the Payer ment

The paper for the homeless – Long 14 – free

Inside: St Luke's eviction, walking the UK, and all the news and regular features.
Plus a look at the Dome Village.





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

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Cover: The Parish Church of St Luke's, Chelsea, the scene of another move-on. Photograph: Rufus Exton © 2006.

The Editor

Obituaries and The List

In this issue you'll see we've added an obituary (page 19), and it's something we'll try to do in future as the need arises. We now have a member of staff who is setting up a homeless obituary service to collate the grim data from coroners, hospitals and many other agencies, so that we can at least know the simple facts surrounding the death, and keep a record.

One reason for the obituaries is to prevent the false rumours that often spread. We frequently get told that so-and-so has died, when, as often as not, it transpires that they are in hospital, or moved out of the area for a while. Another reason is to let readers know what happened to those with whom they have lost touch, but who have since died, particularly when it occurs in temporary accomodation.

We hope it will be an irregular feature, but an important one. If you've particular views on this, please write in or e-mail me.

Also in this issue, Phil Lee has taken over The List, and will begin to make his mark on the back pages. We mentioned Phil's work on his own list in the last issue. He now hopes to expand the size of the listings, and the scope for what it covers. This will mostly be done online, for sake of space, but we're planning on producing a quarterly booklet with a complete service guide in it.

I asked him to explain what he was doing, and what he has planned: Why did you start your own list of homeless services?

"The only list that was available, apart from *The Pavement*, was 18 months old and basically wrong. Some day centres do lists, but a lot of those are full of errors. I felt it needed doing and it just snowballed."

How did you start your list?

"By contacting most of the centres on the old lists and then finding new ones that weren't on any lists. I visited 37 of the 44 services to make sure the information I had was up to date and accurate."

What did you learn from researching the services?

"I think the thing that impressed me most, was the commitment of the staff and volunteers. Also, it's terrible that so many day centres have overlapping services and times, but don't talk to each other about how to settle this."

What do you think you'll be able to bring to The List?

"By having the time to visit the places on the list, from the smallest to the largest, I can learn more from users and staff to make The List more accurate. I also want to make myself known to them, to get feedback going and get services to let us know of any changes."

Will you still be doing your own list?

"Yes, a new one's due in November, covering South London as well as North London, and Christmas opening hours. We'll get that up on *The Pavement*'s website."

If you want to contact Phil, write to us, or e-mail him at: thelist@thepavement.org.uk.

'Editor' editor@thepavement.org.uk

Another Marylebone?

St Luke's, and why rough sleepers have been evicted from the site

"We felt safe there. The church's action has made us all vulnerable." The words of one rough sleeper who was moved on from St Luke's Church in Chelsea last month.

With the majority of those moved-on from church grounds now wandering the streets at night, was the right decision taken?

For 11 homeless, St Luke's Church in Chelsea had been a warm and welcoming place for them to bed down at night. The church porch offered shelter and the vicar was sympathetic to their plight. They had an open relationship with him and mutual respect for each other.

"We wouldn't be around when church services were taking place," says Terry, who slept at St Luke's for 18 months.

"We'd arrive late in the evening and leave by six in the morning."

The area has been a haven for the homeless for many years. The Methodist Church on the King's Road has an open-door policy for the homeless and both churches are part of the West London Churches Homeless Concern

But earlier this year things began to change. A number of incidents occurred which led Associate Vicar Reverend Joe Moffatt, together with the churchwardens and the church council, to revisit his treatment of those bedding down on his porch.

"There was aggressive behaviour from some individuals and complaints from residents and other users of church grounds." he said.

While he says the majority of rough sleepers using the church porch were "lovely, respectful people" the numbers of those bedding down, as well as a number of violent incidents, made him question the safety of both his staff and those

sleeping there.

"It was with great reluctance that we withdrew our permission for them to use it as a place of refuge, but we can't resource and manage it in a safe way," he told *The Pave*ment.

Rough sleepers using St Luke's say that there was a spate of violent incidents, in which a man from outside of their group threatened and assaulted a number of them. They called the Police on three occasions but only on the third occasion was the situation dealt with. On top of this a number of newcomers had also not been abiding by the rules of the church, but far from witnessing rising numbers making the church their bedroom for the night, they say the number of people sleeping there were in fact declining.

