

the Pavement

The paper for the homeless - *London edition*

Issue 11 - *free*

Inside: The Green Pastures launch, and what the Conservative leader was doing in Covent Garden talking to Big Issue vendors. Plus, all the news and views from the street

March 2006



*“You’re living off your pension? What a coincidence –
I’m living off your pension too”*

The Editor

What’s in these pages, and coming in future

Welcome to Issue 11, which suggests, being a monthly magazine, that we’re almost a year old. But time to look back in next issue.

In this issue we’ve interesting news items, including coverage by our team of David Cameron talking with John Bird, of the *Big Issue*, in Covent Garden. Also, there’s the launch of Green Pastures, which has a different view on housing provision and offers an alternative to usual route to accommodation.

Thank you to those people who contacted us about Marylebone Church and the move-on a year ago. We will be covering this story, probably next month, but are having to wait for some of answers to come from agencies involved.

In Streetlife, we have a number of your letters, and one has been translated to mark the return of Polskie Strony this issue. We also have another street scene, and welcome more submissions to this section.

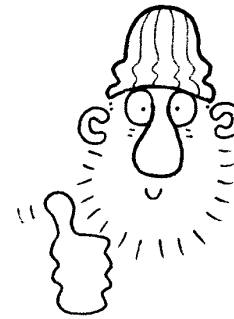
A lot of readers contacted us about the Sleep (Less) Rough bed in last issue, and the designer, Tom Goodfellow, is now looking to extend his tests and thinking about production. We’ll cover this story in future issues, and hope to be able to report his success soon.

The health columnists have filled two pages, with ToeSlayer continuing his coverage of the foot’s skin. When I ask Flo what she’d be doing this issue, she told me, “balls!” I didn’t sack her, as it turns out she was taking a look at *men’s health*, but don’t worry, there are no photographs.

We do have our first advert in this issue, provided by the Ex-Service Fellowship Centre in Victoria, and have more booked for next month. We’re still working on getting a sudoku (requested by Roger on the Strand), but that’ll have to wait until number twelve. Similarly, our comic strip should be ready in a couple of months, and in future we’ll see the return of homeless hobbies. If readers have any interesting words or phrases that they have come across recently, old or new, either on the street or within day centres and hostels, let us know. Next issue we start our homeless lexicon, that will be a fairly interesting and very amusing look at language.

‘Editor’
editor@thepavement.org.uk

Cover photograph: The Rt Hon David Cameron, MP, Conservative Party leader, talking to John Bird, founder of the Big Issue, and a vendor in Covent Garden. The event was held on 16th March and is in covered in full on page 6. Photography by The Pavement’s own Rufus Exton.



The Pavement Team

News - *The Pavement* news team comprises a number of professional 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 27). 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 subjects rights. Similarly we try credit all images, but some are only given the name of the providing organisation. Any photography not credited is © Rufus Exton.

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Green Pastures is here

A new approach to housing provision

Pastor Pete Cunningham has eradicated homelessness in his local neighbourhood, and is now planning to spread his solution across the UK.

The former stockbroker was finding his own house in Southport too small for the numbers of homeless seeking refuge there. His local council showing little interest in the problem, so he decided to take matters into his own hands – by buying up houses for those without their own.

For his first property, 68-year-old Cunningham used his own pension money as a deposit for a house that was a “bit bent”, but which provided a home for a young woman and her partner and baby who had previously been living in a garage. Since 1999 his company – Green Pastures – has used equity to fund a total of 68 properties, containing 120 housing units, which have housed hundreds of people. His aim is to have housed 650 families by 2008, and to spread the business into other areas of the country.

Using his business experience, Pastor Pete runs Green Pastures as an ethical investment company and is hoping to raise £3.5m this year to expand his vision.

The Southern arm of Green Pastures was launched recently and is currently seeking investors. Talking at a London seminar to drum up support in the area Cunningham admitted that the venture has “a scary ride”, but

said, “God said put your money in it. We put our hands in our pockets and invested.”

A pastor since the age of 26, Cunningham is minister of Arygle Church in Southport but believes that ministry should be as much about helping those in the community as preaching from the pulpit. With the state perceived as failing to tackling homelessness, particularly the numbers of so-called ‘hidden homeless’ – those in temporary accommodation often slip through government statistics – Cunningham has set out to apply more than a sticking plaster onto the problem.

Once a house has been purchased, Green Pastures repairs it and furnishes it, usually with donated furniture and local tradespeople who work for free.

Most clients pay the mortgages using housing benefit, but once a person is housed, they continue to receive support from Green Pastures.

Many people find paying bills difficult after spending years on the street; in some cases, housing benefit takes a long time to come through and former homeless often find themselves on the streets again quickly. So Green Pastures staff help and support all those who take up one of their houses. They monitor all benefits claims, and follow up any delays; repairs are taken care of and pastoral care and even bags of groceries are available for those in

need. In Southport, homelessness is virtually eradicated, and the company has made moves into Wigan and North Wales.

Local councils across the country are now banging at Cunningham’s door asking him to turnaround their own problems of homelessness: it is estimated that there are 400,000 ‘hidden homeless’ in the UK – 100,000 in London alone.

