeless Pound, but to balance this we will expand to a massive 32 pages. We've kept sections as before, starting with news, leading into the Street Life features and then health. Services are still at the back in The List.

We hope you like it. If you don't, let us know.

In this issue we've a couple of major stories: We have an initial look at the building work at St Martin's, and in future we'll look at how what's happening there reflects what's happening in a lot of the 'homeless industry.' On the facing page we cover the Marylebone move-on, one year on. We'd like those involved to contact us (as well as those who have contacted us in the past), but welcome all reader's comments on this story. No word from the church as yet, but we'll keep trying.

The Street Life section has what many readers asked for in our Readership Survey - an interview with a politician. London's Mayor, Ken Livingstone, kindly spoke to us. We'll try to get more interviews in the months to come, so if you have a specific person you want to see interviewed, or a question to set, get in touch. Also in focus, we look at the work of Tom Goodfellow, a young designer with a new take on cardboard bedding. He has offered a prototype for a reader to try out and give their verdict on (details at the end of the article - page 14).

The health team are full of their usual good advice.

In future issues we'll look to follow up on the story opposite and keep readers up to date on all the news that affects them. A regular Sudoku will also be included (as requested by Roger on the Strand), the return of readers' letters, more soup-run reviews, the long-promised comic strip and we also want to add a personal column in coming issues, for individuals to place messages for those they've lost contact with or can't find.

*'Editor'*  
editor@thepavement.org.uk

*Cover Photograph: The pillars at the front of Hinde Street Methodist Church with residents bags in stowage. This Church still has people on its steps at night, in contrast to its near neighbour, St Marylebone. This church cleared its steps a year ago. See page 3 - opposite.*

# St Valentine's 2005

*The Marylebone move-on, one year on*

It was a year ago, on St Valentine's Day, that St Marylebone Parish Church delivered this letter to those bedding down on its steps. On this festival of Christian love the church told them that it would "no longer allow anyone laying down bedding or sleeping in the Church entrance and surrounding areas or grounds." But the action was taken in concert with several agencies, and was supposed to end with all those present being offered a hostel.

But, how many of those moved on from this homeless 'hot spot' are in accommodation now?

*The Pavement* covered the story at the time, and then the Church ignored our requests to discuss the move on. Now, on its anniversary, it's time to look at what happened to all those moved on and the aftermath of the action; something that is rarely done.

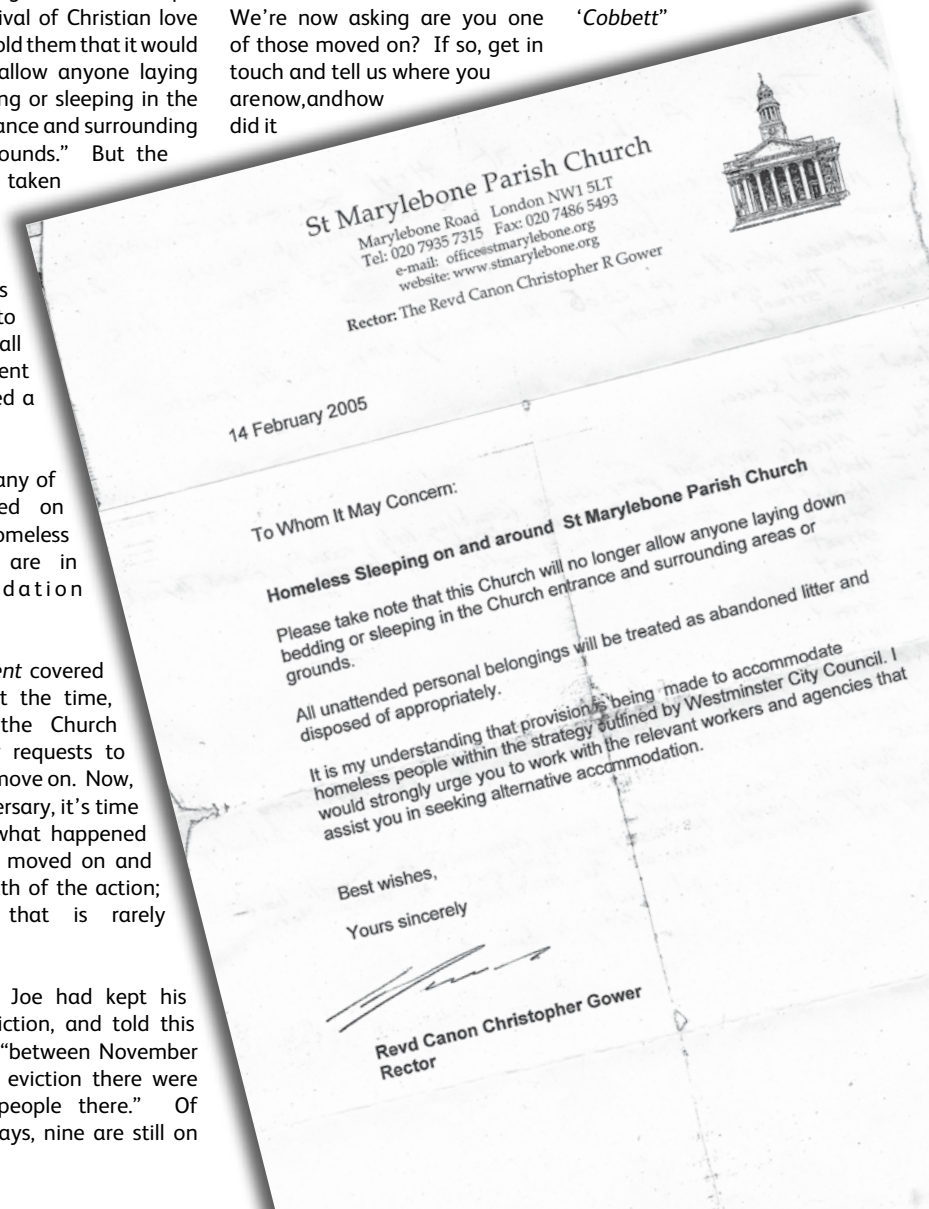
Marylebone Joe had kept his letter of eviction, and told this paper that, "between November 04 and the eviction there were seventeen people there." Of these, Joe says, nine are still on

the streets, two have disappeared and only six are in temporary accommodation.

