

A photograph of a man walking on a city street. He is wearing a camouflage jacket, a beanie, and has a black backpack. He is holding a white plastic bag in his right hand. The background shows a city street with parked cars, buildings, and a yellow construction vehicle.

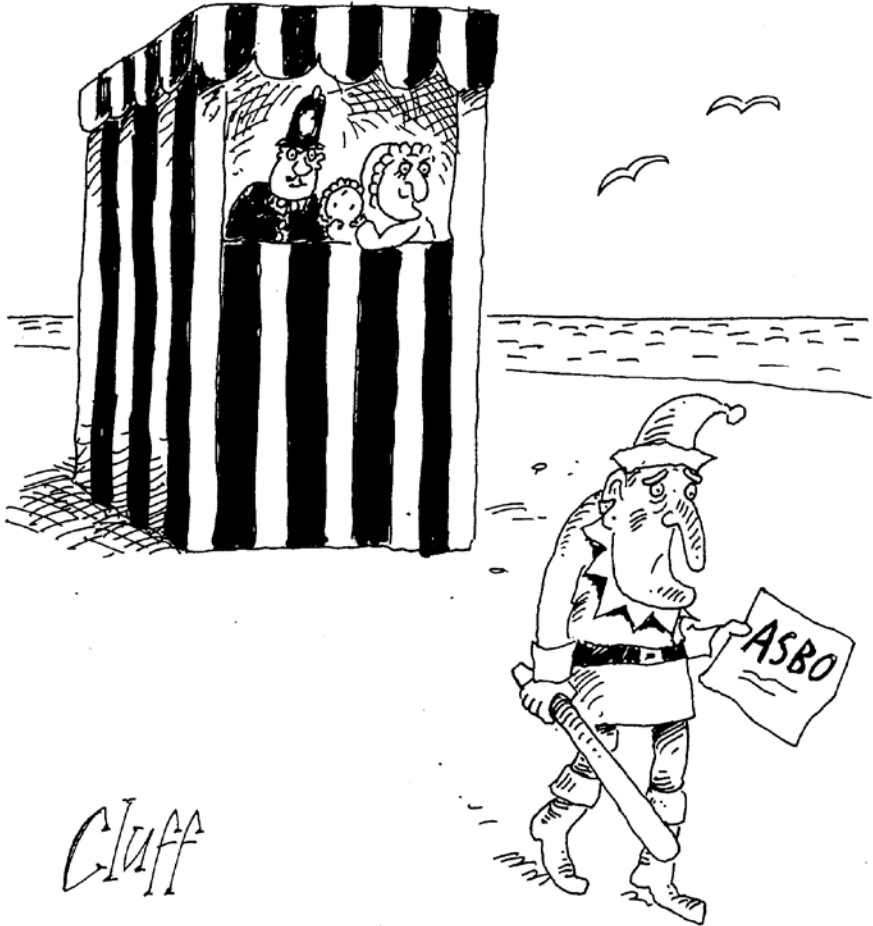
the Pavement

The paper for the homeless • *London edition*

Issue 13 – *free*

Inside: Skippering in airports, sleeping on Church steps, bedding down in a bubble, and all the news. Plus, a new column on addiction begins this issue – Cold Turkey.

August 2006



The Editor

The good news and the bad news



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:

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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 26). However, *Nurse Flo* welcomes queries at the above address or on her e-mail: flo@thepavement.org.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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The bad news first.

This issue we're revisiting the move on that occurred last year at the Parish Church of St Marylebone, but in the light of new move-ons planned across London, particularly one at St Luke's, Chelsea.

We've been critical of these actions since we began to publish, and continue to assert that if organisations insist that the only way to deal with 'hotspots' is by offering either accommodation or eviction, then they need to review what happens to those who don't want to go into hostels. Little thought seems to be spared for those who are displaced from somewhere they feel to be relatively safe.

We'll have a look at St Luke's, and report on it in full, in the next issue.

The good news now.

There are plenty of interesting articles in the news-in-brief, covering all the key events across London and the World, and these will be reprinted on our news-posters that are slowly spreading across the Capital. We didn't get a chance to include the plan drawings of the proposed changes to Endell Street hostel, spotted in an architect's window in King's Cross, but we'll have a look at what's in store there. This renovation reflects the general move towards single rooms in all hostels.

In our features this month we've a quirky piece on freeganism and what it stands for (page 18). Also we have the first in a series of features on alternative shelters that we hinted at in the last issue, with the report on living pods in Brighton. This time we go to the United States to look at the paraSITE project of New York (cover story), and how ingenious design has provided an alternative to cardboard or tarpaulins. Next issue we'll look at the Dome Village outside Los Angeles, which offers a low cost village as an alternative to bedsits or a flat in the suburbs.

Sharp-eyed readers will notice the expansion of our services in the back pages - *The List*. This is largely due to the efforts of Phil Lee, who's been producing his own list this last month, and distributing it across London. A copy found its way onto my desk. We've spoken with him briefly, and hope we can work together on improving the data on services available.

What we have in common with Phil is the desire to produce lists that are of use to our readers, not a directory of services for those in the industry, and he has helped us expand our list of soup kitchens enormously. What is noticeable in many lists, particularly in organisations that are dependent on government funding, is the lack of places to eat for free. Such useful information doesn't fit with most political policy.

We've now got a down-loadable version of *The List* in Polish on the website, so if you want to know what's available where, get someone to print it off for you, or browse on line. A Russian version is to follow next month.

Keep your letters coming in, and if you have a story, get in touch.

Cover Photograph: Michael MacGee in Manhattan, carrying his paraSITE (see Page 15).
Michael Rakovitz © 2000.

'Editor'
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Christian values?

Another Church eviction raises question about 'targeting hotspots'

St Luke's in Chelsea has become the latest London Church to remove rough sleepers from its grounds. On 3rd August a letter from the Reverend Joe Moffatt were left for those sleeping rough on its porch informing them that the church is "withdrawing permission for anyone to sleep on its premises."

An increase in rough sleepers within church grounds and a shift towards using the church as a "permanent place of choice, than as a last resort" had forced the church to change its policy, the letter said.

It also said that, "this is not appropriate either for the individuals concerned or for the church as a sacred space in the community."

Those using the church as a refuge have been invited to attend a surgery to help them find alternative arrangements, but for some, this is their second move-on from church grounds in less than 18 months.

In February 2005, rough sleepers were moved off the steps of the Parish Church of St Marylebone as part of plans to target homeless 'hotspots.' *The Pavement* covered the action after a letter from a reader, Steve, detailed what happened.

A copy of the eviction letter was given to the rough sleepers by the vicar on St Valentine's Day.

As another set of rough sleepers are moved on, what has happened to those evicted from Marylebone and is the move-on policy proving effective?

When Marylebone Church decided to issue the eviction notice to those on its steps it was part of a move to remove the sleepers from its land, alongside an effort by outreach workers to offer accommodation to all those present.

But the results suggest that it was less of a success in getting peo-

ple into hostels and more an exercise in displacement.

The Pavement caught up with Steve and Marylebone Joe, both of whom were present during the Marylebone move-on.

Joe thought that there had been around 17 sleeping on site and that after the action nine were still on the street, two had disappeared and only six were in temporary accommodation. Steve told us "there was a core of about eight of us." Of these, he thought that five were still on the street, one in a rolling shelter and two in hostels.

We talked to Westminster Council about this, and a spokesman said: "As far as we are aware, of those moved on from Marylebone Church last year, one person has moved out of the area, one is in a hostel, one has moved into a shared house, and three are still on the streets."

Despite the varying figures, all collected in May, the results are not good enough to justify the disruption caused, and should provide evidence for a review of the policy.

"I don't think they thought beyond the rolling shelters," Steve said.

What was particularly sad in these cases are that they are occurring on the grounds of a Church. Contrast nearby Hinde Street Methodist Church, which was also asked to consider moving on those sleeping on its steps.

Father Leao Neto spoke to the *The Pavement* to clarify the situation, saying that they [the Church Council] had decided to "allow people on the steps, not because it is a solution, but because if they want to move on [in life] we're ready for them."

His practical Christianity is demonstrated by his tolerance of some

street drinkers, who also used the Church grounds, with his simple message: "We're here for you, if you want to change."

He refused to comment on the attitude of St Marylebone Parish Church and *The Pavement* itself has, despite many messages to the church and to the Bishop, received no comment or regret from those involved in this action.

The Bishop of Kensington, The Right Reverend Michael Colclough, told us that the move on had "been a success in finding flats or hostel accommodation for people who were previously sleeping on the street."

He cited no figures, however, and perhaps was not aware of the true numbers, but he also refused to be drawn on whether they had followed up on what had happened to those who didn't go into hostels.

Indeed no one, either from the Church, the council or the outreach teams appears to have gone back to consider the statistics after the move, and whether it is helpful to their published goals to move people on in this manner.

When we asked St Marylebone Parish Church to comment on their part in targeting a 'hotspot' we eventually received an e-mail from the parish secretary stating "St Marylebone Parish Church has no comment to make on this matter."