The high property prices in London and the South East mean that Green Pastures will need extra investment if it is to replicate the success of Southport down south.

It plans to use ‘podding’, whereby the company purchases five properties – four in the north and one in the south – and uses the surplus made on the northern properties to subsidise those in the south, to make a success of Green Pastures South.

Cunningham’s vision, according to Chris Peacock, who runs ASLAN in London, is to run a £22m company housing the homeless.

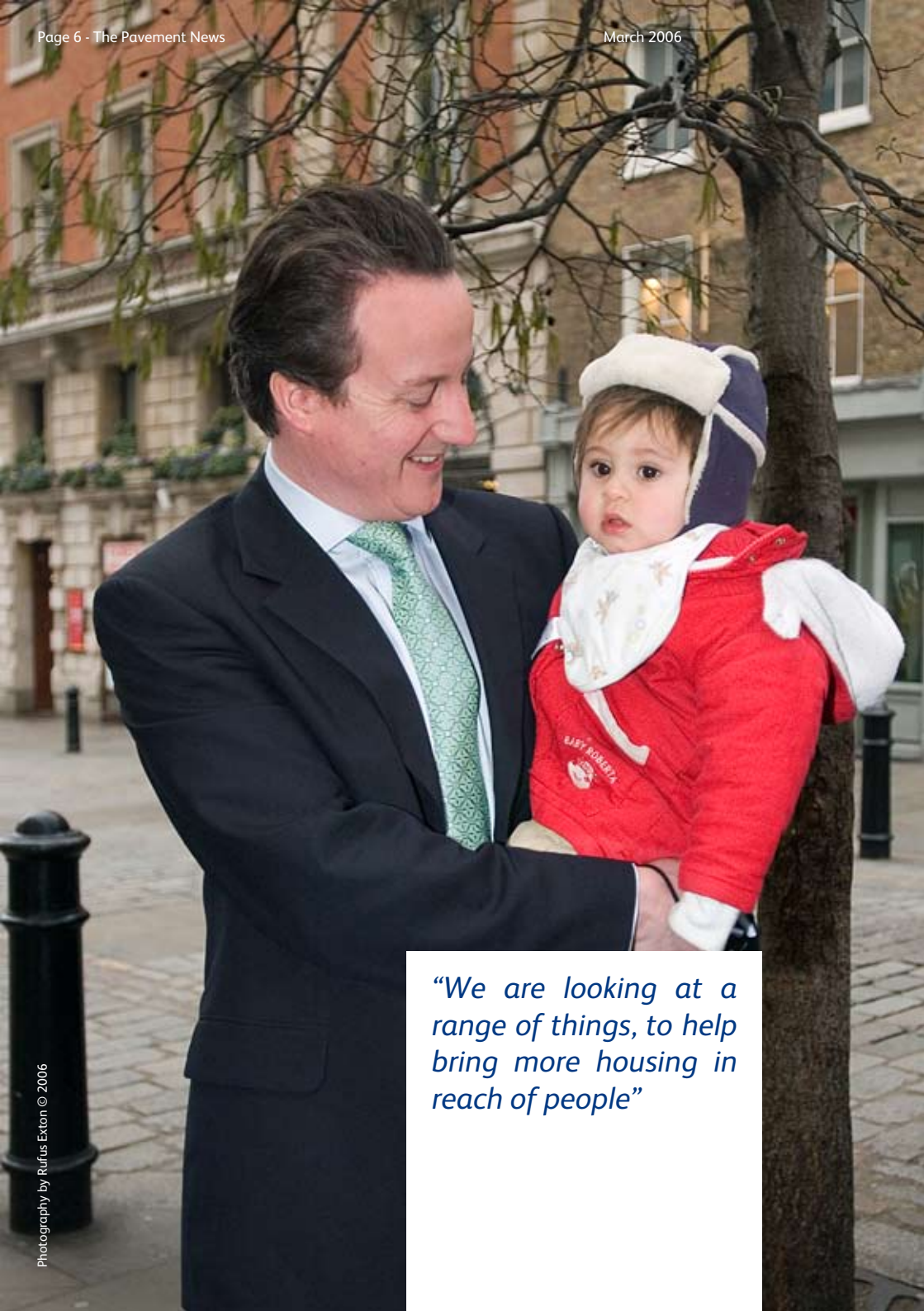
The key to his vision is its simplicity, and Cunningham’s belief that it can eradicate homelessness for good. “He sees a problem and does something about it,” Peacock says.

For more information, go online to: www.greenpastureshousing.co.uk

‘Hector’



“God said: ‘put your money in.’ We put our hands in our pockets and invested”



“We are looking at a range of things, to help bring more housing in reach of people”

Talking Tory

The boy, Bird and the baby

Politicians holding babies is hardly an uncommon sight, but *Big Issue* proprietor John Bird was clearly unaware of any cliché as he buttoned up his child for the photo op with Tory leader David Cameron, exclaiming for those assembled: “He’s a young Conservative in the making. Of course, if we were meeting a Labour politician, I’d be saying ‘young Labour’.”