Reverend Moffatt admits that he had come under some pressure from the Council to move-on the rough sleepers from the church but he says that this was not the reason behind his decision.

He arranged for outreach workers from Broadway to hold a surgery at the church and help those he was moving on to find alternative accommodation.

However, almost two months on, of the 11 people bedding down at St Luke's, including three women, only three have found temporary accommodation. Some do not feel that they have been given adequate support and are now spending their nights on buses, walking the streets or sleeping in shop doorways.

"The church has made us all vulnerable," says Paul.

Joe Batty, outreach co-ordinator at Broadway, denies that his organisation has not offered enough support to help those who have been moved on find housing.

"We were available and we continue to be available. It's a difficult situation which has not been resolved," he said, and he urges those who have not been helped so far to contact Broadway.

He says that Broadway is not acting on behalf of the council and that the decision taken by Reverend Moffatt was an independent one.

But for those left vulnerable by church action, some for the second time in recent years, is it time for St Lukes to revisit its policy towards its homeless parishioners?

Some of those who took part in this interview are disappointed that a church with whom they had a good relationship made this decision so rashly, without consultation.

"A few people needed to be given a warning," admits one. "But the way we were hounded out went against our previous relationship with the church."

They believe the church is making excuses when it claims that the area is no longer safe.

Reverend Moffatt says: "We had a self-policing system in place and when it was working we were happy. But when there's a threat of abuse the only other option is a full ban."

'Hector'

• The names of some of the rough sleepers in this article have been changed at those persons' request. If you have a story you want investigated, but are concerned that your identity would be published, don't be deterred from contacting us. Our professional journalists need to investigate stories completely, but that does mean your name needs to appear in print.





The long march

After an epic walk they're now back in Bournemouth

After an eventful 47 days, Barry Etheridge has made it back to his native Bournemouth, arriving on 11th September. *The Pavement* caught up with him on the way through London, with just over a fortnight left to hobble on.

Since we last spoke to him (in issue 13), Etheridge has had an interesting time.

He left Scotland after two weeks of walking and headed over the border in good time. Despite losing a battle with a skateboard, Etheridge and his erstwhile companion hit York after 19 days.

For those who missed the last issue, the objective of Street People's Action & Awareness Group's (SPAAG) One Big Walk, which covered the length of Britain from Inverness to Bournemouth, was twofold.

Firstly, Etheridge hoped to gather information from members of staff in homeless centres and those who use the services, to understand what works, what needs to be improved and what is outdated.

The second objective was to look at homelessness on a national level, rather than one that can be separated by borough or county line. By highlighting the similar experiences and concerns that people have, and successful models across the country, SPAAG was hoping to connect a usually disparate community.

Travel the length of the UK isn't easy going, and, walking slightly faster than schedule, problems arose in Cambridge. An old knee injury got the better of campanion James, and he had to call it a day.

"He didn't want to let me down," says Etheridge, "but of course, he hadn't. He did a fantastic job getting as far as he did."

From then on Etheridge was on his own. Having stayed with the Simon Community in Leeds, and visiting day centres in Newcastle and York, he already had a fair idea of what people wanted and needed, and as he continued further south, a theme emerged.

"Of course, everyone is an individual," says Etheridge. "That is the main problem with the system. Not everyone is a round peg that can be fitted into a round hole."

'Cat'

www.spaag.org.uk



News-in-brief

A round up of all the news from the streets of London and around the World

Christmas comes early at WCC

Waterloo Christian Centre on Webber Street is to close temporarily for building works. Adam Gage, team coordinator at the day centre, told *The Pavement*, "we'll be closing from Wednesday 13th September and reopening in January 2007."

The reason for the closure is to allow necessary building work and maintenance. "We're going to double our shower capacity," said Gage. "At present we have two, and will have four. We're also adding a women's and disabled toilet downstairs."

They marked the closure with a "Christmas Dinner" (two of the satisfied diners are pictured below) as the day centre will be closed during the festivities in December.

'Cobbett'

Double trouble

Couples on the street are less

likely to be offered accomodation together due to the poor provision of appropriate housing, according to an an investigation prompted by a reader's letter.

Those homeless with a partner on the streets are often unable to live together in hostels because most hostels are able to provide accommodation for single homeless only. As a result, many couples prefer to remain on the streets rather than separate, and end up spending longer on the streets than their single counterparts.