Of course the Church has a long history of giving shelter and succour to the homeless. Many organisations have their roots in the activities of particular Churches, and many Churches continue to practice what they preach. However, here the Church has failed to act in line with its own teachings, and the latest Church move-on suggests that a review of the policy is not in sight. *'Hector'*

“St Marylebone Parish Church has no comment to make on this matter”





“Under the local byelaws it is illegal to be under the airport without proper purpose”

In terminal decline

People who used to bed down in airports are finding it difficult in the post 9/11 world

Although many reasons are given for moving on rough sleepers, some of which don't stand close scrutiny, the situation is different in the capital's airports, where people who used to use the terminals as a shelter to bed down in are now viewed suspiciously because of heightened security levels.

Don't be fooled by Tom Hanks in the film *Terminal*: airports are no place to find some peace and quiet. It just isn't a place you can expect not to be questioned if you bed down.

Whereas security measures on the streets vary with location and proximity of VIP targets, there is no flexibility when it comes to airports. Sleeping near Buckingham Palace may cause you to catch the eye of a passing policeman, but in an airport you're almost guaranteed to be noticed; noticed and asked to move along.

Many readers will know rough sleepers who have swapped the streets or a squat for a plastic chair in an international airport, and some may even have taken the tube out to Heathrow for a few hours' rest.

The appeal is obvious: the constant procession of people to watch; the anonymity of being in such a large, diverse and ever-changing crowd; the warmth, comfort and relative cleanliness. In days when it was common, Heathrow Terminal Two was considered the most comfortable of those on offer, with Gatwick and Stanstead being too far outside London to enter the running.

On top of these reasons are the other considerations that make airports so comfortable: they are used to dealing with passengers in transit, so have larger toilet facilities, often geared to those who want to wash or shave; large bookshops and newsagents provide the distraction of new

reading material; they run for 24 hours, so you won't find everything shutting up in the wee hours; and there will always be a coffee shop open for those who need a cup.

It all sounds like a good place to rest for the night. But that was before the threat of terrorist attacks.

Though it has always been illegal to sleep within their marble precincts, the climate has changed considerably since the destruction of the Twin Towers in New York in 2001. Since then, airport security has increased considerably, particularly in airports such as Heathrow which experience such high densities of tourist traffic. Whereas once a pair of police officers would patrol the terminal, now armed police are always on duty.

A spokesperson for the British Airports Authority (BAA) at Heathrow told *The Pavement* that every terminal has its own police force based there and the airport has its own security service operating 24 hours a day, seven days a week.

The security barrier has also moved in most airports from the comfortable areas with good seats and bars up to the ticket window, thus restricting the areas open to those walking in without a ticket.

Similarly, CCTV security has increased, scanning for those who don't look like the average tourist. Although those readers with backpacks may pass themselves off as on a walking holiday, they are still likely to be picked out. Cameras and the attendant security will be able to pick out those who don't fit the profile of a traveller, with small details such as the lack of luggage labels drawing attention.

Also, the increased police presence makes it more likely that you'll be noticed sitting for a long time in a single spot, and you are likely to

be asked not only for some form of identity, but also a "valid ticket to travel." If you have neither of these, you'll be asked to accompany them to the station, or escorted out of the airport.

The Pavement recently heard of a reader who had regularly used the airport to sleep at in the past being asked to leave the terminal. Unfortunately, after a little investigation, the reasons for this, as we have already seen, are quite apparent.

Whereas in the past some police may have turned a blind eye to regulars skipping in the terminals, in this security climate there is no leniency, and if you do not have a ticket to travel, you will be shown the door.

We asked the BAA to clarify the situation, and they explained that "under the local byelaws it is illegal to be under the airport without proper purpose." This means if you aren't working, flying, or meeting someone at one of the gates, you shouldn't be there.

So it's a black-and-white issue at Heathrow and Gatwick, and one few could argue with, especially when considering the security sensitivity of the area.

So, if you're tempted to find rest amongst the teeming tourists of Terminal Two, be prepared to be asked to leave.

It's that or buy a ticket to fly.

'Hack'

- Thank you to the British Airport Authority (BAA) for talking to this paper on this issue. A thorny one that many organisations would not comment on, and many have chosen to ignore.

News-in-brief

A round up of all the news from London, the UK and the World

Planning application Crisis

Some 800 local people in Shoreditch have opposed the Urban Village project, which could bring ex-homeless and the housed into a mixed community.

The project, on which Crisis CEO Shaks Ghosh has worked on for the last five years, is modelled on the success of Common Ground in New York. During the last five years, activity has significantly risen. The rock star David Gilmour sold his own home to raise funds for the project, and the government gave £30 million to help fund the Urban Village. A site for it was found in Shoreditch. Tower Hamlets Council, the Greater London Authority, and other key decision makers came together to support the project.

The last hurdle before building began was applying for planning permission. Crisis's deadline for the application was on 19th July, and, unfortunately, 800 local people have opposed the scheme.

Objectors claimed that they support the homeless, but that the development would be unacceptable as it has numerous, significant departures from planning law.

Crisis have fought back, and thanks to the response from its members, a decision has been deferred to enable a site visit by the council on 14th September.

'Carlo'

459 Rough sleepers in England?

A report released by the Department for Communities and Local Government (DCLG) in June claims that street homelessness is down by 75%. According to the DCLG, which has taken over responsibility

for homeless issues from the ODPM, there are just 459 rough sleepers in England, compared to 1,850 in 1998.

They also found that the number of people becoming homeless in England between January and March 2006 was 23% lower than in the same period the previous year.

The statistics were released as the Government confirmed £300 million would be invested into preventing homelessness. But not everyone is convinced that the statistics are real indicators of the situation.

The Simon Community carried out their own headcount in April, and found 275 rough sleepers in eight boroughs throughout London alone. They also argue that on the same night, out of 3,392 hostel beds available, just 17 were empty.

Simon Community director Tim Nicholls is certain that their figures are more accurate than the government's.

"Their figures are a severe underestimate," he told *The Pavement*. "We have service users and former rough sleepers on the counts, and helping to design where we count. I'd say we have more intelligence to gather the facts," he said.

"We counted the night before winter shelters shut, which meant another 110 would be on the street. I can't believe there are only 70 rough sleepers in the rest of England."

He added: "There are, however, a number of people who are never counted, as most rough sleepers want to remain hidden."

A spokesman for the DCLG said that "independent evaluations have confirmed the significant reductions in rough sleeping and the robustness of the count methodology devel-

oped by voluntary sector homeless agencies in the 1990s, and is set out in official guidance, as an accurate measure of the problem in different areas, and of change over time."

Despite this, many are likely to question these figures, which seem absurdly low.

'Cat'

Heroin scare

Alarm was raised recently by Croydon Drug and Alcohol Team (DAAT) that some heroin available is contaminated with unknown and dangerous substances.

This heroin has caused unusual reactions for up to 36 hours. During this period users have become uninhibited and aggressive, but afterwards have no recollection of their behaviour.

Samples have been sent to be tested.

SLAM (South London & Maudsley) NHS and Lambeth DAAT, said it has similarities with samples they tested 18 months ago, when the heroin was found to be mixed with rohypnol (the infamous 'date rape' drug) and instant coffee.

'Carlo'

Into outsider art

Nobody likes to be labelled an outsider, but in the world of contemporary art, the word takes on a more positive connotation.

The Other Side Gallery (TOSG) is a registered charity, based in North London, that supports socially excluded (outsider) artists. Within the realms of these four walls, the term 'contemporary outsider art' means to incorporate the work created by

present day artists from the different socially excluded groups.

TOSG works with North London organisations that provide arts activities for homeless people, refugees, substance 'misusers', offenders and ex-offenders aged 18 or over, who, for whatever reason, have become excluded from society. TOSG provides a website for the artists to exhibit their work and in parallel offers mentoring, volunteering and educational facilities.

Exhibitions at hired venues are held frequently throughout the year, with the ultimate goal being to establish a permanent physical contemporary outsider art gallery. The gallery will be run by a core team of artist-volunteers and an employed manager. The exhibitors will help manage and curate their own exhibitions and are encouraged to continue volunteering after their exhibition has finished.

Looking at the quality of art on display, one would think that the term 'outsider' was somewhat misplaced. However, if outsider means to be removed from the pretensions and eccentric poloneck-wearing

chin-strokers who have become synonymous with the world of contemporary art, then maybe they are on to something.

If you are passionate about art and want to unleash your own talents, exhibit or sell some of your own work, log on www.theotherside-gallery.org to find out more.

'Bez'

GROW growing

In April last year, Thames Reach Bondway (TRB) announced plans to employ the very people it was set up to help by developing a scheme called 'Giving Real Opportunities for Work' (GROW). The aim for 2007 is for at least 10% of the charity's workforce to be former homeless people. So, how are TRB getting on?

In July 2005, GROW took on 12 trainees for an agreed period of one year. The year was broken down into two components: nine months of paid in-house on-the-job training where delegates are immersed in a full-time schedule, a commitment equal to that of a full-time job, and

for the final three months the trainees are paired up with life coaches. Life coach and trainee tackle the disciplines and skills that become crucial when seeking employment, including job search skills, the art of writing a succinct and successful application, interview techniques (including mock interviews) and finally, feedback and improvement strategies.

"We can and do train existing staff to be life coaches and it's the life coaches who are paramount in helping the trainees make the transition", says Kath Dane, project manager of GROW.

After a year of training and coaching, the successful candidates will be suitably qualified to apply for support worker roles throughout the sector, although a handful of GROW graduates will go on to enrol in additional in-house training for a more specialised field, i.e. human resources, IT, policy and research, and finance.