We're now asking are you one of those moved on? If so, get in touch and tell us where you are now, and how did it

work out for you? And we'll ask the agencies involved for their views on its outcome.

*'Cobbett'*



## The Pavement Team

**News** - *The Pavement* news team comprises of a network of writers across London covering stories on the street or in hostels. Most stories featured in this and previous issues have been told to the journalists by readers sleeping rough, so if you have a story get in touch with us at:

The Pavement  
PO Box 43675  
London SE22 8YL

**Health** - Any health questions of an urgent nature should be taken to your GP, and if you don't have one, see The List (page 21). However, Nurse Flo welcomes queries at the above address or on her e-mail: flo@thepavement.co.uk

**Photography** - *The Pavement* has a strict policy of asking for release of images of readers taken by its photographers, but often prints photographs provided by outside agencies who do not detail the subject's rights. Similarly, we try to credit all images, but some are only given the name of the supplying organisation. Any photography not credited is © Rufus Exton.

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# St Martin's changes

*The Connection at St Martins goes under the knife*

The church of St Martin-in-the-Fields has embarked on a £34m building project to improve its facilities for the community, visitors and those in need, and as the first phase of the project starts, services for the homeless are being revamped.

All homeless services have moved to the 12 Adelaide Street side of the building and, for the first time, younger and older people will be using the same space. "This is a big change, but we already do that at weekends," said Mick Baker, director of services. "Conventional wisdom has that you shouldn't mix them [the age groups] together, but that's not the case, certainly from our experience on the weekends anyway."

The whole of the basement will be used for homeless, with food on the cafe floor and, according to Baker, the same services will continue to be provided, such as specialist mental-health team, housing advice, benefits advice, as well as an employment and training service which also runs vocational training courses.

The night centre has also moved into the new building along with everything else. "The different geography of this building means that some clients will sleep in arm chairs but most will sleep in camp beds or on sleeping mats, we haven't decided which yet," explained Baker.

The new buildings planned will be

fully modernised and it will have more room for staff and clients. "It will be a bespoke service and we have been fully involved in the design of the place," added Baker.

Asked whether the refurbishment would affect the drop-in centre, where people can stop by for a cuppa, Baker said he expects people to prioritise their needs. "This is not a coffee bar and we want people to come here to address other needs, rather than just for a cup of coffee."

With the building work running to schedule, the services have moved to the Adelaide Street side, but when the building works start at Adelaide Street they will have to decamp to portacabins which will be placed near the church for about nine months. "It's not ideal, but it's a small price to pay to have a much better building," said Baker.

Most of the refurbishment focuses on the church, and about 700,000 people pass through St Martin-in-the-Fields' doors every day. Those who use St Martin's have been struggling with failing buildings, unable to cope with their contemporary uses, for too long. For example, the innovative Social Care Unit was based in a nineteenth century burial vaults that were condemned as unfit for the dead in the 1850s.

As part of the new design, many areas of the new site will become physically accessible to all, with

the provision of lifts and level access. The market will not be returning and the area above what was the day centre will have a new entrance pavilion and foyer. This will provide a straightforward passage to all of the extensive underground facilities.

We'll watch the progress with interest, and report in full.

'Ana'

- When North Lambeth Day Centre closed, and before it was announced it would not reopen, rumours abounded that when it reopened it would no longer be a place to drop-in. It would be somewhere to 'engage with services.' This would amount to little if it was an isolated decision, but perhaps it isn't.

There is certainly a policy around at present that frowns on the idea of drop-in services, but these seem to be more to do with contracts for receiving funding from local authorities than ideas generated by homeless organisations themselves.

So, with a gulf growing between smaller open-door services offering tea and companionship, and the larger services that want you to talk about your needs, *The Pavement* will look at what will happen in future. We will be looking into this shift in policy in another issue, asking who advocates it and who implements it. Is this the death of drop-in?

*"This is not a coffee bar, and we want people to come here to address other needs, rather than just for a cup of coffee"*



Photography by Rufus Exton © 2006



*"It is an opportunity for homeless people to voice their concerns and get actively involved in improving services"*



# Stand up & speak-out

*Another speak-out has been held, this time in Brent*

The homeless of Brent met with council and agency bosses on 17<sup>th</sup> January to quiz them about what is being done to help people living rough or in temporary accommodation.

Nearly 60 homeless people took part in the speak-out event at the St Agnes' Centre in Cricklewood, organised by Brent Homeless User Group (B.HUG).

Issues covered during the question and answer session focused mainly around the length of the housing waiting list, support services available for those moving into permanent accommodation, benefits, the shortage of housing in Brent and the categories used for assessing housing need.

Anita Silberbauer, B.HUG operations and development manager, said, "Concerns were raised with regard to support services available to people once they have moved on. Participants were assured that support services (floating support through Supporting People) were available to help service users sustain their tenancy and offer help to live independently."

The group also discussed whether it is best to build more hostels or invest in long term move-on accommodation. "The panel agreed that this would need to be discussed," said Silberbauer. Martin Cheeseman, representative of Brent Council, reiterated that the

number of people in temporary accommodation would have to half by 2010.