This story was raised by a reader who wrote into *The Pavement* (issue 13).

The reader, who has had experience of living on the streets with a partner and asked if the homeless are "allowed to be human and find stability in a relationship."

According to the Resource Information Service there are 26 accommodation centres that can accept couples across the capital, but they provide a very limited number of

ooms.

A few organizations, such as St Mungo's and Thames Reach Bondway, have a positive attitude towards residents forming relationships and are taking steps to address some of the complications working with couples. But, as our reader told us, the negative attitude the majority of organizations have towards taking couples in can be related to a problem of income: the housing benefit claims are very low for couples.

As much as two-thirds less for a joint claim.

Hence, it is not profitable for any organization to take in couples.

For heterosexual couples the situation seems exacerbated by exclusionary rules of many homeless services which ban the opposite sex from parts of their buildings, particularly at night.

Our reader met his partner on the streets, and they had to face a lot of refusals from hostels and B&Bs, which didn't allow them in together. Eventually they got their place, but it took a long time and put a strain on their relationship.

'Clara'

Soup run furore

The perpetual battle between Westminster City Council and soup runs flared up on 23rd August when Councillor Angela Harvey questioning the work of soup runs on BBC Radio London.

Westminster Council alleged that soup runs "keep homeless people on the streets" and maintained its long-held stance that soup run volunteers should redirect their actions to help in other ways.

Housing Justice countered this



statement, and Alison Gelder, its chief executive, said "Soup runs can have a positive impact on the lives of many people, particularly the homeless and vulnerable. Soup run volunteers provide not just food but a much needed and regular point of contact to people whose lives are often chaotic. Ideally soup runs should be a complementary arm of the services available to homeless and vulnerable people."

Gelder stressed that for many, including eastern Europeans in the UK, soup runs are a lifeline.

'Cobbett'

• The next Soup Run Forum, to coordinate activity and produce a guide to good practice, will be held on 1st November.

Rough sleeper murdered

A man who was sleeping rough was murdered in the early hours of Saturday 9th September.

Gary Turner, 43, was found dead in Stratford, east London, two days before he was due to move into accommodation. He had died of head and abdominal injuries.

Police investigating the murder are looking for three men who they believe assaulted him around an hour before the body was found at 6.20am.

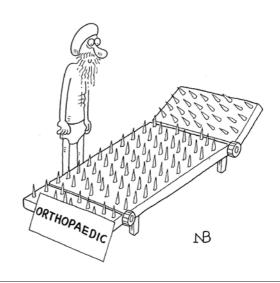
The motive for the attack is unknown, and it is unclear whether Turner knew his attackers.

Police are appealing for witnesses on the 158 bus that passed The Grove around the time of the attack

'Hack'

Surrey Street...again!

Two years ago a large group of rough sleepers were moved on from Surrey Street, south of Aldwych, between The Strand and Fleet Street. Now it appears to be happening again.



A reader told us that one of the many who bed down there arrived at their regular patch in Surrey Street on 20th September to find signs up warning them not to bed down under the building.

Fluorescent tapes cordonned off two areas under buildings on the east side of the street, and notices were attached to these tapes.

One read: "To all rough sleepers and street drinkers, this area needs to be kept clear at all times, no person(s) should remain.

"The location will be visited on a regular basis by security and police patrols to ensure compliance.

"Should you require homeless services please go initially to St Martins connections (sic) at 12 Adelaide Street WC2."

The other only stated that the area was "private property", a "fire exit" and people should "keep off."

All this was "by order of the management, with the support of Westminster City Council and Westminster Police."

It doesn't say who "the management" are but this paper thinks it knows, and has a reason for this

move. A source told us that the building has been bought in the last few months, and it is the new owners who are determined to move the nocturnal residents on.

'Cobbett'

Ex-homeless set up outreach

After many years of homelessness and drug abuse, Brent and Rudi, now clean and recovered, believed they could help others people on the streets. Hence, they started running a charity for this purpose.

Streetlights is the result; an organization which has been running for a few months with the aim of feeding the homeless, handing out clothing, and going into institutions to give support to the needy. It also aims to assist and educate, through developing self-confidence and life skills.