Dane warns that it doesn't end there: "Being a newly qualified trainee does not automatically guarantee you a job. Trainees have to apply just like the rest of the workforce and so our results speak for themselves!"

Ten months into the programme and it's clear that this year's intake are a tenacious and dedicated bunch. Of the initial 12 people, six have already secured jobs (three now work within TRB and the other three sought employment within external companies), four of the trainees are currently applying, one person dropped out completely and another decided to give volunteering a try before engaging with the demands of employment, which is an option, explains Dane:

"Unfortunately, the pressures of employment aren't for everyone - coping with huge lifestyle changes, a new identity and the worries of coming off benefits are substantial stresses. The last thing we want is to cause a relapse into homelessness, or worse, due to stress of work and



change. Those who opt out are encouraged to volunteer and try again when they feel ready."

In spite of the success of the scheme over the year, Dane and her colleagues have had to negotiate a few barriers. In order to make the on-the-job element of the first nine months work, each trainee must be integrated into a TRB team. This means that teams have to agree to take on trainee at the work experience stage. This initial acceptance can sometimes prove tricky, Dane reports:

"It's not uncommon for them [the teams] to be extremely resistant but sometimes this resistance is quite well founded. There is the valid worry that confidentiality might be breached, since many ex-homeless trainees will often know our clients' backgrounds better than we do. It's important for our clients to know they can trust us if we are to be successful in the work we do... and, apart from that, there's the usual prejudice; some people believe that the trainees might not be up to the job. This is usually short-lived, since after the nine months I find that people get extremely excited for the newly qualified trainees and are genuinely happy for them".

Dane and her team's hard work to promote and roll out employment initiatives like TRB's GROW are paying off. These schemes are becoming more commonplace amongst other UK charities, which is probably attributed to their many benefits. Resettled people get more of the jobs, current service users see inspiring role models when they seek help and then there are the advantage of having wealth of first-hand knowledge and expertise of the ex-homeless.

'Bez'

The Long Walk

Two former rough sleepers from the organisation SPAAG (Street People's Action and Awareness Group)

are walking from Inverness to Bournemouth on a fact-finding mission. Their 'One Big Walk', which will take them to 16 cities over six weeks, was designed by SPAAG founder Barry Etheridge as a way to uncover recurring problems service users have in getting what they want.

Etheridge and his partner James House will visit hostels and day centres throughout the journey, speaking to both staff and the users to collect information on what works and what doesn't. On their return to Bournemouth, Etheridge plans to turn what they have gathered into a report, which he hopes will challenge and inform the sector.

"One of the main reasons for walking all this distance is to look at the issues on a national scale, not just on a local one," said Etheridge. "We want to highlight what we think needs to be put together to improve the system."

After living on the streets for three years, Etheridge and two others set up Bournemouth-based

SPAAG, after noticing that people weren't getting the most from the services provided. "People would come and ask me for help. I thought, 'why are they coming to another person on the streets instead of going to the service?' There is a level of mistrust that has created barriers. I want to break down the myth of 'us' and 'them'."

SPAAG acts as a voice for people who, for whatever reason, find dealing with services difficult. SPAAG also works with local authorities and Bournemouth Council.

For now Etheridge is looking beyond Bournemouth. In Inverness, he proposed his idea of user groups. "One guy got really excited about it, because he thought nothing like that could be done."

Etheridge believes that more service-user groups like his are the key to develop interaction between the providers and consumers of the services, and to improve the situation for everyone. But he is hoping to find out even more about what people want on the road.



"Given parental choice, we'd choose Pentonville"

"There are a lot of people out there who don't know what they can get, or are too nervous to ask," said Etheridge. "Too many people feel intimidated by the system, and don't say what they want. We are giving them the chance to express themselves and feel that they are being listened to."

"We aren't pushing people into giving us information if they don't want to, but if people want to tell us something, we'll be there," he added.

When they eventually get into London on 31st August, they will be visiting the Simon Community, to see how Londoners feel about service provision in the capital.

"We're really looking forward to having them with us," said director of the Simon Community, Tim Nicholls. "We're interested to hear about their findings from the rest of the UK, and share ideas with them. Hopefully they'll have the chance to talk to lots of people."

If you would like more information about the walk, or to voice your concerns on services, you can call Barry Etheridge on 07816 040317.

'Cat'

Security zone in Westminster

After hearing about some readers being moved off their site for security reasons, we investigated by asking questions of Chris Allison, the Metropolitan Police's Borough Commander for Westminster. And we got straight answers.

The Pavement asked Commander Allison whether moving on rough sleepers, particularly some near Victoria Street, because they are sleeping in "a security zone" was genuine security policy, or if it using anti-terror operations as a pretext for shifting homeless from high profile areas in Westminster?

He told us: "Since the mortar bomb attacks on Downing Street in 1991, there has been a security area in Central London designed to pre-

vent further terrorist attacks. Terrorists have in the past used other people as cover for their activity and could easily leave a device alongside a person who is sleeping without them knowing. As such, we will always speak to rough sleepers in the security area to check that their bona-fides, and we will then indicate that is not appropriate for them to sleep in the area. It is important to state that the only reason we are doing this is for security reasons."

When asked to clarify where the security zone is, he stated that "the area can roughly be described as anywhere within about one kilometer of parliament which covers the majority of government and other key buildings. However, there are other sites or locations outside this area where we adopt a similar policy because of the nature of the premises. Examples would be barracks and key government buildings."

'Cobbett'

Crisis Conference

There are any number of barriers preventing greater take up by the homeless of the learning and skills development on offer. Or so a recent Crisis event suggest. This issue was discussed at a Crisis Conference held on 13th July, which tried to find and propose an alternative route to get homeless people back into employment.

Readers will know that improving their skills would improve employability, but only a fifth are currently engaged in learning or training.

Yet 77 % of them want to work.

Unfortunately, the majority of people who have been homeless for many years have reduced motivation and lowered self-esteem, and half of the homeless have no qualifications.

"It needs to get people through the first step, let them gain not only certifications but also self-esteem, and then work in partnership with individual employers and organiza-

tions" said Ian Barlow, active in London community matters, "but it's hard work to find the right partnerships and it takes time."

Crisis found homeless learners are least likely to be attracted to learning in an institution such as a college, and are much more likely to agree to being helped through voluntary or community groups they already know. However, dedicated funding for learning and skills development work with the homeless is decreasing.

And many who provide funding and mainstream learning report problems in developing partnerships with some of the agencies that work with the homeless.

Certainly the government should find the right strategy among the various proposals from the Crisis Conference for making it easier to get the training.

'Clara'

World Cup replay

If there is a massive football-shaped hole in your life following the conclusion of The World Cup final on 9th July, then this might just be the best news you've heard all month.

A tournament which aims to tackle global poverty through the positive power of football, kicks off in South Africa on 23rd September 2006. The Homeless World Cup is a week-long street soccer tournament that unites teams of homeless people from around the globe, providing excluded people with access to football in a team environment and, in tandem, generating a feeling of belonging, enhanced self-esteem and helping people to regain a health-oriented attitude towards life.

Supported by UEFA, the Homeless World Cup has been growing steadily since its first ever outing in Graz (Austria) 2003. It differs from typical World Cup tournaments in that it takes place every year, giving people the chance not only to

become world class, but also to travel the globe. Last year, it was held a mere stone's throw away in Edinburgh, but Australia is the latest country to be successful in their bid as Homeless World Cup hosts (Melbourne in 2008).

Mel Young, co-founder and president of the Homeless World Cup, said: "The launch of the new Homeless World Cup global identity and the Cape Town 2006 logo will support our ambitious vision and goals to end homelessness."

"In Cape Town this year we will see the Homeless World Cup double in size as 48 nations unite at the Grand Parade with one goal: to kick out poverty. And each player comes with their own goal, their own reason to stand proud – 77% of players change their lives after a Homeless World Cup, an outstanding performance."

All team selections have now been made for Cape Town 2006: A group of 12 players have been training together through-out the summer and these will be whittled down to the England final line-up ahead of the tournament in September.

A longer report to follow in the next issue, as well as an update on how England are progressing through the tournament. Let's hope they play better than Beckham and his stooges. For more information, and to keep up-to-date with the goings on in the England camp, log on to www.streetoccer.org

'Bez'

The House of St Barnabas

Four months after the closure of the hostel, The House of St Barnabas in Soho is still working on the transformation of the charity, which used to provide accommodation for up to 39 women at any one time.

Before closing for renovation, the organization failed to meet the current government standards, and the trustees had to make a choice between selling the listed building

in the heart of Soho, or undertaking a major transformational change.

"It is sad for us that the accommodation element of care is no longer possible in this building, but we will be able to offer our care to many of those 1,500 people living in hostels locally," said Pippa Bagnall, Chairman of the Trustees.

The organization benefited from a government grant which allowed to look for a new life.

Over the next nine months the charity will need to "re-invent" itself if it wants to maintain its lead at the forefront of homeless services, but financial support is crucial. "We look forward to working with partners and potential users of our services as we transform ourselves into a modern charity striving to help people regain their confidence and independence," Bagnall told *The Pavement*.

It's a shame that the specialist hostel's gone, but it looks hopeful that the spirit of St Barnabas will live on.