There are 4600 families living in temporary accommodation in Brent at the moment and they will only achieve their target by using the private rental sector in more efficient ways. But one of the problems is that the council pays a lot more money on people staying in temporary hostel accommodation but will not support people in private accommodation, which would cost the borough less.

The panel was made up of Martin Cheeseman, director of housing and community care, Brent Council; Sharon Harrison, scheme

manager, English Churches Housing Group; Danny Maher, director of Cricklewood Homeless Concern and Alice Evans, head of policy manager at Homeless Link.

The event was so successful that another one is already being organised for March. "It is an opportunity for homeless people to voice their concerns and get actively involved in improving services," said Silberbauer.

'Ana'

- B.HUG is now a stockist of *The Pavement* as we get to more locations across London. If you know of a service that doesn't stock this paper, let us know.



# News in Brief

*All the news and rumours from readers' mouths and around the bazaars*

## Hostel closure rumours

Endell Street hostel, next to Covent Garden and Shaftesbury Avenue, has been the focus of rumours of closure recently, but *The Pavement* can reveal these are false. They were recently planning to close whilst a large refurbishment was taking place towards the end of 2006, but since Southampton Row is closing in March the plans have been put on hold. Endell Street is likely to be taking about a third of the residents from Southampton Row so they will keep the hostel working - at Endell Street or at a different site.

However, it is true that the Substance Reduction Unit there is going to be closing. (Cobbett)

## Hackney 180 phoenix

Services have resumed at the Hackney 180 day centre, based at St John's Church, Hackney, after a fire forced temporary closure at the beginning of the year.

The fire on the 3<sup>rd</sup> of January caused extensive smoke damage to the building and destroyed office equipment. No-one was hurt in the blaze, which was believed to be started by an electrical fault. After initially suspending operations at the site, Thames Reach Bondway, who run the centre, are currently offering some limited services. From 11am each morning staff will distribute mail, and day-centre services are available at the front of St John's

Church, with key staff present. From there, anyone requiring further services will be given an appointment to see a staff member in the afternoon, at a nearby location.

The 'Vision Impossible?' art project is temporarily operating from the Chats Palace community arts centre and is open Mondays and Wednesdays from 10.30am.

Meanwhile, progress is being made to repair the church site

and return operations to normal. The organisation's Street Rescue service for those sleeping rough was unaffected by the fire and is currently operating as normal. (VG)

## Big Brother contestant helps Brighton homeless

After being evicted from the Celebrity Big Brother House in 4<sup>th</sup> place, The Ordinary Boys' lead singer, Samuel Preston is sure to be welcomed at his local night

shelter if his girlfriend kicks him out after much publicised flirting with eventual winner, Chantelle Houghton.

The Big Brother contestant donated the proceeds from his share of the final night phone poll to the St Patrick's Night Shelter, a local homeless charity in Brighton.

Preston's contribution couldn't be better timed with the charity's night shelter project set to lose its £200,000 annual grant from the Brighton and Hove City Council, later this month. When asked, it appears Preston chose the charity not because of any personal need, but more because of its proximity to his home and a long standing admiration of its work. (DD)

## House of St Barnabas - correction and update

We mentioned the future for 'new residents' in our article last month on the women's hostel in Soho. But now Eluned Santos, Chief Executive of The House of St Barnabas, wished to make it clear that unfortunately it will not be providing any accommodation after work begins there on 31<sup>st</sup> March. Even once they reopen as a "Move On Centre" there will be no accommodation.

There is also discussion as to the exact nature of the future services, as Santos told *The Pavement*, "At present we are planning a Move On Centre for homeless people to help them move on from homelessness into jobs and accommodation. Although currently we work with women only we have not yet made the decision whether

we should continue doing that or provide a service for mixed sexes." (Hack)

## Simon Community house in Hackney - the truth

Rumours reached *The Pavement* that the Simon Community's accommodation in Hackney was closing. But on inspection it appears the story is not true.

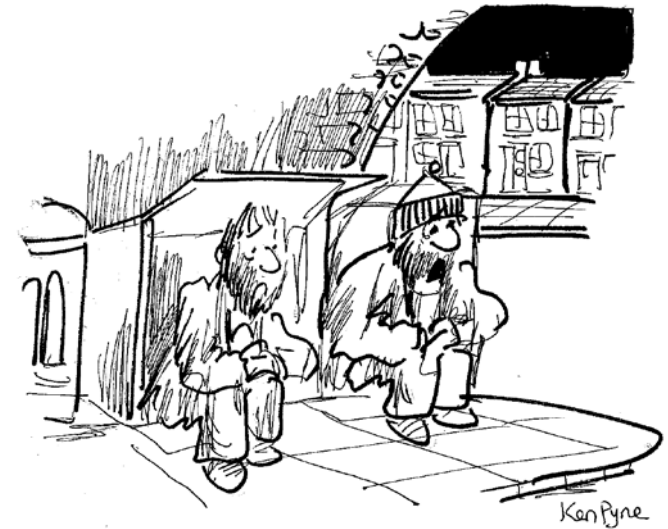
Tim Nicholls, director of the Simon Community, told us, "the future of the Simon Community's move-on house in Hackney is currently under review," but they are not planning to close this accommodation.

Nicholls explained, "negotiations with Mosaic, the housing association which owns the

property, are ongoing and Simon will continue to operate the property as a move-on house for at least the next six months."

Mosaic's decision to look into ending their involvement with Simon's move on house reflects the general trend among housing associations to move away from shared accommodation in favour of self-contained housing instead.