In one of his many PR turns since being elected, Cameron arrived at the *Big Issue* drop-off point in Covent Garden bright and brisk, sipping on a coffee while quizzing a collection of vendors about their lives, and how and why they started selling the magazine.

Cameron made a couple of references to the cold weather, which was dismissed a vendor who has worked for *Big Issue* for 21 months as “quite mild, really.”

The meeting was set up after John Bird and Caroline Spelman, MP, shadow secretary of state for the Office of the Deputy Prime Minister, agreed to give Cameron the opportunity to “meet *Big Issue* vendors who could give first-hand testimony as to the problems and issues faced by homeless individuals.”

According to Cameron’s team, “we wanted to work with the *Big Issue* on this event as is a great initiative which has given homeless people a way of taking back control over their lives. It is a fantastic example of how social

enterprise can help tackle long-term problems like homelessness and reduce dependence on state hand-outs.”

The *Big Issue* was launched as a monthly magazine in 1991, switching to a weekly two years later. According to their website, there are over 3,000 vendors in London. Of these, it is estimated that 500 are working.

The Conservative leader seemed surprised that vendors spend nearly 12 hours a day selling their magazine (and on “a good day”, selling about 30 copies). After a vendor protested that he worked “no longer than MPs,” Cameron responded, “but, at least we have a nice, warm office to work from.”

Cameron is keen to be seen as a ‘modern compassionate Conservative’, often provoking criticism that he lacks substance as a politician. He has certainly courted the media far more, and with more success, than any of his predecessors, and is leading the Conservatives to a similar place as the ‘New Labour’ phenomenon that deposed the last Tory government in 1997.

But is there ‘body’ behind the rhetoric?

Although the former Conservative hard-line on immigration is being reconsidered under Cameron, he gave no firm response as to what he would do about the problem of legal immigrants who find themselves without work

and unable to claim benefits. Saying it was “a very difficult area”, he added that it was “one of the things the social justice department is going to look at.”

“We’ve got the social justice policy commission to look specifically at people who fall through the net... but I can’t give you an easy answer and I know it’s not an easy area, because there are rules about benefit tourism for a particular reason, which is to stop people coming in search of benefits,” Cameron told *The Pavement*.

Since being elected party leader, Cameron has launched the “Six Challenges” initiative, of which social justice, headed by former leader Iain Duncan Smith, is one. Despite homelessness being a major issue for his department, Duncan Smith did not join the party leader in Covent Garden.

One of the promises that the Conservatives have made under the social justice campaign is ‘houses for everyone.’ In a speech made earlier in the year, Cameron emphasised the role of those working in the voluntary sector and urged Britain to become ‘the nation of the second chance.’

Cameron’s social justice policy could ultimately put an end to the speculation over whether he can lead the party, but it may be difficult to silence the critics while so many of the social...

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Photography by Rufus Exton © 2006

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...policies are under review. According to Cameron's team, much is still in the process of being decided: "We need a multi-agency/department approach to addressing homelessness – the policy review group will look at how this would work on a national and local level."

"'Crowding-out' behaviour by the government, that would not be tolerated in the commercial sphere, should be equally unacceptable in the voluntary and community sector. In some cases, not-for-profit enterprises have been damaged, even closed, by government-sponsored initiatives. The government needs to trust

the voluntary sector more, gives them to freedom to innovate and reduce the emphasis on short-term contracts, which do not allow projects the time to develop."

Back in Covent Garden, while talking to vendors, Cameron added that one of the key areas he believed would help the housing problem would be shared ownership, which he sees as "the biggest single answer to getting more housing in reach of more people."

"What I think has got particularly bad in the last few years is that we've got a lot of people in temporary accommodation... so we are looking at a range of things, to help bring more housing

in reach of people," he said.

Despite inviting the Conservative leader for a meet and greet, *Big Issue's* John Bird is adamant that it remains politically neutral. According to his office, "the *Big Issue* was not aligning itself with the Conservatives by having John Bird and David Cameron meet. The opportunity to engage with the leader of the opposition on the issue of homelessness is one that I am sure will only move the issue of homelessness up the political agenda."

'Cat'

- Have you ever sold a *Big Issue* to an MP? If so, who? Get in touch and win a t-shirt.

News in brief

All the news and views from across London and the UK

You've bin warned

Over the winter months, an increasing number of readers are climbing into waste containers in order to keep warm, particularly outside supermarkets and pubs.

The UK's leading industrial and residential waste firm, Biffa, are warning that there have been frequent near-misses and one fatality as a result of this seemingly harmless, if rather unusual way to stay out of the cold.

A rough sleeper in Bristol recently suffered broken limbs after being tipped into a waste lorry, the equivalent of being hit by a car at 30mph, and another man in the West Midlands was killed during a similar incident.

Biffa are encouraging shopkeepers, restaurant owners, warehouse and factory managers to check their containers for those seeking shelter, lock bins when they are not in use and report anything to their waste contractor so they can be extra careful.

Ray Hipkin, the company's Health and Safety Manager, told *The Pavement*, "although waste containers may seem like a warm place to sleep, particularly in the winter months, homeless people are putting their lives at risk by sleeping in them."