This being in London, there's a lot of work to do, but the seven members of staff are enthusiastic and hope to achieve the goals they aspire to. Their model for the charity is Thames Reach Bondway (TRB),

since that was the organization from which Brent Dawson received help, and which still gives him advice and support.

Streetlights has not yet been registered as a charity, but Dawson is working with a solicitor to gain registration.

At the moment Streetlights only source of funding comes from a local church and from those they met through Narcotics Anonymous, which Dawsonattended for his rehabilitation. "We are open for suggestion to broaden our options of funding," he informed *The Pavement*.

Dawson spent five years homeless in London and was a drug addict for twenty years. He eventually turned his life around and has been off the drugs for six years now.

If TRB hadn't stepped in, Dawson might not be where he is today working to help people who have been experiencing what he already went through: homelessness, drugs, crime.

He told *The Pavement* it took him a long time before he was strong enough to be able to work on his dream of helping other people, but he is convinced that they can achieve a lot. "If you want to deal with the homeless, then get someone who has been homeless, who has gone through the system of trying to get off the streets and then train that person through the next step," he said.

"Set a thief to catch a thief" is his motto. Two other members of his staff have also been homeless.

Streetlights mission will help provide rough sleepers with emergency assistance and encourage them to move into accommodation and access specialist services when needed.

'Clara'

Rumour control

We can confirm that the rumours that reached our office, of the closure of the homeless unit at Charing Cross police station, are untrue.

A spokeswoman for the Met told *The Pavement*, "the unit is not being disbanded."

'Cobbett'

Murder at Marble Arch

The body of a man who had sustained massive head injuries was found on the Marble Arch traffic island, near entrance three of the Oxford Street landmark, in the early hours of Wednesday 30th August.

It took several hours for the police to identify the badly battered victim as Ian Liddle, a 34-year-old labourer, who may have been sleeping rough.

Homeless man James Stewart, 40, was charged with the murder and appeared at City of Westminster magistrates' court, on 1st September. The court adjourned the case until 15th December.

Liddle was pronounced dead when paramedics arrived at 3am, but his body was kept on the island until late afternoon as a forensics unit looked for evidence.

'Clara'

Planning application Crisis

Crisis's application to Tower Hamlets council for its landmark Urban Village project has been refused (see last issue).

The Tower Hamlets Strategic Development Committee, voted on 14th September and rejected the proposal from Crisis to implement the project on its chosen site: a 23-storey block of one-bed flats off Mildmay hospital, behind Shoreditch Church.

Ex-Crisis CEO Shaks Ghosh originally proposed the project, and put her last effort as chief executive of the organisation to bring her idea



"...do you think we aught to consider a change of sponsor?"

forward. She is to be replaced by Leslie Morphy at the beginning of November.

Ghosh said: "We had a one-off opportunity to change the lives of residents in Tower Hamlets with a £60 million investment in the local community. It is also a tragedy for the 36 residents of the Mildmay Hospital who have to continue living in a dilapidated building.

"Today, I have nothing to share but great sadness for the lives and the future of homeless people in the borough who have been denied the opportunity of housing, health and jobs that the rest of us take for granted."

A total 800 local people in Shoreditch opposed the project, which could bring rough sleepers and working people into α mixed community.

The project, on which Ghosh worked for the last five years, is modelled on the success of Common Ground in New York.

Campaigners in Shoreditch set up their stronghold on Bethnal Green's Gascoigne estate. They claimed that they support the homeless, but that the development would be unacceptable, as it has numerous significant departures from Tower Hamlets and London-wide planning law.

If given the go-ahead the Urban Village could have marked the first time for many to experience integrated support and community life as well as giving the opportunity for training and work.

'Carlo'

World Cup report

World Cup glory is still possible for England this year as the Homeless World Cup kicks off in Cape Town on 24th September for the fourth year running. Co-ordinated by The Big Issue in the North, the team are being supported by Manchester United Football in the Community Programme and funded by



The Links Foundation.

Not to be confused with the Street League World Cup which took place in July, the Homeless World Cup is an annual event. To qualify, team members have to have been homeless at some point since the end of the last tournament. Street League on the other hand is a charitable organisation that takes part in ongoing international tournaments and which 'uses the power of sport to transform the lives of individuals from...socially excluded and conflicting communities.'