'Clara'

New head of Crisis

Crisis, the nation-wide charity, has appointed a new chief executive, Leslie Morphy, after Shaks Ghosh announced her departure last month. Morphy will take up the post at the start of November.

She has been a director at the Prince's Trust for nearly ten years, latterly as UK director of programmes and policy. While she was serving as director, their reach to young people is said to have doubled.

Prior to that, she worked for seven years at the Basic Skills Agency. There she drove the research and development team and was director of broadcasting support services. These provided educational referral and advice services following television and radio programmes.

Shaks Ghosh, who has been chief executive since 1997, said "I am de-

lighted that Leslie is coming to Crisis. She has impeccable credentials and is the ideal person to take Crisis forward in developing our learning and skills agenda."

Freshly appointed Morphy replied: "I am absolutely delighted to take up the post at Crisis. I am a passionate believer in the power of learning to change people's lives and Crisis gives people opportunities to learn and put their lives back together."

"I'm a great fan of Open Christmas and my family has been told not to hold their breath for their own Christmas dinners this year. Taking over from Shaks Ghosh will be a challenge, but a great challenge to have."

However, despite Morphy's comments on Open Christmas, her first trial in post is likely to come from this quarter.

The Pavement has heard rumours of cuts to the festive services. But, asking for comment on the possibility of changes planned to Crisis's Christmas activity, a spokesman told us "that we have no news on that [changes], as to whether there will or there won't be as yet."

So, watch this space.

'Carlo'

Call Margo

In the last issue of this paper we published an article about a job fair held at Rochester Row. Within this item we gave the number of Margo Baxter for those interested in work to call, particularly for the Construction Skills Certificate Scheme (CSCS).

The result was a steady flow of calls for those seeking jobs, and the result is that she's asked us to give her number again.

So, if you want training in painting and decorating, foundation level schemes (including CSCS) or carpentry, call Margo Baxter on 07855 319727

'Cobbett'

At your convenience

The humble public lavatory is on the decline in London

A recent report stated that the number of public lavatories in London has fallen by 40% in the last six years. That's only one for every 18,000 residents, and for some readers that can mean a long walk to relieve yourself or wash and shave.

This decline is because providing loos is not compulsory for any council, and most local authorities want them taken off their hands – they're expensive and difficult to maintain. Making matters worse, most fast-food joints now post men on the stairs to intercept those of us who nip in, ignore the food and try to slip down to the facilities. Or they have tokens or a key needed for access. So where can you go?

Well, Borders on Oxford Street is a popular spot. On the second floor, tucked behind the cookery books you'll find men and women's toilets. The down side is that all of London knows about this little corner, and the toilets are usually busy and showing signs of use (it stinks).

For gentlemen readers who only want to spend a penny, there's another option a few minutes from Borders in the shape of one of London's (relatively) new pissoirs – one is often to be found on Ramillies Street, down the alley by Dorothy Perkins. These public, portable urinals crop up rather sporadically, usually on Friday and Saturday nights, and are designed to be an alternative for men to relieving themselves on the street. Others can be found in busy spots between 8pm and 6am on some nights. And if you don't like the look of them, you could be pissing £50 up the wall – police are now instructed to hand out fines to anyone found urinating in public.

Westminster Council spends most on its conveniences. It forks out £2.6 million on public toilets



"I miss the old telephone boxes, don't you squire?"

each year, and its facilities received 15 million visits in 2005. And this expenditure has been noticed – last year at the World Toilet Summit in Belfast (there really is such a thing), Westminster was named the best local authority in England for its toilets.

The jewel in Westminster's toilet-crown is the so-called "super-loo" in Oxford Circus – a £300,000 crapper fitted with CCTV, anti-graffiti measures and a full-time attendants. It's a palace, and I highly recommend a visit.

Less hi-tech, but equally clean and inviting are the public conven-

iences at the north end of Carnaby Street, on Marlborough Street, and those in St Christopher's Place, just north of Oxford Street. Both are open from 7.30am to 11pm, Monday to Saturday, and 10am to 6pm on Sunday.

Otherwise, you're only going to find toilets in other areas with a high density of tourists. You may try the stainless steel delights in Trafalgar Square, which have plenty of space and are well maintained, or the less salubrious loos under Leicester Square, which stink.

'Hack'

ParaSITES

The first in a series on alternative shelters: No. 1 paraSITES

"Parasitism is described as a relationship in which a parasite temporarily or permanently exploits the energy of a host," as it says on Michael Rakowitz's website.

Rough sleepers are sometimes accused of being leeches on society. Michael Rakowitz believes that with-in architecture a parasitic relationship can be beneficial to both the host and the parasite.

Having spent one month in Jordan on an architectural residency, Rakowitz returned to his home, Cambridge, Massachusetts, USA, inspired by the nomadic life of the desert-dwelling Bedouins. He had noticed how the tribal people would work with the way the wind blows across the desert when creating their homes, so that each structure was built that wind would move around it and within it, to stop the tents from collapsing, and to offer ventilation during the night.

Once home, he realised that what he had seen in the desert was not so dissimilar to 'urban nomads' – people sleeping rough in the city. "Walking down a street that winter, I noticed a man sleeping just beneath the street-level exhaust fan of a building's HVAC (Heating, Ventilation, Air Conditioning) system," says Rakowitz. "This was another kind of wind, a wind that was being wasted by the city, a byproduct of a comfort system, recycled."

He enrolled in a Nomadic Design architecture studio class in 1997, and began working on a prototype design based around what he had noticed. Each paraSITE is like a big sleeping bag with a tube that attaches to any air vent, expanding or contracting to fit, with hooks to keep it on. The expelled air goes into the paraSITE, both inflating and warming it, leaving it comfortable for the

owner to sleep in at night. After use, it folds up into a portable case, either a backpack or hand-held.

He showed the design to some rough sleeping friends for feedback. "At the time, I was working with black plastic binbags. While the guys were in support of this project as an intervention, they made critical observations. One noted that he would never want to live in black bin bags because of security issues. He wanted to see potential attackers and to be seen. Others told me that they felt it would make them more visible, and visibility is some kind of equality."

Rakowitz also realised that "one size does not fit all," and in order to create something people could use, it would have to be built on an individual basis. "Each of the shelters were custom-built to the specifications of each inhabitant, broadcasting each individual's needs and desires. They are constructed from rubbish bags and weatherproof packing tape, on a material budget of less than \$5 (about £2.60) per unit." Since then, thirty-six paraSITES have been built for people living in Boston and Cambridge (USA).

Michael describes himself as being "interested in engaging and enlisting design, urban planning and architecture as subjects and media in my work." Not only does he design consciously, to provide affordable and practical alternative housing, he also hopes to draw attention to the subject matter. "While I received funding for my very first prototype to be professionally manufactured, the subsequent shelters have all been built by on my own," he says. "They are, of course, distributed for free and the project is self-financed."

As each paraSITE is constructed

on an individual basis, Rakowitz has spent time assessing not only the individual's needs, but also the impact the city makes. "I would be very interested in possibly instituting the project in London...[however], each city and its homeless community have distinctive conditions and properties, and the project may not make sense in certain contexts, or some other intervention might be needed and could be developed anew. But as most buildings have intake and out-take vents as part of an HVAC system, paraSITE adapts to most urban environments."

However, Rakowitz does not see this as a long-term alternative to housing. "While the shelters do function, it is important to note that this project does not present itself as a solution. It is not a proposal for affordable housing. Its point of departure is to present a symbolic strategy of survival for homeless existence within the city, amplifying the problematic relationship between those who have homes and those who do not have homes."

His newest public project, (P)LOT, uses fabric automobile covers and tent poles to produce an 'urban tent' for use in a parking space. "There are often no concrete laws determining what can or cannot exist on those plots. The tents are meant to playfully address this, providing camouflage in its appearance as a car or motorcycle, but to also inspire those who observe this strange use to ask questions about legitimate participation in city life which almost always mandates that one pays rent (in NYC it is exorbitant) per month to acquire shelter and all necessary amenities."

'Cat'



“I would be very interested in possibly instituting the project in London”



“This was another kind of wind, a wind that was being wasted by the city, a by-product of a comfort system, recycled”





“for many of us, freeganism has meant being able to eat far better than when we were forced to buy our food”

Are you a freegan?

An age-old practice is now a modern lifestyle choice

The next time you eat, think about where you are getting your meal from. If it came from a bin, give yourself a pat on the back. You are a freegan, and doing a fine job at it.

Freeganism – a combination of the words ‘free’ and ‘vegan’ – is thought to have started in the US over the last decade, with the principle of reducing the rampant waste that humans leave in the course of consuming food, clothes, furniture and other items. One freegan slogan goes: “We’ll eat your scrap, but we won’t buy your crap.” Freegans do this by getting items they need from bins, skips and the side of the road.

The Wetlands Institute is a non-profit organisation, which protects 6,000 acres of land, and they strongly advocate this way of life as a means of saving the planet from further destruction. www.freegan.info is an international project designed to educate people to practical alternatives to excessive consumerism. In New York City, they organise educational tours, where people are first shown the level of waste that companies create, and then shown how easy it is to survive without creating more waste – or spending any money.

“It’s hard not to look at the waste we encounter and think of all the unmet needs that it represents,” says Adam Weissman, the man credited with making the movement so big. He regularly organises ‘trash tours’ and ‘dumpster diving’ nights, where people forage for food throughout the city of New York. According to him, 50% of the food in the US, much of which is imported from developing nations where food is scarce, is wasted, while 45 million people die every year of hunger or malnutrition.