"We are working with Mosaic to ensure that none of the residents will be without accommodation, whatever the outcome," Nicholls said. "All options are being considered by Simon to ensure that the model of Community move-on living accommodation can continue, either in Hackney or elsewhere in London." (Hack)



*"My hard luck story? - I forgot my pin number"*



*"I completely agree that we need a co-ordinated regional approach to tackling and reducing homelessness"*

# Beyond our Ken

*As requested by readers, we talked to London Mayor, Ken Livingstone*

**TP - What response do you have to the suggestions that the rough sleepers Head Counts have been fixed, by, among others, The Met?**

KL - Nothing has come to my attention to make me think that rough sleeper counts in London are 'fixed'. London boroughs are responsible for making sure they are carried out and tend to do them in partnership with not only the police but also voluntary sector homelessness organisations. The Government provides strict guidance on how street counts should be done and as far as I am aware this guidance is followed.

**TP - Should we see homeless issues coming under the Greater London Authority (GLA) rather than having individual councils dictating action from their own 'homeless strategies'? Wouldn't such a move be more logical and give a fairer deal for those who at present feel that some councils make things difficult for them, and so force them into other boroughs?**

KL - This coming year will see the transfer of housing powers from the London Housing Board to me. This means that I will take on the responsibility for producing London's Housing Strategy. I completely agree that we need a co-ordinated regional approach to tackling and reducing homelessness and will use my new powers to ensure that this is an integral part of the Strategy.

**TP - Can you answer reader's fear that hosting the Olympics will involve moving them out of the way – hiding them from the sports' tourists?**

KL - Hosting the 2012 Games is a unique opportunity to showcase the very best of London to millions of visitors and viewers from all over the world. I and other stakeholders are keen to explore how all Londoners, including homeless people, can help to make the best of this opportunity. London's diversity played a big part in winning the Games, and we are fully committed to ensuring that all London's communities are involved in, and will benefit from, the Games: this means involving everyone, and certainly not excluding or hiding anyone. If we can achieve the benefits from the Games, which we believe are possible - including thousands of new affordable homes, new training and employment opportunities and an improved urban environment - then we have every chance of the Olympics making a valuable contribution to tackling homelessness in the capital.

**TP - Then do you envisage any role for homeless people in the 2012 Olympics?**

KL - We are at a very early stage in planning for the 2012 Olympic and Paralympic Games: early work has focused on setting up the bodies that will prepare for the Games, and on essential elements of the construction programme

in the part of east London which will become the Olympic Park. Myself and other stakeholders in the Games are committed to ensuring that we take the best possible advantage of the Games to improve opportunities for all Londoners, including homeless people and we have already started working with community and voluntary agencies and local authorities so this can be achieved. In particular, there will be opportunities for homeless people to further develop their skills by becoming involved in the volunteering programme, which needs 70,000 people in a wide range of roles to ensure that the Games run smoothly.

**TP - Why are the Homeless Surgeries that ran at St Martin's no longer running? Some readers miss Glenda Jackson MP coming to listen if they had problems, and the help she gave.**

KL - When I first started my surgeries, in 2001, they provided an excellent opportunity for homeless people to put forward their views and seek GLA support in overcoming practical difficulties. Over the years, they became far less well-attended and popular and I think this was probably because of the improved services and advice for homeless people being offered by both the statutory and voluntary sectors. I therefore decided to suspend the surgeries, at least temporarily, but will continue to keep the situation under review.

# Sleeping (Less) Rough

*The Good(fellow), the bed and the trendy*

Some say Tom Goodfellow scored an own goal in design terms, but with a surname like Goodfellow is it any wonder that this nice chap sought more than a design career monopolised by household garnish. Rather than tend towards superfluous bric-a-brac at obscene prices, like the majority of his contemporaries, Goodfellow opted for a more socially-aware and, dare I say it, potentially practical product.

He graduated with a degree in 'Product Design' from Sheffield Hallam University in the summer and since then has spent his time chipping away behind his studio doors at ideas that, if realised, would be turned over to support charity. His latest project, Sleeping (Less) Rough, is a foldaway bed aimed at rough sleepers. It's a portable, fold-up bed made of coriboard (think For Sale signs) held together with a network of straps and string. The bed's design provides an insulating barrier from the cold as well as a comfortable sleeping surface.

The 23 year old started off the project by going down the predictable route of looking at indoor storage solutions which eventually morphed into a brief that considered outside space. The fact somebody was yet to design anything for the homeless inspired him. "I get a real buzz from creating stuff that stimulates thought and attempts to resolve important social issues," says Goodfellow.

With a plan firmly in his mind Tom began by chatting to the homeless of Sheffield and within a week he had his first prototype ready for testing.

One cold night February 2005, Goodfellow carried the cumbersome archetype to an alleyway near his home. "I woke up with the worst backache ever." But he investigated the source of the discomfort, finding, "that the coldness of the floor is also a major factor - it affects body temperature and comfort. Sleeping (Less) Rough's main objective was to provide a thermal barrier from the stone-cold floor."

One year on, five prototypes and a few sleepless nights later, the bed is a vast improvement of its former self. Sleeping (Less) Rough weighs in at a mere 1kg at an estimated cost of £5.50 per unit. He hopes the lightweight bed will help those readers who sleep outside in UK streets, alleyways or subways each night.

The question Goodfellow asked himself at the start of the project was, do the rich need more phallic-shaped ashtrays or another multifaceted perspex candelabra? If the masses encircling this season's domestic must-haves at the world's biggest design show, 100% Design, are anything to go by, then yes. This "uber trendy" crowd, collectively with enough money in their back pocket to alleviate world debt, are poised to flash their gold

teeth and maxed-out credit cards at anything that looks remotely Habitat-esque.

So the second question promptly presented itself: Had Goodfellow made too dangerous a decision by endeavouring to look beyond the Rennie Mackintosh style toastie-makers and pimple zappers for the affluent adolescent? Is this egalitarian post-grad barking up a careerless tree? Apparently not, by bucking the trend Goodfellow has earned recognition as one of the country's rising design stars and the £3,000 NESTA, 'Now That's What I Call Design Vol.3,' award for the bed. He plans to use the cash to develop the bed further in hope of getting it onto a production line.