For the upcoming competition a final England team of eight players from various parts of the country have been selected to travel to South Africa to compete against more than 40 teams from around the world in the hope of winning the Homeless World Cup and salvaging English football pride.

Rio Ferdinand and Wes Brown from Manchester United popped along to a final training session (pictured above) to lend their support and give the team some final tips. England captain Paul Smith said: "It was great to meet Rio and Wes today. It's really helped the lads feel that they are part of something big. The training has really prepared the team well for the tournament in South Africa. We're going to do our very best to bring the trophy

home."

A member of the team support staff, Steve McLucky, thinks England has a pretty good chance. "At the recent Home Nations Tournament they stormed their way to victory, scoring 47 goals and conceding just five, in seven games." The biggest threat comes from the African teams who all put in fine performances at the Street Soccer World Cup, the title eventually going to Kenya.

Victory over Portugal would be enough for *The Pavement*, and we'll cover it next issue.

'AKP'

Toilet fumes at CSTM

An incident in the showers at St Martin's (CSTM) caused a bad smell and a member of staff to be taken to hospital.

In the weekend service at the end of August, the toilets and showers of were cleared of people as cleaning products in the toilets reacted with urine to produce noxious fumes.

A spokesperson for the day centre told *The Pavement* that there was "no risk to any of the clients," and that they have changed their brand of toilet cleaner.

'Hack'

Dome village, USA

Another feature on alternative shelters: No. 2 Dome Village

How often have you been confronted with someone who believes that the simplest solution to 'the homeless problem' can be found with the provision of shelter? And often a shelter that has little to recommend itself other than a bed under a roof.

If a bed were the only requirement, there would be fewer people on the streets surely, and more either seeking temporary or permanent accommodation. However, loneliness, confinement, and even fear are factors that have to be considered when deciding whether to stay in a hostel for the night, or whether a year in a King's Cross bedsit is for you.

Holistic approaches, ones that address not only shelter, but a variety of 'issues', are becoming more popular in the UK, but in America, certain practises have been in use for more than a decade.

In the early 1990s, activist Ted

Hayes was living on the streets of Los Angeles, trying to find a solution to the growing number of people living, like him, without permanent, or even temporary, accommodation. A student from the Buckminster Fuller institute, an innovative design science architecture college, approached him with a proposal for temporary housing.

Unlike the usual temporary housing, this was not a corridor of individual rooms, or a row of bunk-beds, but a set of domes built to create a sense of community while addressing other practical needs.

The Dome Village proposal went forward to a number of sponsors, and in September 1993, the American oil corporation Atlantic Richfield Company donated \$250, 000 (£132.940) towards construction.

Under the guidance of Ted Hayes' non-profit organisation, Justiceville USA, the Dome Village opened its doors two months later.

Executive director of the Village, Katy Haber, explains exactly what they are: "The Domes were never meant to be permanent alternative to rough sleeping," she says. "These structures cannot be permitted as permanent housing, as they are basically a solid tent, but they do provide excellent temporary housing that acts as a launch pad to permanent housing."

Intended to be the first stage of Ted Hayes' ten year National Homeless Plan, they are described as "a structural alternative for people who are unable or unwilling to live in traditional shelters."

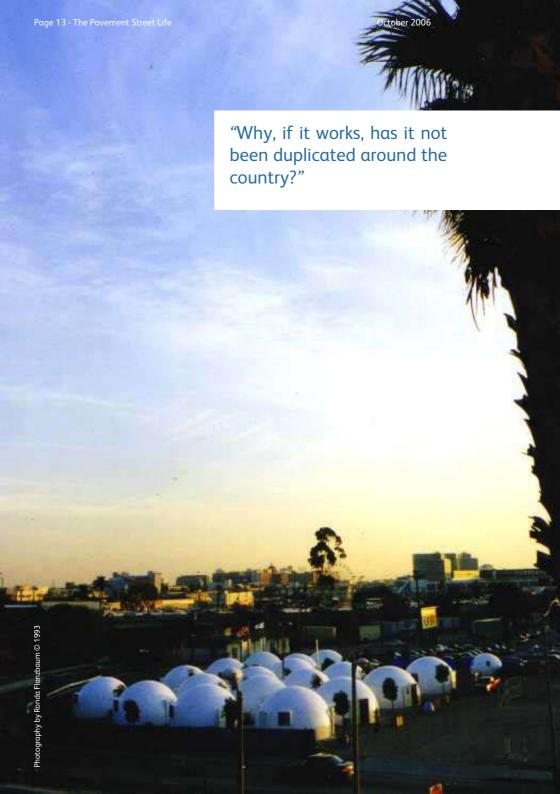
Although it may have an unorthodox ethos, there is a real sense of gearing people up to be eased back into permement housing, by encouraging responsibility for their environment. Residents pay rent, contribute to the community by gardening or carrying out chores, and the staff provide a range of services, including substance abuse counselling, job training programmes, computer training, and advice on claiming benefits.