“People are often incredulous

when I tell them that freegan food is perfectly safe,” Weissman says, before citing various examples from doctors and nutritional experts claiming that it may be “no more dangerous” than buying food from a supermarket. Often ‘best before’ dates are simply that: *best* before, but not *harmful* afterwards. According to Dr. Ruth Kava, American Council on Science and Health, the most likely way to hurt yourself is falling head-first into an empty skip.

Freeganism has caught on fast, and has been popular in the UK for at least a couple of years. Internet groups like ‘Meetup’ are a useful way for people to arrange to meet in groups and go out into the city at night.

Around 17 million tons of food are buried in British landfill sites every year, four million of which are edible. This often happens because it is cheaper for companies to dump them, rather than re-distribute them. But it means there is a veritable banquet of goodies waiting to be discovered.

In a recent interview with *The Independent*, two London-based freegans demonstrated the ease with which they could find food. Marks and Spencer’s and Morrison’s apparently lock away their rubbish, but behind supermarkets like Iceland and Tesco’s, they found enough food to share out with others.

“The image that freegans are martyrs consuming scraps and rotten items is a complete myth. In fact, for many of us, freeganism has meant being able to eat far better than when we were forced to buy our food,” states Weissman.

But the majority of freegans – as with members of other anti-capitalist movements – tend to be people from ‘backgrounds of relative privi-

lege’; people who have no real fear of dying from hunger or struggling to survive.

“Freegans believe in going beyond charities,” says Weissman. “Our dinner events include everyone from retired corporate executives, to teachers, to students, to homeless people...we are working to create a model where the needs of all are met, irrespective of income.”

In New York, freegans hand out flyers to inform people of the possibility of existing as a freegan, and distribute the excess food they have collected. “Freegans break down the idea of wealthy people charitably serving ‘needy’ people, and instead build a community where we participate as equals amidst shared resources,” Weissman declares.

Freeganism may be the latest fad, a novelty which will come and go overnight, but if more people become aware that there is such a thing as a free lunch, it could be here to stay. “We don’t see liberating the days of our lives simply as a temporary act of resistance,” says Weissman, “but rather a model of how everyone can live.”

After reading this you may be interested in becoming a freegan, or you may already be a freegan, but just didn’t realise it. Either way, your part of a growing eco-movement.

‘Cat’

• *When our photographer went out on the freegan trail he met Barry Patterson (left), who was returning from collecting a bag of free sandwiches (which he kindly shared with our man). Asked what he was going to do next, Patterson said, “I’m going back to get a trailer, and then get some more sandwiches.” Freeganism in practice.*

Legal Lounge

The Pavement's legal eagles, Kellie and Jen, deal with...Bankruptcy

My heart went out to the young girl perched nervously on the couch. She seemed to carry the world on her shoulders.

"Kel, Emma looks like she could do with a cuppa!" said Jen.

"Got any biscuits?" Emma asked cheekily. We laughed and the tension eased.

"What's getting you down, Emma?" I asked gently.

"Well, I feel awkward talking about... I know what everyone thinks... probably right... my fault... don't know how it got this bad... spiralled out of control." Emma rambled on.

"We're here to help, not judge," said Jen, soothingly. "What's out of control?"

A sheepish look came on to Emma's face. "My spending. £39,000," she whispered. "I can't cope. I have people making demands... threatening... I don't know what to do... can't find that kind of money."

"Ok, don't worry, you aren't the first, and you certainly won't be the last to get into debt," I reassured. Emma looked relieved to have got the words out.

I glanced over at Jen; her brain was almost visibly ticking with ideas.

"Most importantly, you're here, so you've overcome the hardest part. We can help. What do you think, Jen?"

"Bankruptcy," she replied.

I saw a look of horror cloud Emma's face. "That will ruin my life! I don't want to be bankrupt!" she said indignantly.

"Emma, the law on bankruptcy has recently changed and the stigma once attached to it really isn't deserved," said Jen.

"Bankruptcy is a way of dealing with debts you cannot pay," I added. "It allows you to make a fresh start."

"What's the catch?" Emma asked suspiciously.

"Restrictions are placed on you for one year," I explained. "Your bank account is cancelled and you have to set up a new one for income or benefits you receive. You can't borrow over £500 without informing the lender of your situation."

"You are restricted for one year from managing a company," said Jen, polishing her glasses.

Emma laughed, "managing a company? A job would be a start! How would I go about this?" She was clearly coming around to the idea.

"Firstly you have to complete a Debtors Petition. It's a fairly long and detailed statement of affairs. We could help with that," I offered. "You have to give details of your debts, who they are owed to and how much is owed. You'll have to disclose all your assets."

"But I don't have anything! Well, apart from my nail tool kit, which is my only means of earning a little money. Oh, and this watch. But I don't want anybody getting their hands on my watch; it was a present."

"Well, Emma, you do have to be careful," warned Jen. "There's no need to worry about your nail kit, as no 'tools of trade' will be taken. However, if you fail to disclose your assets honestly, it's a criminal offence. You have to swear an affidavit, which means getting the Statement of Affairs signed and confirmed in front of a solicitor or an officer of the court, affirming everything is accurate and true. Then you take the Statement and a petition for bankruptcy to the court who set a date for hearing your petition."

"Don't forget the costs, Jen. It's £325 deposit and £157 court fees,



"It's an unfair cop"

although you may be exempt from the court fees if you receive benefits.

"Then you will have an interview with the Official Receiver. They find out about how you became bankrupt and what assets you have to distribute to the people you owe. They want to ensure that as soon as you realised you couldn't pay your debts, you stopped the excessive spending."

"They also want to check that you haven't given anything away or sold anything for less than it's worth prior to your bankruptcy," Jen added.

"What happens in those cases?" Emma asked.

Jen selected a dusty file from the bookcase. "Bankruptcy Restriction Orders... let me see... where the Official Receiver believes conduct has been dishonest or blameworthy, a bankrupt could be subject to the restrictions we discussed for a period of between two and 15 years."

"But in your case, Emma, you really have nothing to worry about," I assured.

"How long does it take?"

"Once we have done the paperwork, you need one clear day to go to the court and see the Official Receiver."

"Is that all? Will the letters and threatening calls stop then?"

"Yes, your creditors will be notified of your situation and told not to contact you again."

"I would make the most of a chance to start over. I wouldn't get in this position again. I can't believe there is a way," exclaimed Emma, excited now by the opportunity.

"There's always a way," said Jen.

"Jen, do we have a copy of the documents?"

"Yes, but if you are planning to do this now, I'd better put on a fresh pot of coffee. It's going to be a long night."

'Kellie'

- You can contact the Insolvency Service on 0845 602 9848 or at www.insolvency.gov.uk

Letters

The Pavement, PO Box 43675, London, SE22 8YL

Dear Editor,

Why are relationships not viewed as a positive thing for homeless people? By this I mean that there are very few hostels that cater for couples, plus if they found out that you are having a relationship in a hostel, the staff will ask one or the other, or even both, to leave.

Having places for single homeless men, they really mean that they have space for solitary homeless.

I suggest they read the part of the ODPM's [Office of the Deputy Prime-Minister] Quality Assessment Framework Section 3.2 which requires "that there are no unnecessary arbitrary rules that restrict service users' freedoms."

Okay, there has been a small change from the past, but if homeless people are now viewed as customers of services, isn't about supply and demand? Just how many beds are available in London to homeless couples? And what about people in hostels? Am I not allowed to be human and find stability in a relationship?

Anon (full name supplied)
via e-mail

Dear Anon,

A good point, and one we'll look at in a future issue. One of our writers will be in touch to see if you'd like to be involved in this feature.

The Editor

NK of Islington wrote in with the complaint that the surgery closest to the day centre he uses doesn't provide a full range of services to him or other rough sleepers.

It's an interesting letter, and could be a good story, but we can't go further without more information. So, NK, can you get in touch with us, by letter or e-mail? Your

anonymity can be maintained, but if a complaint is serious, we need to talk to you.

The Editor

Dear Editor,

I enjoy your paper and eagerly await it coming to the day centres I use.

But every issue I open seems to open straight onto the gruesome photographs of feet that your foot care writer appears to delight in. Are they really necessary?

You don't have pictures on 'Dear Flo' so why must you horrify readers with pictures of mangled and bloody feet?

Please, no more horror on the foot care column.

Pete

Southwark

Dear Editor,

I always read *The Pavement*, and take copies back to my hostel, but it's hard to read when confronted with the horrible pictures of feet on the health pages. Can you stop printing them?

p.s. Keep up the good work.

JS

Covent Garden

Gentlemen,

I'm afraid that they are necessary for 'Toe Slayer' to get his point across; look after your feet.

From my point of view I'm only to happy to have a writer who provides their own imagery, but I have heard a similar view voiced about the vividness of the pictures.

Rest assured, the one in this issue is not too bad (page 24), and we will not have them in every issue.

The Editor

Cold Turkey

Picking over the bones of addiction: drinking zones

As reported in last issue (*Alcohol ban in Camden*), there is currently a push to increase Controlled Drinking Zones (CDZ) in many London boroughs. And the importance of these moves is two fold: they give the sweeping powers to the police to arrest anyone who is drinking in a public place, confiscate their alcohol and move them on.