Last winter, Biffa recorded nearly 50 incidents where drivers found people just in time, and spoke to us in order to make people more

aware of the potential risk.

Although, Spring is officially here, Biffa's warning should be heeded by readers still considering this former of shelter. (Ben)

NRDF closure

A ten-year old charity is being forced to close within the next two months after failing to secure further funding.

The National Rent Deposit Forum (NRDF), which is based in Birmingham but works across England, is the only organisation that provides specialised support and advice to rent deposit schemes.

Their schemes house homeless people in private rented properties and support them while they are tenants. Each project acts as a go-between for tenant and landlord, standing guarantor for rent, rent arrears, theft or damage.

The NRDF housed 14,000 people a year, using some 8,500 landlords.

The heads of the charity are blaming this cash crisis on local authorities who are looking to put homeless people in private rented accommodation.

Although the Office of the Deputy Prime Minister (ODPM)...

Continued on page 9



"Foot proceeding to mouth..."

News in brief

All the news and views from across London and the UK

Continued from page 9

... released a policy briefing last year encouraging local authorities to help in this area, the ODPM has refused to provide the NRDF with financial support.

Charity heads have said they will continue to lobby the Government for financial support until close of business, expected on 30th April.

Karen Dick, chair of the NRDF National Executive Committee, said, "we are bitterly disappointed that an organisation that has driven up standards, influenced policy and legislation and offered a quality service of support and guidance to rent deposit schemes is having to close its doors. The loss of the NRDF will have a major impact." (Cat)

West London Mission funding

After publishing news last year that the West London Mission (WLM) was expecting to have their funding withdrawn, *The Pavement* has discovered that they did in fact receive an central government contribution through Westminster for over £44,000.

Paul Thompson, director of social work, said: "We went public [at the time] because their letter turning us down seemed to indicate that we wouldn't get anything at all - neither the Annual Revenue Grant (ARG) nor the ODPM [grant]; however, they did eventually confirm that we would still get the £44,000, which we did."



This year, government funding will increase to over £74,000, as the WLM heard confirmation on the 10th March that they will be also be receiving an ARG grant of £30,000.

"We are grateful to Westminster for offering a grant next year of £30,000 for the day centre [WLDC], and in addition, their continuing support for the HART project," said Thompson.

Rumours had been circulating that the Homeless Arrest and Reachout

Team (HART) was going to be axed, but now it is only losing its 'H,' and will be called the 'Arrest and Reachout' project. (Cat)

Free4u

Retrieving messages left via the voicemail4all service is now free.

The service, featured in Issue 6, provides a free 0208 voicemail number that other people can call to leave messages. Previously, calls made by the user to listen to their messages were charged at local

rate, but now, thanks to a new retrieval number, they will not be charged for the service. (VG)

Riverside re-launch

The Riverside House has just been re-launched as a specialist hostel for homeless men suffering from alcohol and drug problems.

The old building was completely demolished and the new unit can now accommodate 31 people in single en-suite room accommodation, 18 units of which are already occupied. "These are for people working towards resettlement," explained a spokeswoman for the Salvation Army, which manages the hostel. "We also run resettlement programmes to encourage people to build their confidence and develop the skills they need."

The new facilities, however, are not for everybody. The hostel works on a referral-only basis and clients are usually those leaving a residential detoxification or rehabilitation unit, or those coming out of prison after a detox programme. (Ana)

Off the streets and into work

It seems that there has never been a greater drive to help the homeless across the country return to full time employment.

Now, in a press release on the 16th March 2006, Business in the Community (BITC) has called for businesses to continue to support schemes that aim to reduce unemployment as a means to beat homelessness.

One such scheme, the Ready for Work programme, has

reintroduced 1,700 homeless people into the workforce in its five years of existence. This programme continues to push for businesses to join forces with the voluntary sector and the government. This drive is backed by research that shows business, the voluntary sector and government amalgamations can help reduce unemployment among the homeless.

The chairman of Business Action on Homelessness and Group CEO of Barclays, John Varley, said, "there is a need for collaborative action between all sectors, voluntary, business and government to provide permanent jobs. Businesses need to increase the amount of placements and expand the offer of job coaching"

Since 2001, 200 UK companies across 22 cities have contributed

to the programme's success - Marks & Spencer have been the lead placement provider, with 700 clients having completed placements. BITC has called for more national partners to join the ranks if the scheme is to continue to provide a route out of unemployment.

However, major cuts in services dedicated to benefits advice will be realised in April (*The Pavement*, Issue 9), if changes proposed by the Department of Work and Pensions go ahead. These changes will likely result in diminished day centre presence of specialist benefit advisors and, in some day centres, a mandatory appointment policy. So that with shift to get people into work, the system is moving away from linking the vulnerable into benefits. It's to be hoped that some aren't left behind. (Bez)



"I'm having a mad March hair day"

Letters

Write in to the address on page 3, and every published letter gets a t-shirt

Dear Editor,
When does the government carry out street counts. I thought one happened recently, but I've heard nothing about it.