They also offer arts courses, and provide an after-school programme for the children living in the village.

In 1995, Haber and Hayes introduced these Los Angelean residents to cricket, and they have had a team ever since. After touring in England in the autumn, they took the sport back to Los Angeles, where they worked with ex-gang members from the notorious area of Compton.

"This team toured England in 1997, 1999 and 2001, and won the British Cup two years in a row, playing teams of expatriate Brits, Indians and Pakistanis," says Britishhorn Haber







Each dome is inhabited individually or by a unit, family or couple, with the intention that a sense of ownership can develop alongside other skills.

The Los Angeles Dome Village has been open for 13 years, and in that time has served more than 400 men, women and children.

They even welcome pets.

The Village website (www.domevillage.org) is filled with testimonies from former residents who have started working thanks to their substance abuse programme, or those who found the opportunity to train or study, find work, and become earners and rent-payers.

Despite these accolades, and its success, the future of the Dome Village is uncertain. Having been built on an urban wasteland, the land rental was once within the capacity of Justiceville and their sponsors. Recently, however, this rent has gone up by more than 700 %, from \$2,500 to \$18,330 per month.

The team have been given a three month reprieve in which to find enough money to relocate or to rehouse their current residents.

Although the team has been hugely popular with the homeless community, and even the media, others in the sector have treated the Dome Village with suspicion. Haber believes this is because it was too successful.

"Although we have received funding from the (US) department of housing and urban development since 1995, the Dome Village has never really been accepted by other homeless activists," she says. "Why, if it works, has it not been duplicated around the country? This is a question asked continually by visitors who are impressed by the work we have achieved here."

"Ironically, a sponsor on a recent visit said Dome Village was the world's best kept secret," she adds.

'Cat'

www.domevillage.org

Jack wrote to *The Pavement* as we researched this feature, wishing to submit a piece on his plans for a project in London (next issue), but we first put him to work writing about his visit to the Dome Village a few years ago:

"It was in August 2000 that the US National Homeless Convention, held that year in LA's famed Dome Village, put out a call for delegates and I was given the honour of being chosen as one by the organisation I worked for at the time: Street Roots. I was given a return ticket to what's probably the homeless capital of the US, Los Angeles, and arrangements were made for my accommodation at the Dome Village.

"At the same time another well-attended convention was also taking place in LA at the nearby Staples Convention Center, the Democratic National Convention, and the Los Angeles Police Department (LAPD) were on full alert. The streets of LA during both conventions were filled with demonstrators and police.

"With my arrival at the Greyhound terminal I learnt that my host at Dome Village, Ted Hayes, and others attending the National Homeless Convention, had been shot by the LAPD with their beanbag rounds. The convention had certainly gotten off with a bang!

"Dome Village was a magical place to me then; a true inspiration of what homeless people could achieve through their own sweat and effort. At the time I resided in a parking lot in Portland, Oregon, where we slept on scraps of cardboard, much as rough sleepers currently do in London. Dome Village of course had full facilities, and two of its twenty shelters had been converted to

toilets and showers.

"The spheres themselves were 20 feet in diameter and housed homeless families. Some of them were divided into two dwellings to house single adults. The Domes themselves were set on asphalt and shaded by laurel trees that grew in raised planter boxes. Many vegetables and flowers also grew in planter boxes. And the laughter and joy of Dome Village's residents wafted across the lot they lived on, like the smoke from the barbecued feasts they prepared.

"Other members of the press constantly surrounded my host Ted Hayes at the time, and when I finally got a moment alone with him, I asked what Portland's homeless people could do to replicate the Dome Village model in Oregon. His answer surprised me.