And, interestingly, they don't appear to be made to target Saturday night revellers, someone standing outside a Soho bar or sitting in a park drinking wine out of a cooler bag.

They're aimed predominantly at the disenfranchised, unemployed, homeless street drinkers and people with chronic alcohol dependency problems. For some, drinking is a lifestyle choice and for others it is a way to relieve boredom and loneliness.

I am aware that people drinking in groups in public can leave some people feeling intimidated, scared, angry and frustrated. But personally, I feel more intimidated by aggressive and loud young men and women drinking after work in their suits.

Groups of impoverished street drinkers meet together for succour and companionship, and pose little threat most of the time. They are members of the community too, but have become soft targets for council officials seeking to up their political game. Street drinkers are being moved on to show the council is "doing something" to assuage public fears about antisocial behaviour rather than tackling the root of the problem.

While alcohol treatment can be used as an "olive branch" to keep the peace in the community, severe under-funding in services can mean this is often not delivered.

Many street drinkers will just end

up being moved on, and thus lost to the system.

At the rate that people are being moved, it wouldn't surprise me if some of London's street drinkers ended up on a beach in John O'Groats, huddled together waiting for a passing outreach team from Greenland to pick them up and take them out to the arctic wastes.

I have seen cases where street drinkers turn up in other boroughs after being thrown off their patch and not being able to access services because they don't have a local connection.

It's also difficult for outreach workers to coordinate care for people when no one borough will take responsibility for them.

As an outreach worker, some of the people I meet on the street see me as part of a system that's out to hound them rather than help them. This makes talking to them much harder.

What's needed is a strategy that responds to alcoholics' needs, not reacts to them. We need to stop getting people off the streets at any costs, pressuring them to change in the name of a 'strategy.' You may be able to get people to comply, but whether or not they are going change is another matter.

Changing people's perceived antisocial behaviour takes time and experience.

What is also needed is proper research into the living conditions of street drinkers living in unsupported local authority or housing association properties so we can better understand what drives them out onto the streets in the first place.

'Andrew Sinclair'

- Andrew's going to be writing regularly on addiction here.

A8

Oi, mate, I'm A8

A London council has been telling a homeless day centre that they are acting "illegally" for helping the new arrivals from Eastern Europe, popularly known as the "A8s". Is this right?

According to one worker at a day-centre, the council said they shouldn't be providing any basic services such as food and shelter.

This leaves those on the street in a ridiculous situation. They can't get benefits without having worked legally for two years, they have no access to accommodation and nothing to eat. But they do have access to 'meaningful occupation' and access to computers to seek employment. This invokes visions of starving men typing out CVs on the computer.

Some readers have come to England with the promise of work and accommodation that never materialised, others came on a whim, thinking that the streets were paved with gold. Some have been here for two years and have got into the itinerant lifestyle that is rough sleeping, alcoholism or begging without access to any state support.

This is an absurd situation for people in need. They need fair access to services just like the rest of us.

'Polskie Strony'

- We're changing this regular column from one that focuses entirely on the Polish on London's street, to a general column on A8s on the street. It's now being called 'Oi, mate, I'm A8,' and will be covering news affecting all East Europeans who end up on the streets. In future, expect pieces on the lives of new arrivals from Romania and Bulgaria. We now have *The List* available as a download in Polish from the website, with Russian to follow soon.

Health

Nurse Flo's on hand for all your health questions

Dear Flo,

I'm suffering a bit at the moment with a lack of motivation and generally feeling down, I've seen the doctor and he says I'm suffering from mild depression. He said I could have tablets but I'd really rather try to help myself first and try the tablets as a last resort. Can you suggest any ways I can lift my mood?

Ali

West End

Dear Ali,

I'm sorry to hear you are not feeling yourself, but I'm positive you

have made the right decision talking to your doctor. It shows you do have some motivation to feel better and take positive steps to help yourself. A good way of tackling depression is to take up physical activity; by exercising your body releases chemicals called endorphins, which will help you feel better. Just a brisk 20 minute walk round the park will have an effect. If you smoke, drink or take other drugs, be careful not to let your normal amount increase. They will have a negative effect on your mood. Try not to get locked into thinking negative thoughts. If you

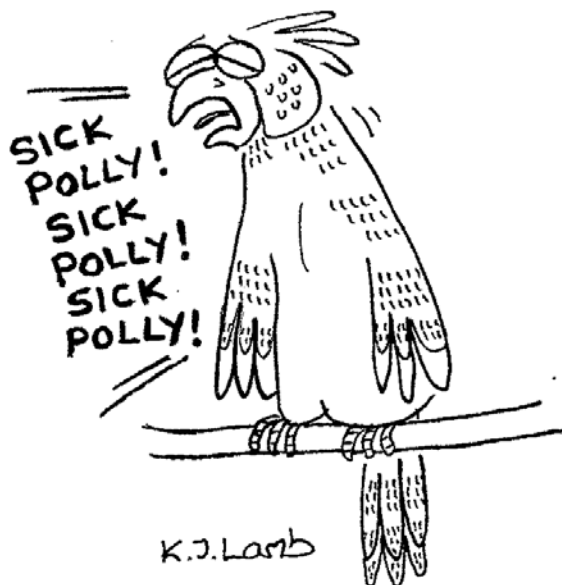
find yourself worrying about being depressed, try to break the pattern by distracting yourself with a positive activity. Taking care of your appearance or achieving a small goal will be a positive move forward. Talking to someone may also help – there are confidential counselling services available, with some specifically for the homeless, so it may be worth taking advantage of this. Often talking to someone you do not know can help you see things in a different light.

If you have access to the internet Mind, the mental health organisation, have an excellent website with plenty of advice and information. Just go to www.mind.org.uk

The Samaritans are also an excellent source of emotional support. They can be called on 08457 909 090, at the cost of a local call.

I hope this helps and that you are feeling back to your old self soon.

Flo



Dear Flo

I'm a bit worried; I've got an itchy mark on my back that's been bothering me for the last month or so.

Occasionally it will bleed, but I do tend to have a good scratch at it.

Is likely to be some sort of bite because I am sleeping rough? I've notice that this time of year there are a lot of midges about, and I wonder if it's a bite from one of them.

I like to sunbathe in the warm weather, finding a quiet spot in a park. I usually wear vest tops, but at the moment I feel I can't because it's a bit unsightly.

Margaret, via e-mail
London Bridge

Dear Margaret,

This is unlikely to be a bite as you've had it over a month. As I al-

ways say, I cannot give a diagnosis when replying to a letter, I can only advise.

I am certain that you need to see a doctor as soon as possible as it sounds like it may be a mole that you have not previously noticed. This is not uncommon, particularly as it is on your back.

When moles change, become itchy or bleed, this can sometimes be an indication of skin cancer. I do not wish to worry you unnecessarily, as there are many other less worrying explanations, but without having it checked by a health care professional, it cannot be ruled out. Skin cancer is one of the most common cancers in the UK, with 70,000 new cases diagnosed every year.

In the meantime, my advice is to keep the area away from the sun by wearing a long-sleeved shirt and use sun block on all exposed areas of your skin. It's that or stay in the shade. This advice should be followed regardless of any itchy mark, as it keeps you skin protected from the sun's harmful rays. As stated in my previous column, slap on the sun cream and try to minimise your exposure to the sun between 11am and 3pm.

The sooner you get it checked, the sooner you can put your mind at ease, so get down to the surgery now.
Flo

If you have a query for me, the easiest way to get in touch is by my e-mail (below), or you can write to me at *The Pavement's* address. But, please remember that this column is no substitute for visit your regular surgery for a check-up, and there is no reason not to be signed up with a surgery – in London you're spoilt for choice.

Don't guess whether it's a blister or bird-flu, get it checked out.

Good Health
'Flo'

e-mail: flo@thepavement.org.uk

Foot care

Toe Slayer talks about his work

Last week I came across a young man whose feet were giving him trouble.

Dave had been sleeping rough for a couple of weeks and was cold, hungry and feeling ill. He had a fever, but had refused to see his doctor hoping he would pickup when the weather got warmer. His limp had got noticeably more pronounced, but Dave had refused to take off his shoes.

He only acted when the smell got so bad that even his friends said he had to do something about it. Men are funny about showing their feet, even to podiatrists.

However, when Dave presented to the clinic, he need not have worried, for we are used to seeing feet of all sizes and shapes.

His shoes had seen better days and were well worn, but what was of more concern was the staining over the leather. This was consistent with septic discharge from a wound in his foot. The smell from his right foot was overpowering, which is common when bacteria break down. After the shoes were gently removed, Dave was given a warm foot bath (46 °C – just hand-hot) with a handful of

table salt (0.9% Sodium Chloride) dissolved into it. The saline solution soaked through his socks, allowing us to remove them gently.

Most of the staining was around the big toe, and the saline antiseptic foot-bath enabled me to clean out the wound painlessly by wiping away the cellular debris. Saline solution acts by osmosis and helps draw out the breakdown into the bath, so for the first time for weeks Dave felt better.

All was revealed once the wound had been cleaned: Dave had a nasty ingrown toe nail.

Like many of us, he neglected his nails, never realizing they grow and cut through skin like a hot knife cuts through butter. Once the flesh opens up, the wound is prone to infection.