Jim Pear
WC1

Dear Jim,
Individual boroughs carry out street counts to their own timetable, usually every three months, and they are done to provide statistics to their own 'homeless strategies.'

We talked to Westminster, and they did carry out a street count in the last month, but it was an 'informal count,' presumably to help them gauge what the figures will be for the next street count. They don't release these figures. They also told us that they have no date fixed for the next street count, but another source suggested it'd be in the next few weeks. Whenever it is, we'll get the figures.

The Simon Community also carry out street counts at regular intervals. Their next count is on the night of the 31st March/ 1st April, and we'll be sure to report on theirs as well.

The Editor

Dear Editor,
I was interested in the item on the counselling awards in the last issue of *The Pavement*, as I slept in the doorway of Ryman's on the Strand after losing a friend, my job and flat, all in a quick two days. My Mum and Dad had left

me at the age of 4, and I'd never seen them since. As I walked the West End each day, I could feel this very stable man slowly falling apart. Where could I go? Why at fifty was I sobbing for those two people?

I had often wondered why people with mental illness just couldn't pull themselves together, and now I knew. After a week or so I found myself sitting on a bench, and I had no idea how I'd got there. Knowing that I'd crossed all the busy roads frightened me, and again I sat and cried for them.

I went to Great Chapel Street, demanding to see a doctor, stating that I needed to find out if I was going mad. And this was the start of a year and three months counselling with Diane Goodkind.

It was not going easy, unravelling all those years spent in a system called 'care', and I can see how hard it must have been for Diane to listen. Now all those horror stories are where they should be, still there, but buried.

Now, with only one session remaining I thank Diane, and all the team at Great Chapel Street.
Bob Gerrard
N1

Dear Bob,
Thank you for writing such a candid response to a story.
The Editor

Dear Editor,
I've been on the streets for five

years and even in that time seen a lot of changes, mostly for the worst. Now, we're being swamped by eastern Europeans. It's worst at some food handouts, like Victoria, where we used to queue with others sleeping out, have a chat and get food. It was civilized.

Now, at some handouts, it's a free-for-all, with the eastern Europeans pushing to the front and grabbing as much as they can. I now avoid these ones, and know others have also switched.

These services were set up for the homeless, and now we're being forced out by these recent arrivals.

John Smith (Real name supplied)
West End

Dear John,
We're printing your letter as it's a commonly heard complaint.

It's true that the numbers of 'recent arrivals' is still very high on the streets, and whereas it is presently made up of Polish and Lithuanian migrants, in future we are likely to see the numbers rise higher still with more from Bulgaria and Romanian. And many are homeless and so fulfil the criteria laid down by many operating soup runs.

If there is a reduction in manners at the runs, it should be put down to cultural differences, and we must bear in mind that this situation has arisen because of

Letters/Polskie Strony

This issue, *Polskie Strony* joins the letters page to cover a common subject

the lack of state provision and planning.

As reported in a past issue, charities across Western Europe are having to deal with the increase in A8 immigration, as most states have not made plans to cope with those that can come into the country to work, but cannot claim benefits. And as we said then, we say now: it is up to readers on both sides to show understanding and consideration.
The Editor

Drogi redaktorze,
Żyję na ulicy od pięciu lat i w tym czasie widziałem dużo zmian, głównie na gorsze.

Obecnie jesteśmy zalewani przez ludzi ze wschodniej Europy. Jest

gorzej na 'darmówkach', np. przy Victorii, gdzie kiedyś, wraz z innymi bezdomnymi, ustawialiśmy się w kolejce, rozmawialiśmy i spożywaliśmy posiłek. Było kulturalnie.

Teraz na 'darmówkach' będących dostępnych dla wszystkich, Wschodnioeuropejczycy pchają się do przodu i zagrabiają tyle, ile tylko mogą. Aktualnie unikam tych miejsc i wiem, że inni również. Usługi te zostały wprowadzone dla ludzi bezdomnych a teraz jesteśmy pozbawiani ich przez nowoprzyjezdnych.

John Smith (prawdziwe nazwisko w posiadaniu redakcji)
West End

Drogi John,
Drukujemy twój list, jako że jest to

dość często słyszana skarga.

Prawdą jest, że liczba nowoprzybyłych na ulicach jest ogromna i obecnie stanowią ją głównie imigranci z Polski oraz Litwy. W przyszłości możemy spodziewać się kolejnego jej wzrostu spowodowanego emigracją ludzi z Bułgarii oraz Rumunii. Wielu z nich jest bezdomnymi i spełniają kryteria ustanowione przez fundacje organizujące 'darmówki'.

Jeżeli pogorszenie się kultury ulicznej oraz zasad dobrego wychowania jest rażąco widoczne, odpowiedzi należałoby szukać w różnicach kulturowych. Należy także pamiętać, iż ta sytuacja pojawiła się także z powodu braku odpowiedniego strukturalnego przygotowania, planowania oraz zaopatrzenia.

W poprzednim wydaniu informowaliśmy, że organizacje charytatywne w wielu krajach Europy Zachodniej starają się uporać ze wzrostem liczby imigrantów z krajów A8 (osiem nowoprzyjętych krajów do UE), jako że większość rządów nie przygotowała się na sytuację, gdzie imigranci ci mogą prawnie pracować, lecz nie mają prawa do zasiłków.