However, even if a much needed manufacturer does snap up the idea and start churning out beds at the rate of knots, Goodfellow still won't be laughing all the way to the bank. Purchase Sleeping (Less) Rough and you'll still get change from a tenner. It appears that Goodfellow was disparate not only in design but in the financial outcome too.

"The project isn't out to make money at all. I believe the bed should be sold on to the homeless without profit margins even coming into it. It has been designed to be folded up and portable for a person's nomadic lifestyle and that's all."

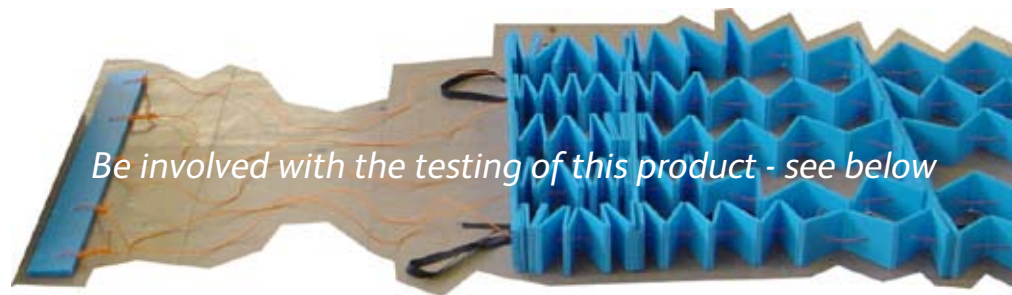
For something that could...  
**Continued on page 14**



Photography by Steve Speller © 2006

*"Sleeping (Less) Rough's main objective was to provide a thermal barrier from the stone-cold floor"*





### Continued from page 12

...have so easily have been the most offensive thing in the design world since the Millennium Dome, Goodfellow sleeps soundly at night. He dreams of much needed solutions that shave the designer stubble off the face of frivolity - perhaps without realising it he is simultaneously paving the way for a new generation of designs with a social conscience.

By the end of the project, Tom Goodfellow's parents were both impressed and proud of their son's innovation. "I think they were just relieved" says Goodfellow, "they thought I would be finishing my course by designing a 'nice chair'".

### 'Bez'

- Now it's your chance to have your say about Tom Goodfellow's design. He would like to offer one *Pavement* reader the opportunity to try out the Sleep (Less) Rough bed. This is an exclusive 'test drive' of the bed for several weeks, so that you can give us your verdict. So if you're sleeping rough and would be interested in trying out this new design, contact us at:

**Sleep (Less) Rough**  
**The Pavement**  
**PO Box 43675**  
**SE22 8YL**

**Testbed@thepavement.org.uk**



Photography by Tom Goodfellow © 2005

# Day two in the House

## 'Insider' looks at Big Brother and hostels

If you've been anywhere near a TV, radio, newspaper or even a human being recently you're probably aware of the cultural phenomenon that is Celebrity Big Brother. And don't pretend you're not.

Well, I'm far too high-minded to waste my time with such trivialities. I haven't time to waste on banal Big Brother, but I have managed to catch a couple of shows...each day (and about 60 percent of the live streaming), and the first thing to come to my mind has not been whether celebrity 'A' really fancies celebrity 'B', or is just putting it on for the cameras, but the multitude of similarities between being a contestant on Big Brother and a resident of a hostel.

As in Big Brother, everything you do in a hostel is observed and recorded. Probably not by cameras, but their cheaper and less effective alternative, project workers with biros and files. Their observations will then be edited down into a package of highlights which will then be presented to others in a daily performance known as a hand-over. Anyone who misses this, will be able to catch up by reading the hostel equivalent of the tabloid gossip pages, the resident file. Anything written in here, or mentioned in the hand-over, will be clumsily analysed by people completely unqualified to do so, who will then draw fatally flawed conclusions that could have disastrous consequences for

your future "in the house."

"Craig, Big Brother will not tolerate cans of drink on the premises and you knew the rules when you entered the house..."

Hostels generally don't have diary rooms, but they do have key working. This is when somebody invites you to sit on an uncomfortable chair in a tastelessly decorated room and then ask you personal questions in a soft voice that is supposed to sound caring. They will make good eye contact and use your first name a lot. They will tell you that they need to do this to enable them to support you in achieving any goals you have. There is a fair chance this is true, but that won't stop them immediately broadcasting your replies to amuse and entertain their colleagues.

You will also be expected to participate in bizarre and potentially humiliating group tasks or activities. The reward for performing these to the satisfaction of the staff viewing will be some crisps and maybe a bit of a party.

And just like every game show, hostels have their winners and losers. The winners are more likely to get a one-bedroom flat near the top of a tower block in Peckham than an eight page spread in *Hello* or the opportunity to pose with Abi Titmus for *Nuts*.

And the losers? Well, you'll probably be told to sit on a sofa and then informed that you have been evicted and have sixty seconds to leave the building. Sound familiar?

'Insider'



"He leads a hectic anti-social life"



# Foot Care

*The first in a trilogy on the foot's skin: Cracked Heals*

Cracked heels are a common foot problem and may arise throughout the year. These are caused by dehydration of the top layer of the skin and occur due to pressures of walking.

For most people cracked heels provide a minor nuisance and respond to bland creams, but when the skin is broken and the cracks go deep into the flesh they can be painful and the skin may bleed. Wearing open or thin soled shoes usually makes the symptoms worse.