Fortunately, we caught it in time, and with a little skilled nail trimming, the offending wedge was removed. Antiseptic dressings, a course of antibiotics from his doctor and a new pair of shoes had Dave happier, healthier and wiser about the benefits of regularly looking after his feet.

'Toe Slayer'



Photography by Toe Slayer © 2005

Good Soup Guide

Know where to get it, and what's good

All Souls' Local Action Network (ASLAN) – 4 slabs

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 slabs

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 Courtt'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 slabs

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

Lincoln's Inn Fields

Mon – Fri: 7.15pm; Many vans with food and occasional clothing. Sat – Sun: 6.15pm onwards.

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

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

3rd Sunday of the Month: 93 Guildford Street, WC1 (Coram's Fields); 11am-1pm. Vegetarian meal and tea. Another branch of this sect also have a service at Lincoln's Inn Fields - a great curry!

Simon Community – 4 slabs

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 Sainsbury 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 slabs

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

Temple has many soup runs.

Please note, soup kitchens are listed on page 30.

theList

Key to the list:

Accom Assistance – AS

Advocacy – AD

Alcohol workers – A

Art classes – AC

Barber – B

Benefits Advice – BA

Bathroom/showers – BS

Bedding available – BE

Careers advice – CA

Clothing – CL

Counselling – C

Debt Advice – DA

Dentist – DT

Drugs workers – D

Education/training – ET

Free food – FF

Food – F

Foot care – FC

Housing/Accom advice – H

Internet access – IT

Laundry – L

Leisure Activities – LA

Leisure Facilities – LF

Luggage stowage – LS

Medical services – MS

Mental health – MH

Music classes – MC

Needle Exchange – NE

Outreach worker links – OL

Outreach workers – OB

Pavement stockists – P

Safe keeping – SK

Sexual health advice – SH

SSAFA – SS

Tenancy support – TS

thelist@thepavement.org.uk

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 accomodation

London Irish Centre

50-52 Camden Square

London

NW1 9XB

020 7916 2222

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

ScotsCare (for Scots in London)

37 King Street

Covent Garden

London

WC2E 8JS

Call the helpline on 0800 6522 989

BA, C, CA, H, B, P, TS

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

Women's Link

Rm 417, London Fruit & Wool

Exchange, Brushfield St, E1

020 7248 1200 (Ring first)

AS, B, H

BENEFITS AGENCY

Southwark Homeless Unit

Wedge House

36-40 Blackfriars Road

SE1 8PB, 020 7902 8600

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

Action 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

The Dellow Centre

82 Wentworth Street, Aldgate

020 7375 0020

Mon-Fri: 9.15am-11.30am for

rough sleepers; 1.30pm-3.30pm:

appointments and activities; Fri:

3pm-4pm for rough sleepers

A, BA, 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

Bromley 999 Club

424 Downham Way,
Downham, BR1 5HR
020 8698 9403

Mon - Fri: 10am - 5pm.

Thurs: AD

L, FF

Cardinal Hume Centre

Arneway Street, SW1
020 72228593

Drop-In: (16 to 25) Mon-Fri: 9.30am-12; 1.30pm-4.30

Family Centre (with pre school children): Mon -Thurs 10am-3.30

A, BA, C, D, DT, ET, H, IT, MH, MS, P, SH

Choral Hall Lifeskills Centre

310 Barking Road, Plaistow
020 7511 8377

Mon-Fri: 10am-2pm

A, BA, BS, C, CL, D, F, FC, L, MS

(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, BA, BS, CA, CL, D, ET, F, H, IT, MC, MH, MS, OB, P, SK, SS

Croydon Resource Centre

70a Wellesley Road, Croydon
020 8686 1222

Mon - Fri: 10am - 3pm

AS, BA, CA, CL ET, F, IT, LA

Cricklewood Homeless Concern

020 8208 1608

Homeless drop-in: 28A Fortune Gate Road, Craven Park.

Tues & Fri: 10am -2.30pm; Weds &

Thurs: 12.30 -2.30pm

Mental Health drop-in: In flat above St Gabriel's Hall

77 Chichele Road, Cricklewood, NW2 3AQ

Tues - Fri: 10am - 12 noon.

AC, BA, BS, H, IT, L, MS, OL

Crisis Skylight

See Performing Arts below

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, BA, C, ET, IT, P

Holy Cross Centre

The Crypt, Holy Cross Church Cromer Street, WC1

020 7278 8687

Mon: 2pm-5pm; Tues: 6.15pm-9pm;

Wed: 6pm - 9pm;

Thurs: 5-8pm (Italian speakers session); and Fri: 12-3pm (refugees and asylum seekers session). AC, FF, H, IT, LA, LF, MH, P

Kings Cross Baptist Church

Vernon Sq, W1

020 7837 7182

Mon; Fri: 11am - 2pm

Tues: 11am - 1pm

FF, LF

Manna Day Centre

6 Melior Street, SE1

020 7403 1931

Mon-Sun: 8.30am-1.30pm

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

New Cross 999 Club

All Saints, Monson Road, SE14

020 7732 0209

Mon - Fri: 10am - 5pm

Ad, ET, FF, L, LA,

North Lambeth Day Centre

- Closed.



"It's surreality TV"

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

BA, BS, CL, FF, P

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, BA, CA, CL, D, ET, F, H, IT, L, MH, MS, TS

Providence Row

The Dellow Centre

82 Wentworth Street, Aldgate, E1 7SA

020 7375 0020

Mon-Fri: 9.15am-11.30am for rough sleepers; 1.30pm-3.30pm: appointments and activities; Fri: 3pm-4pm for rough sleepers

A, BA, BS, CL, D, ET, F, H, L, MH, MS, 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, BA, BS, CL, ET, FF, P

Shoreditch Community Project

St Leonard's Church

Shoreditch High Street, E1

020 7613 3232

Mon, Wed, Fri: 9.30am-12.30pm;

Tues: 2.00pm-4.00pm

FF, BA, OL, P

Simon Community

House of Hospitality, 129 Malden Road, Kentish Town Mon-Fri: 9am-

5.30pm

• They've many services listed with the soup runs – page 25.

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, P, 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, BA, 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: 11.45am-3.45pm

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

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 Tab Centre

20 Hackney Rd, Shoreditch, E2

020 7613 3232

Friday: 9.30am - 12.30pm
CL, FF.

Thames Reach Bondway

St John's at Hackney

Lower Clapton Road, E5



"Mr Cromwell..."

020 8985 6707

Mon-Thurs: 10am-12.30pm; 2pm-4.30pm; Wed: 10am-12.30pm
BA, BS, CL, ET, F, H, IT, MS

Union Chapel (Margins)

Compton Terrace, Upper Street, N1
020 7359 4019
Sun: 3-5pm
BS, CL, FF, HA, L, LA, LF

Upper Holloway Baptist Church

11 Tollington Way, N7
020 7272 2104
Mon: 10.30am - 1.30pm
Reopens Sept 2006
CL, FF, LF

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, BA, BS, C, CL, F, IT, L, LS, MS, OL, P, SK, TS

The Whitaker Centre

91 - 93 Tollington Way, N7
020 7272 8195
Mon-Thurs: 9am-3pm
Alcohol allowed
BS, FF, L.

Whitechapel Mission

212 Whitechapel Road, E1
020 7247 8280
Mon, Tues, Thurs, Fri, Sat, Sun: 6am-11am (cooked breakfast)
BS, CL, FF, MS, OL

**DIRECT ACCESS HOSTELS/
NIGHTSHELTERS****All - Low Support needs****Livingstone House**

105 Melville Road, Brent
NW10 8BU. 020 8963 0545
Ring first. Local connection only.

Redbridge Night Shelter

16 York Rd, Ilford
IG1 3AD
020 8514 8958
Ring first.

St Martin's Night Centre

12 Adelaide Street, Westminster
020 7766 5544
10pm-7.30am
Referral from St. Martin's

Turnaround (Newham)

Choral Hall
020 7511 8377
7.30pm to 7.30am
Referral from Choral Hall Day Centre

Waltham Forest Churches Night Shelter

740 Forest Road, Walthamstow
E17 3HR
020 8509 4687
Ring or Visit Mon-Fri 10am-4pm.

Men**Missionaries of Charity**

112-116 St Georges Rd
Southwark
020 7401 8378
Ring first, bet. 9 - 11am except Thurs.
Age 30+ (Low support)

St. Mungo's (Ennersdale House)

1a Arlington Close, Lewisham
SE13 6JQ
020 8318 5521 (Ring first)
Medium support needs

Women**Church Army**

1-5 Cosway Street, Westminster
NW1 5NR. 020 7262 3818
Ring first. Daily vacancies.