My powtarzamy, co już raz powiedzieliśmy – czytelnicy po obu stronach problemu powinni starać się okazać szacunek i zrozumienie.
Redaktor

Translation by 'Mirek'
polskiestrony@thepavement.co.uk





"I wouldn't have seen you again, would I? You would have run off with it."

Photography by Rufus © 2006

Street scene

Another offering from the pavement

Oxford Street is a favourite walking patch of mine. I find it helps to pass away some of the idle times and I visit it very often on my walkabouts.

If ever you are over that way, look out for the guy who sits in his wheelchair and blows on his tin whistle. A happier character you are unlikely to come across, and considering that he has no legs, that is strange in itself. He only blows on his whistle, there is little tune to it; indeed, it has been suggested that he is preparing a musical masterpiece and is rehearsing one note at a time.

On one occasion when I was passing this would-be musician he called me over to him. He would often acknowledge me on my travels, but this time I was being beckoned. He gave me a small amount of money and asked if I would go down the street to Starbucks and get him a cup of tea.

I, of course, obliged him.

On my return, I handed over the cup of tea, and he tried to give me the same amount of money again. "What's that for?" I enquired.

"It's for you, so you can have a cup for yourself," he replied. "Why didn't you give me enough money for two cups to start with?" I asked.

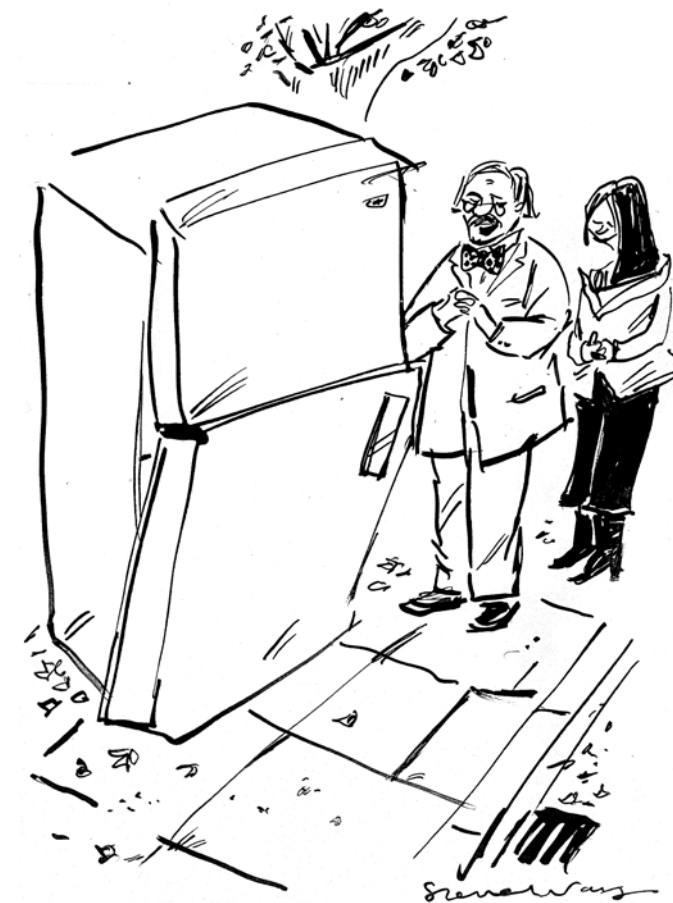
"If I had done that," he said, "I wouldn't have seen you again,

would I? You would have run off with it."

I protested, but he told me, smiling, "well, a guy the other week did."

sort of guy, and it again makes me wonder why I tend to see so many miserable faces about me. I guess we all have our problems, and different ways of dealing with them.

As I have said, he is a very happy 'Cardboard Carrier'



"Oh, this is a beauty, still got its door, laid down at the turn of the century"

Soup Health



Good Soup Guide: No. 7 Sacred Heart

The soup run from the Sacred Heart Church in Wimbledon has been running for over 15 years, and operates twice a week on Tuesday and Friday evenings (see listing on page 18).

Carole Appleford, who leads the run, told me that they "attempts to bring basic Christian compassion to the homeless in the Victoria area."

With good basic fare and charming volunteers, it serves sandwiches, supplemented by delicious home-made soups. They arrive between 9 - 9.30pm, sometimes with bedding and clothes. They gain an extra slab for trying to have foreign language speakers on the run, including Polish. 'Gourmand'

Rating: 4 out of 5 slabs



Nurse Florence answers your health queries

Dear Flo

I've got a bit of an embarrassing problem with my testicle. I was washing myself the other day and I found a hard lump. I'm only 33, so it can't be cancer and I haven't had any sex for ages so its unlikely to be anything I caught of someone, and anyway I always use protection – but what could it be?

Geoff

The City

Dear Geoff

The first thing to say is you must go and see your GP, or visit a medical service as soon as possible. Obviously, without assessing you in person, it is impossible to tell what has caused the lump. You say it cannot be cancer, but testicular cancer mainly affects men between 20 and 44 years old. One of the symptoms is a hard lump in one testicle, other symptoms are swelling or enlargement, increase in firmness, pain or discomfort or an unusual difference.