Maintenance of good foot hygiene is recommended with regular inspections - use a shaving mirror to see the under surface of the heel. Antiseptic foot baths are recommended and will clean out any wounds and encourage the skin to heal. A handful of common salt dissolved into a basin of warm water (hand hot only), then bathe feet for no longer than ten minutes before drying carefully with a soft towel. Antiseptic creams can then be applied and

plastic antiseptic dressings are useful too.

Ask your chemist for specific details, and if symptoms do not improve speak to your doctor or podiatrist.

Never try to reduce hard skin with a razor blade or a pair of scissors. Tempting as this may be, unfortunately we are on the wrong end of ourselves to do justice to the task and likely to causing further damage in the process. Safe self-care involves rubbing the skin gently with a puma stone (volcanic rock) to reduce thickness which surrounds the fissure, then applying barrier creams to trap water on the skin surface. Some dermatologists will use tissue 'glue' (medical grade super-glue) to hold the edges of the skin together, so the cracks can heal. However this is not recommended for self-care since commercial super-glues are not medical grade.

*'ToeSlayer'*  
Podiatrist & Shoe Historian



Photography by ToeSlayer © 2005

# Flo

*Ask Nurse Florence*

Dear Flo  
I can't remember when I last had a smear; because I'm now homeless I don't receive any reminders to tell me when to go, what should I do?

Sarah  
Pimlico

Dear Sarah  
Thanks for writing in on such an important women's health topic. Cervical smears are a really important check that women should have every three to five years. It looks at a sample of cells taken from the cervix. This sample is then sent for testing to a laboratory to detect any abnormalities to the cells. Early detection and treatment of abnormal cells is essential, as if left untreated can lead to cervical cancer. The smear itself is performed by a Doctor or Nurse, and an instrument known as a speculum is used to open a woman's vagina and a spatula is then used to sweep around the cervix. Most women say that it is only mildly uncomfortable. You can request a female member of staff if you wish.

If You can contact your old GP and ask if they have your notes on file - these will say when your next smear is due. Or you could go to a specialist homeless service and ask them to do a smear. Just remember to go and get your results.

If you wish to know more, contact  
NHSDIRECT 0845 4647.

Good Health, 'Flo'

# Counselling awarded

*Westminster counselling for the Homeless has won a national award*

The British Association of Counselling & Psychotherapy has given Westminster's initiative for the Homeless (Homeless Health Team) an award for the outstanding project of 2005. Diane Goodkind, who launched the scheme, received the award.

This counselling service is offered at Great Chapel Street Medical Centre, The Passage and Dr Hickey's Surgery, but the small

counselling team aims to offer the service across Westminster eventually.

The counselling team provides time to any individual who wants to understand themselves better and learn to take greater control of their lives. All members of the team have extensive experience of working with the homeless.

When asked what the award

means, Goodkind told *The Pavement*, "at the start I kept hearing people in or out of the homeless loop saying, 'don't expect clients to come more than a few times.' We've proved them wrong."

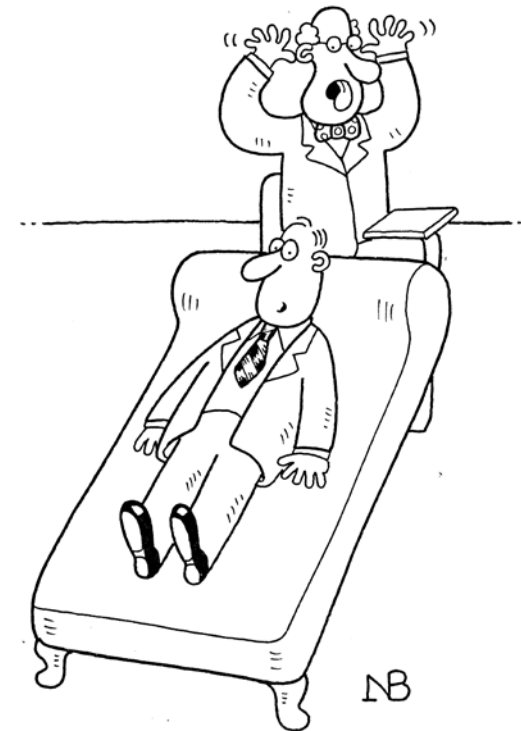
Elaborating on what counselling achieves, Goodkind said, "I see our job as offering a safe, confidential place in which clients can stop, take stock, and explore areas of their lives which are negatively affecting everything they do and say. We help to highlight all sorts of patterns of behaviour that are destructive and disastrous."

"We try to offer some understanding of how they've become stuck in a rut, and give them tools to actually change the direction of their lives," Goodkind went on to say. "There is always more than one road to travel, yet because people are so used to going the same route, they don't necessarily even recognise there are alternatives."

"We cannot promise a miracle cure, however we do genuinely help people to feel empowered and take back what is rightly theirs."

Despite bending this reporters ear with the details of the counselling service, Goodkind has gone straight back to what she does best - two way conversation with clients.

*'Cobbett'*



*"I feel people mock me behind my back"*

# Good Soup Guide

*Know where to get it, and what's good*

We don't have a new review this issue, but after the latest Soup Run Forum we've a few more runs to visit in the coming months

*'Gourmand'*

## All Souls' Local Action Network (ASLAN)

### 4 slab rating

Hot food and sandwiches for early risers.

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 wholesome and tasty 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 - The Vision

### 3 slab rating

Second and fourth Sunday in the month (6.45am onwards) - Hot food; note that an excellent full cooked breakfast is served on the fourth Sunday. On the Strand (Charing X end, outside Court's).

## Harlow Chocolate Run

This run is from Harlow, and serves hot chocolate! They also have sandwiches and cakes, coming out on the Second Tuesday of the month. Behind the Army and Navy in Victoria.