Home of Peace

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

St Mungo's

2-5 Birkenhead Street, Camden
WC1H 8BA. 020 7278 6466

Young People (16- 21)**Centrepont**

25 Berwick Street, Westminster
W1F 8RF. 020 7287 9134/5
Ring first. Daily vacancies.

MASH

8 Wilton Road, Merton
SW19 2HB. 020 8543 3677
Ring first.

DRUG / ALCOHOL SERVICES**Addaction (Harm Reduction Team)**

228 Cambridge Heath Road, Bethnal Green, E2
020 8880 7780
Drop-in: Mon, Fri: 10am - 4pm; Tues, Wed, Thurs: 12 noon - 6pm;
Closed each day between 1:30-2:15pm
D, OL, MS, NE, SH

Angel Drug Services Drop-in

332c Goswell Rd, EC1V 7LQ
0800 169 2679
Mon - Fri: 2 - 5pm
C, OB, MS, NE

Blackfriars Road CDAT Team

151 Blackfriars Road, SE1 8EL
020 7620 1888/ 6500
Drop-in: Mon: 2-4pm
MH, MS, NE

Central and NW London Substance Misuse Service

Crowther Market, 282 North End Rd, SW6 1NH
020 7381 7700
Mon - Fri: 9am - 5pm
C, MS.

Druglink

103a Devonport Road, Shepherds Bush, W12 8PB

020 8749 6799

Drop-in: Mon and Fri: 2-5pm; Wed 3-6pm

Needle exchange and telephone service: Mon - Fri 10am - 5pm
C, D, OL, NE

The Hungerford Drug Project

32a Wardour Street
W1D 6QR
Mon - Fri 2-5pm (drop-in)
020 7287 8743
A, C, D, MH, P

The Needle Exchange Van

Centrepoint, London
Mon - Fri 4-7pm

EASTERN EUROPEANS

Ania's Polish Recruitment Agency
020 8769 0509

EMPLOYMENT AND TRAINING

Dress for Success (Women)

Unit 2, Shepperton House
89 - 93 Shepperton Rd, N1 3DF
020 7288 1770
<http://www.dressforsuccess.org>
Smart clothing for job interviews

OSW (London Bridge)

4th Floor, The Pavilion
1 Newhams Row, SE1 3UZ
020 7089 2722
CA, ET, IT.

EX-FORCES

Ex-Service Fellowship Centre

40 Buckingham Palace Road,
Victoria
020 7828 2468.
AS, BA, CL

AWOL? Call 'Reclaim your Life' on
01380 738137

MEDICAL SERVICES

Great Chapel Street

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

Health E1

9-11 Brick Lane, E1
020 7247 0090
Mon - Thurs: 9.15 - 11.30am
Friday: 10.30am - 12.30pm

King's Cross Primary Care Centre

264 Pentonville Rd, N1
020 7530 3444
B, BS, CL, DT, FC, H, MH, MS, NE, P,
SH

Project London

Praxis, Pott Street, E2 0EF
Mon & Wed 1 - 5pm
07974 616 852
MS, SH

PERFORMING ARTS

Crisis Skylight

66 Commercial Street, E1
020 7426 5661
Mon-Thurs 2pm-9.30pm
AC, ET, IT, MC, P, PA
• www.crisis.org.uk

Cardboard Citizens

020 7247 7747
PA. Workshops at Crisis Skylight
• www.cardboardcitizens.org.uk

Streetwise Opera

020 7495 3133
PA, MC.
Workshops at the Passage, Skylight
and the Connection at St. Martin's
• www.streetwiseopera.org

SOUP KITCHENS

All Saints Church

Carnegie Street, N1
020 7837 0720
Tues; Thurs: 10am - 12pm

Cooked breakfast

American Church

(Entrance in Whitefield Street)
79a Tottenham Court Rd, W1T
020 7580 2791
Mon, Tues, Thurs, Fri: 10am-12pm.
P

Bloomsbury Central Baptist Church

235 Shaftesbury Ave, WC2 8EP
020 7240 0544
Sunday: Roast lunch 1pm
10.30am for ticket (v. limited)

City Temple

Holborn Viaduct, EC1A 2DE
020 7583 5532
Mon - Fri: 1-2pm
£3 voucher redeemable at local café
1 voucher per week

Emmanuel Church (Stratford)

Corner of Romford Rd & Upton Lane
Thurs: 7.30. Cooked Breakfast.

Muswell Hill Baptist Church

2 Dukes Ave, N10
020 8883 8520
Sun - Thurs; 7.45 - 8.45pm
Reopens Sept 2006

Our Lady of Hal

165 Arlington Rd, NW1
020 7485 2727
Tues; Weds; Fri; Sat: 12.45-2pm

Salvation Army (King's Cross)

Faith House, 11 Argyle Street, WC1
020 7837 5149
Men only drop in: Mon: 5.30 - 7pm
Women only drop in: Tues - Fri: 2 - 3pm
Hot Meal Thurs: 12.30pm
Open drop in: Weds: 7.45 - 9pm.

St Johns Ealing

Mattock Lane, West Ealing, W13 9LA
020 8566 3507
Sat & Sun: 4 - 5pm

St John the Evangelist

39 Duncan Terrace, N1 8AL
020 7226 3277

TURNING POINT HUNGERFORD SOHO

turning lives around

Advice, support, information and treatment for people who are experiencing problems with drug-use. We specialise in working with rough sleeping and vulnerably-housed drug users.

Open 7 days a week. Drop-in Mon – Fri 2 – 5pm or Saturday & Sunday 11am – 5 pm or call for an appointment.

32a Wardour Street, W1D 6QR
Tel: 020 7437 3523

To advertise here
visit our website

www.thepavement.org.uk

or e-mail

advertising@thepavement.org.uk

Tues - Sat: 12.30 - 1.30pm

St Mary's Church Islington

Upper Street, N1

020 7354 3427

Mon: 11.30am - 2pm

SEASONAL SHELTERS

All closed until November. See Direct Access Hostels/Night Shelters for alternatives.

SOCIAL EVENTS

ASLAN

All Souls Church -Clubhouse

Cleveland Street

020 7580 3522

Sat eve: by invitation

SPECIALIST SERVICES

Quaker Mobile Library

Mon (every second): 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.

TELEPHONE SERVICES

Domestic Violence Helpline

0808 2000 247

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

Runaway Helpline

0808 800 7070

Free line for under 18s who have left home

The Samaritans

08457 90 9090

Shelter

Housing info and advice

0808 800 4444

(7 days: 8am-12am)

WEBSITES

Homeless London Directory (RIS)

Although updated irregularly this public access website has full details of all major services in London, including emergency accommodation.

- www.homelesslondon.org

The Pavement

Updated online version of 'The List'

- www.thepavement.org.uk

'EC'

With special thanks to Phil Lee

Insider talk

A linguistic guide to the 'homeless industry'

Care plan – If you live in a hostel you will have a care plan. You may not know you've got one, or have ever seen it, but you've got one. It is essentially a list that will have cost thousands of pounds to develop, and taken hours of consultation and meetings to design. In theory it will be written in collaboration with your **key worker** and list *your* goals and the steps needed to achieve them. In reality your **key worker** will write it, it will list *their* goals for you (to be good and move into your own flat?) and you will sign it. It is vital that your care plan is regularly updated to reflect your progress and any changes in your aspirations. But don't worry, your **key worker** will ensure this happens – usually by changing the date on the top of the plan or the order of some of the words.

Supervision – You will hear hostel workers make frequent reference to supervisions. These may sound mysterious, but are actually just meetings between them and their manager to see how they are getting on. The easiest way to find out when your key workers last supervision was is to check one of your **care plans** and find the date it was last updated: this will also be the date of their last supervision.

Empowered – Homeless organisations want nothing more than for you to be empowered i.e. in control of your own destiny and making your own decisions. Unless of course you decide you want to ignore them, sleep on the streets or take to drinking more (see **challenging behaviour**).

Challenging behaviour – Challenging behaviour is a term used to cover a wide range of behaviours

from physical violence to not liking your food. Any behaviour can become challenging once it creates more work for the staff, makes their time at work less pleasant or prevents the organisation from achieving one of its strategic aims. "John continues to listen to music on his headphones when we inspect his room, but gives no reason for this challenging behaviour."

Service user/Client – The current most popular terms for somebody who uses any of the homeless industry's services. In the 20 or 30 years the 'homeless industry' has been around it's gone through about ten names for the people it works with. The predecessor of service user was client, which quickly fell from favour when it was realised that it was also used by prostitutes. The last thing a homeless organisations would want is to suggest there was a financial consideration to the number of people that come through their doors. That would be ridiculous.

Policy – Hostels usually love to tell you that don't have many rules. This may well be true, but what they lack in rules, they make up in policies. A policy is supposedly a plan, or course of action, to follow, and there should be one to cover any eventuality that may arise. It is also often an excuse. About 50% of requests made by residents in hostels will be denied with a sentence containing at least one occurrence of 'policy.'

'Insider'

- If you have some observations on the talk covered here, or have heard some of your own that you want to share, you can e-mail Insider: insider@thepavement.org.uk



Anthony Fryer
Age: 51

Anthony has been missing from his home in Swindon, Wiltshire, since the 7th October 2005. It is thought he has travelled to London as he is a railway enthusiast, and maybe in the Waterloo area.

There is great concern for Anthony's welfare, as it is unlike him to go away without informing anyone. Although his current whereabouts are unknown, we are anxious to know that Anthony is safe and well, and urge him to get in touch with someone to let them know that he is OK. Anthony sometimes has trouble making himself understood.

Anthony is of heavy build, with brown eyes and collar-length brown/ginger hair. He also has a beard and moustache of similar colouring. Anthony often uses a shopping trolley when he is out and walks with a slight slouch. He may be wearing jogging bottoms.

If you have seen Anthony please contact the confidential National missing Persons Helpline on freephone 0500 700 700 or email sightings@missingpersons.org