I am glad to say the early detection and treatment for testicular cancer is highly successful and according to Cancer Research UK nine out of ten men are cured. So I must strongly advise you to seek medical advice as soon as possible. It may be nothing but it is always better to be safe than sorry.

Flo

To All Male Readers,
As testicular cancer is such an

important subject, and a very real possibility for some of you, it is vital that I briefly outline the self-examination method that I'm sure many of you do.

I realise that often health can take a back seat when sleeping rough, but this only takes 5 minutes, once a month.

- The best time to examine yourself is after a warm bath or shower, the scrotal skin will be relaxed.

- Hold your scrotum in the palms of your hands.

- Feel each testicle separately, place the index and middle fingers under the testicle with the thumbs placed on top.

- Roll the testicle gently between the thumbs and fingers you should feel a soft tube (the epididymis) at the top and towards the back.

- The testicle should have no lumps or swellings.

- Most men have one testicle bigger than the other, so compare them.

Doing this examination monthly will help you learn what you testicles and scrotum feel like, therefore noticing any changes early on. Remember: if in doubt, get your balls checked out!

Good Health
'Flo'

Foot Care

The second in a trilogy on the foot's skin: dry skin

The skin has all the same functions as any living organ, but unlike the lungs and heart, it completely replaces itself approximately every 28 days – as a result it's very changeable.

There are two levels to skin. The outer layer (epidermis), and the deeper layer (dermis), where all the blood vessels, nerve tissues, fat and water are stored. The epidermis is made from relatively dry cells and its level of water content can vary, from very low (dry skin), to very high (moist skin).

In the care of normal skin moisturising creams adds water to the old skin cells, and helps them shed, which gives a softening effect on the skin surface. To help dry skin, it is important that water is trapped on the skin surface with thicker creams called emollients. These are generally greasy in nature, and spread a thin film over the skin surface preventing the skin cells losing water. This softens the dry skin and makes thicker skin more pliable.

There are also protective creams that contain active medication or vitamins, and have the chemical means to penetrate skin surfaces. Other skin protectives include plasters, oils and spray-on dressings. If you are in any doubt, please ask your local chemist for more information.

Studies show that the water uptake of skin cells is not regular, especially when you suffer from



Photography by ToeSlayer © 2006

corns and calluses. There is, however, a very quick response to applying creams, and the water content of the skin can increase as much as 50%. If you stop applying the creams, within a few days the cells are unable to retain the volume of water and become dehydrated again. The good news is the skin will still be more supple, and rubbing or massaging the feet increases the circulation and gives a feeling of walking on air. With moist skin, you should wash

regularly (at least once per day), in warm soapy water (46 degrees C), and for no more than 10 minutes. Dry carefully with a soft towel and light talcum.

There are many preparations to help control the amount of fluid on the skin, and the chemist or podiatrist can advise you. If in pain or doubt, see the doctor.



Photography by ToeSlayer © 2006

'ToeSlayer'
Podologist & Shoe Historian

Good Soup Guide

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

I've reviewed the Sacred Heart this month (on page 16).

'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 Coult'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 26th March. When it does it'll be on the Fourth Sunday of the month, at around 8.30pm.

The Sacred Heart

4 slab rating

This run from Wimbledon have several teams coming up once a month each to the Piazza of Westminster Cathedral and behind the Army and Navy. 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; Grosvenor 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 an 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

Tues 8pm; Fri 8-9pm; Sat 9pm

* If there are any errors in the timings listed here contact thelist@thepavement.co.uk, and please note, soup kitchens are listed on page 21.

theList

Key to 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

There are still some cold weather shelters operating until the end of March, but for space we've taken them out. We update our service listings every month, but we need your help. If you notice any omissions, or other mistakes, please get in touch: address on page 3. If you run a service and want to inform us of changes to your listing, e-mail:

thelist@thepavement.co.uk

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

CHC has moved services to several sites
020 8208 1608 (offices)

Homeless drop-in
28a Fortunegate Road, Craven Park, NW10
Tues & Fri: 10am-2.30pm; Wed & Thurs: 12.30-2.30pm

Mental Health drop-in
In the flat above St Gabriel's Hall
77 Chichele Road, Cricklewood,

NW2 3AQ
Tues-Fri: 10am-12noon
AC, B, BS, H, IT, L, MS, OL
• Note this service has changed and now runs in two separate premises.

Crisis Skylight

66 Commercial Street, E1
020 7426 5661
Mon-Thurs 2pm-9.30pm
AC, ET, IT, P
• 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 (refugees 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, Waterloo
• Gone.

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 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

• 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



"I don't mind the gambolling - it's the round-the-clock drinking that bothers me"

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 sessions 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.

The Passage (25+)

St Vincent's Centre,
Carlisle Place, SW1P
020 7592 1850
Mon-Fri: 7am-10.30am for rough sleepers; 10.30am-12pm appointments; 12-1.30pm lunch (small fee); 2-5pm appointments; 5-7pm (verified rough sleepers – by invitation).
A, B, CA, CL, D, ET, F, H, IT, L, MH, MS, TS

• Please note these are the new service times. Also they are now operating a no-smoking policy in the day centre – smoking in the courtyard only.