## Imperial College

### 3 slab rating

Serving Sandwiches and hot beverages on Sunday evenings (8-9.30pm) at Lincoln's Inn Fields.

## New Life Assembly

A run in Hendon, that comes into the West End once a month.

## Westminster Quaker Tea Run

It is likely that their tea run (with sandwiches) that used to cover Victoria will be restarted on 26<sup>th</sup> March. When it does it'll be on the Fourth Sunday of the month, at around 8.30pm.

## The Sacred Heart

This run from Wimbledon have several teams coming up once a month to the Piazza of Westminster Cathedral. Sandwiches and hot beverages around 9.30pm every Tuesday and Friday.

## Sai Baba

Mon and Wed (possibly) 7.30pm: Lincoln's Inn Fields - a great curry! This group provide several food services, both in buildings and on the streets.

## Simon Community

### 4 slab rating

*Tea Run:* Sun & Mon (6.15-9.30am): Islington- St Mary's Church 6am; Euston- St Pancras Church 6.10; Hinde Street 6.30; Marble Arch 6.50; Milford Lane 7.10; Catherine Street 7.20; Burleigh Street 7.30; Southampton Road 7.40; Covent Garden 8am; Strand 8.10;

Victoria Street 8.40; Victoria-Buckingham Gate 8.50; Victoria-Behind Sainsbury 9am; Victoria-House of Fraser 9.05; Grosevenor Gardens 9.20; Waterloo 9.40am.

*Soup Run:* Wed & Thurs (8-10.30pm): Euston- St Pancras Church 8pm; Hinde Street 8.30; Maltraver's Street 8.50; Waterloo-Behind NT 9.10; Victoria Street 9.30; Victoria-Buckingham Road 9.45; Victoria-Back of Sainsburys 10pm; Victoria-House of Fraser 10.10pm

*Street Café:* Always in the enclosed area at St Mary-Le-Strand (Strand) - please note the Monday service is now half and hour later: Mon (5-7.30pm) & Wed (9.30am-12.00pm)

## Silver Lady Fund

### AKA 'The Pie Man'

### 4 slab rating

Piping hot pasties, pies and sausage rolls from the van (it's white with 'Silver Lady Fund' written on the side).

## SW London Vineyard - The King's Table

### 3 slab rating

Sun 2.30-4.30pm beneath Waterloo Bridge (Embankment). Superb hot stews and potatoes, bread, fruit, and tea and coffee.

## Temple

If in doubt go to Temple. This location has several soup runs.

Please note, soup kitchens are listed on page 21.

# The List

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

We strive to produce the most complete service listings in *The Pavement*, but we need your help. If you notice any omissions or any mistakes please get in touch - address on page 2. There are still some cold weather shelters operating until March.

## DAY CENTRES

### Ace of Clubs (16+)

St Alphonsus Rd, Clapham

020 7622 3196

Sun, Mon, Tues: 2pm-6pm; Wed,

Thurs: 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

St Botolph's Church

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, C, 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

- [www.crisis.org.uk](http://www.crisis.org.uk)

### 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; Thurs: 5-8pm

(Italian speakers session); Wed:

12-2.30pm and Fri: 12-3pm (refu-

gees and asylum seekers session).

FF, H, MH, P



**London City Mission**

- see Waterloo Christian Centre

**Manna Day Centre**

6 Melior Street, SE1

020 7403 1931

Mon-Sun: 8.30am-1.30pm

B, BS, CL, DT, FF, FC, H, MH, MS, P

**North Lambeth Day Centre**

St John's Crypt,

• Closed, but we'll be looking at what will become of the site in a future issue.

**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**

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 ses-

sion); 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

• So much more than a drop-in centre, and they've many services listed with the soup runs.

**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, FF, FC, H, MC, MH,

MS, P

**Spitalfield's Crypt Trust**

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 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: B and FC); Fri:



10am-1pm (drop-in)

BS, CL, FC, FF, L, P

**The Connection at St Martin's (16+)**

12 Adelaide Street, WC2

020 7766 5544

Mon-Fri: 9am-1pm (12.30pm

Wed). Various afternoon ses-

sions from 1pm (except Wed).

Weekends: 9am-1pm (no entry

after 10.30). There are also drop-

in sessions on Tues and Thurs

4.30pm-7.30pm.

A, AC, B, BS, CA, CL, D, ET, F, H, IT,

MC, MH, MS, OB, P, SK, SS

• Now a mixed service, running

from the door in Adelaide Street

- buzzer to left of door. See story

page 4.

**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, TS

**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

**Waterloo Christian Centre**

6 - 8 Webber Street, SE1 8QA

020 7928 1677

Mon-Fri: 9am-12noon

B, BA, BS, CL, FF, H

**West London Day Centre**

134-136 Seymour Place, W1H

020 7569 5900

Mon-Fri: 8.45am-10.30am for

rough sleepers only; 2pm-4pm

(drop in) with TS and light

refreshments

AC, B, BS, C, CL, F, IT, L, LS, MS,

OL, P, SK, TS

**Whitechapel Mission**

212 Whitechapel Road, E1

020 7247 8280

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

6am-11am (cooked breakfast)

BS, CL, FF, MS, OL

**NIGHT SHELTERS****Redbridge Night Shelter**

16 York Rd, Ilford,

IG1 3AD

020 8514 8958

Year 'round

18 Beds (16 male/2 female)

Open Access (Dry)

**St Martin's Night Centre**

Social Care Unit

St Martin's-in-the-field (now on

camp beds at 12 Adelaide Street)

Year 'round: 10pm-7.30am

Space for 40

Referral only (Dry)

**Turnaround (Newham)**

Choral Hall

020 7511 8377

Year 'round 7.30pm to 7.30am

25 beds

Referral from Choral Hall Day

Centre (Dry)

**SOUP KITCHENS****American Church**

(Entrance in 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

• Now stocking *The Pavement*

**ASLAN**

All Souls Church -Clubhouse

Cleveland Street

020 7580 3522

Sat: by invitation

**MEDICAL SERVICES****Great Chapel Street 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

020 7530 3444

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

**Project London (Medecins Du Monde)**

Praxis, Pott Street, Bethnal Green,

E2 0EF

Mon & Wed 1 - 5pm

07974 616 852

MS, SH

• Project London also operate at Providence Row and U-Turn.

**DRUG / ALCOHOL SERVICES****The Hungerford Drug Project**

(Turning Point)

32a Wardour Street

W1D 6QR

Mon - Fri 2-5pm (drop in)

020 7287 8743

A, C, D, MH, P

**The Needle Exchange Van**

Centrepont, London

Mon - Fri 4-7pm

• Rumours suggest that this service has been, or shall soon be, suspended. We'll attempt to get a definitive statement on this.

**ADVICE SERVICES****Borderline** (Scottish)

7-9 Belgrave Road  
 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

**London Irish Centre**

50-52 Camden Square  
 London  
 NW1 9XB  
 020 7916 2222  
 Ring for specific service times  
 A, B, C, CL, D, ET, H, MC

**Notre Dame Refugee Centre**

5 Leceister Place, WC2H 7BX  
 020 7434 1619  
 Mon and Thurs: 11am - 4pm (drop in)  
 Service for French speaking refugees and asylum seekers  
 B, C, CA, FF, H

**St Giles Trust**

64 Camberwell Church St, SE5  
 020 7703 7000  
 Mon-Fri: 9.30am-12.30pm  
 A,B,BS,D,ET,H,L,MH,MS,P,TS

**BENEFITS AGENCY****Southwark Homeless Unit**

Wedge House  
 36-40 Blackfriars Road  
 SE1 8PB, 020 7902 8600

**SPECIALIST 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.

**EX-FORCES****Ex-Service Fellowship Centre**

40 Buckingham Palace Road.  
 Victoria  
 Offers an excellent service.

020 7828 2468.

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

**TELEPHONE SERVICES****Shelter**

Housing info and advice  
 0808 800 44 44  
 (everyday, 8am-12am)

**Message Home Helpline**

0800 700 740  
 (everyday, 24 hrs)

**Runaway Helpline**

0808 800 7070  
 Free line for under 18s who have left home

**Get Connected**

0808 808 4994  
 Free advice for young people (1pm-7pm, 7 days)

**National Debtline**

0808 808 4000

**SEASONAL SHELTERS****Camden and Clerkenwell**

Various churches  
 07908 131518  
 01 Jan - 31 Mar 06: 24hrs  
 Beds for 12  
 Local referral only (Dry)

**Hackney Winter Night Shelter**

Various Churches  
 07985 977 751  
 01 Jan - 31 Mar 06: 8pm to 8am (7pm Sun). Last entry 10pm (9pm Sun)  
 Beds for at least 20  
 Open Access (Dry)

**Islington Cold Weather Shelter**

Various Churches  
 07960 491151  
 01 Jan - 31 Mar 06: 7.30pm to 8.30am  
 Beds for 12 - 15  
 Entry by booking ahead (Dry)

Your advert here







William 'Harry' Jackson  
Age: 27

William, who is better known as Harry, has been missing from his home in Gullane, East Lothian since Thursday 21<sup>st</sup> April 2005. Although his current whereabouts are unknown, it is believed that Harry may be sleeping rough. He has had previous connections with London, York and Newcastle.

Harry's family are extremely concerned for his safety as he has recently been unwell and did not take his medication with him when he left. They are desperate to know that Harry is okay and urge anyone who may have seen him to get in touch. Harry can call the *Message Home Helpline* on 0800 700 740, where he can leave a message for his loved ones in complete confidence.

Harry is 6ft tall, of slim build with long hair which he usually wears tied up and a bushy beard. When he was last seen, Harry was wearing dark trousers, grey hooded top, red anorak and grey/green woolly hat. He was carrying a blue rucksack.

If you have seen Harry, please contact the confidential National Missing Persons Helpline on Freephone 0500 700 700

# Street Scene

*An occasional column for events seen on the pavement*

Like most homeless people I have had many encounters with various sorts of people since I have been on the streets. We're all aware of the potential aggro we can expect, that goes without saying, from our own kind, or from members of the public who think that we choose to live our lives the way we do because it's an easy option. An easy option? We have probably had encounters of a more pleasant kind as well.

The following is an encounter that I did not personally experience but was told to me by a friend who assures me that the story came from a reliable person and is a true account.

A homeless guy, J, paused for a moment during one of his regular walkabouts to light a cigarette. As he did so he was approached by an elderly, well-dressed gentleman who was obviously well intoxicated. The gentleman, swaying with liquor, looked at J for a moment, and then enquired, "will you sell me a cigarette?"

J replied, "I'll not sell you one, but

I will certainly give you one."

At this the gentleman became aggressive, and clutching from a wad of banknotes that he was now holding in his hand, shouted, "what's wrong with my f\*\*king money?", and he threw a handful of notes into J's face before stumbling off into the night.

J, somewhat astounded by this incident, which had happened so quickly, was delighted when he looked down. On the pavement were three ten pound notes and a fiver.

I have had a few 'drops' in my time, and some from unexpected sources, but this is one of those occasions that tends to bring to mind the call of the army sentry - "Halt! Who goes there, friend or foe?"

*'Cardboard Carrier'*

- Got an interesting story to tell, or something seen or heard. Get in touch at the addresses below. A T-shirt for every snippet printed here.

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**Contact:**  
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**London**  
**SE22 8LT**

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