Upper Room, St Saviour's

Cobbold Road, W12

020 8740 5688
Mon-Thur: 5.30pm-6.45pm; Tue: 9.30am-11.45am; Sat-Sun: 12.30pm-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, Tues, Thurs, Fri: 8.45am-12.30pm (8.45-10am for rough sleepers only); Wed: 8.45-10.30am (rough sleepers only); 2pm-4pm tenancy support
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

OPEN HOSTELS**Home of Peace**

179 Bravington Road, W9 3AR
020 8969 2631
Women Only.
Open Access (Dry)

Missionaries of Charity

112-116 St Georges Road, SE1
020 7401 8378
Men Age 30+
Open Access (Dry)

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 Whitfield Street)
79a Tottenham Court Rd, W1T
020 7580 2791
Mon, Tues, Thurs, Fri: 10am-12pm. Serving hot meals, soup and bread, and/or sandwiches
P

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, 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 operates 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, will soon be, suspended. And we're still going to look into this 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

CHAS (Central London)

19-20 Shroton Street
London
NW1 6UG
020 7723 5928
Housing and debt advice, by appointment only

KCAH

36A Fife Road

Kingston
KT1 1SU
020 8255 2439
Housing advice and accommodation

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 Leicester 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

No.10 - Care Advice Centre

10 Princess St, Oxford Circus, W1C 2DJ
020 7629 5424
Wed: 6.30-8pm (drop in -18+)
B, C, CA, ET, 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
• Welcome to the latest stockist of *The Pavement*.

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.

• Thanks to them for buying the first advert in *The Pavement*, and becoming a stockist.

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

TELEPHONE SERVICES

Frank

Free 24hr drug helpline
0800 776 600

Get Connected

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

Message Home Helpline

0800 700 740
(everyday, 24 hrs)

National Debtline

0808 808 4000

NHS Direct

0845 4647
Advice on health matters, if Flo can't help, on the 'phone and on online - www.nhsdirect.nhs.uk

Runaway Helpline

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

Shelter

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



Caring for veterans... Now!

If you are Ex-Service and need assistance, perhaps we can help

40 Buckingham Palace Road
London
SW1W 0RE

0207 828 2468
www.exsfc.org.uk





Kathleen Andrews
Age at disappearance: 25
Age now: 37

Kathleen Andrews, who turns 37 on 17th September, was 25 years old when she went missing in February 1994. Last seen in Acton, west London, there has been no news of Kathleen since and her whereabouts remain unknown.

There is great concern for Kathleen as she was unwell and feeling down at the time of her disappearance. Her mother misses Kathleen very much and is extremely anxious to know that she is OK. She urges anyone with information regarding Kathleen's wellbeing to contact the Helpline.

Kathleen is 5ft 1in tall with blue eyes. When she was last seen, Kathleen was slim with shoulder black hair.

If you have seen Kathleen or have any news that may help, please contact NMPH on Freephone 0500 700 700 or e-mail sightings@missing-persons.org

Hostel life

Fill out a form, then another one, then another...

Most people working and living in hostels have noticed they are becoming increasingly corporate and see this as a bad thing. However, as always in this column, I have found an upside to this, particularly for residents of hostels that are planning a career as a film star once they have left. Something you now have plenty of opportunity to do in a hostel is practice your signature.

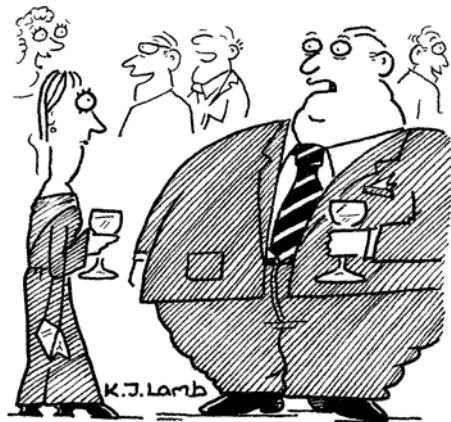
On your first day it's no exaggeration to say you'll probably be asked to sign at least ten different documents. The endorsing of these documents will take precedence over anything else (the hostel won't get their money until they're signed). Because of this more compassionate hostels will not only save you the bother of filling the forms out yourself, they will save your time by not explaining the purpose of them.

You may also have to sign to receive your own post, and sign if you want a meal. You'll have to sign "support plans" to show you agree with them; and if you disagree with them? Sign please!

If you're on medication you'll have to sign for it. They'll be keen that you take your meds, but if you don't sign, you don't get them. I even know one hostel that asked residents that they'd just thrown out to sign a "termination of licence agreement" agreement.

So short of hiring a PA, there's not much you can do. But, I would recommend that you always ask what you are being expected to sign, read it yourself or ask someone you trust to explain it to you. And if you really don't like the look of it, don't sign it.

'Insider'



"I'm not very good at small talk"