"'Just do it, Jack.' He said.

"Of course, I reflected on what Ted told me, but decided against using the quote in my subsequent Street Roots cover story.

After enjoying the hospitality of my hosts at Dome Village for three days, I braved the police cordons and crossed town to Los Angeles's squalid skid row, to see how other homeless people were living. There on San Julian Street hundreds of people slept on cardboard, on sidewalks filthier than those in New Delhi. Shots of liquor sold for a buck each, and cigarettes for a quarter.

"The agents of doctors endlessly cruised these blighted streets, in their Mercedes, looking for anyone still in possession of valid ID willing to sell their names to their Medicaid applications [a common scam in the US]. The payment for signing was \$20: exactly the price of a rock of crack cocaine."

'Jack'







Notices:

A new section for listing events and obituaries

Sleep less rough tests

You may remember the Sleep (Less) Rough bed in issue 10 of *The Pavement*. We featured the work of the designer Tom Goodfellow (*pictured left*) who had designed a folding bed for those who sleep out.

The concept behind the bed was based on the insulation that it gives from the ground, which is a great help in keeping warm at night. When we asked him about the design that ensures this, he told us: "It has been designed to be folded up and portable for a person's nomadic lifestyle and that's all."

But the beds have not been properly 'field tested', and for that the designer has come to us.

We have two no-thrills Sleep (Less) Rough beds to test, and we're looking for two readers who're sleeping-out to test them. So if you fancy trying the bed out for a fortnight, especially with the nights drawing in, get in touch with us at our usual address. Go on, be a guinea pig.

NLAH AGM

North London Action for the Homeless (NLAH) 2006 Annual General Meeting (AGM) is being held on Wednesday 11th October. Speaking as part of this will be Toby Lloyd, senior housing and homelessness policy officer with the Greater London Assembly.

To contact us:

The Pavement PO Box 43675 London SE22 8YL www.thepavement.org.uk We are sad to announce that **Michael David Hone** has died, aged 63, in the borough of Westminster on 31st August 2006



"Harold grows mushrooms"

Legal Lounge

The Pavement's legal eagles, Kellie and Jen, deal with...Disability Living Allowance

"Goodness me Henry," Kellie chided gently. "We expected you over three hours ago!"

"I'm terribly sorry," he replied. "It took so long to dress this morning."

"Well, you're here now. Take a seat," I offered, waving to the huge brown leather sofa opposite me. "Kellie, Henry looks like he would appreciate a coffee."

"My thoughts exactly," she said, smiling. "I'll put some on."

I picked up my own coffee and leaned back into the armchair. "So Henry, what brings you here today?"

He seemed a little embarrassed. "Well, actually, a friend mentioned you may be able to assist me with some money problems I'm having."

"I see. You want to file for bankruptcy?"

"No, not that. I'm finding it very difficult at the moment. I haven't been able to work since the accident and I really can't manage any longer on the paltry income support I get. I barely have money to eat." His voice cracked and he looked down into his lap despairingly. "I just wanted some advice," he muttered softly.

Kellie set the coffee down gently on the heavy oak coffee table between us, and took a seat on another sofa. The room was still, save the embers crackling on the hearth. We sat there for a moment, nursing our coffees as we quietly pondered the situation.

The tranquillity was broken as Henry's stick clattered to the floor. Kellie swiftly picked it up for him.

"Thank you, my dear." He sighed. "I can barely get anywhere without this, you know."

"Is that why you took so long getting here?" She asked.

"Yes. I did have a few jobs since the accident, but it was impossible to keep them as getting ready and travelling in the mornings took me so long." He replied.

"The accident?"

"Yes, a dog mauled me a year ago. Bit through the fibres in my muscles and tendons and now my left leg is useless."

I realised that whilst Henry's walking difficulties caused him a problem, they could also provide the solution we were looking for. As Kellie and Henry discussed the details of the accident, I wandered over to the bookcase and selected a thick blue volume. Kellie looked up.

"I was just thinking the same thing!" She grinned.

"I'm sure I would be more impressed if I knew what the two of you were on about," Henry grumbled.

"Well, your difficulties walking may qualify you for extra benefits," I announced.

"Really?" Henry's curiosity was piqued.

"If I'm not mistaken, Jen is suggesting that you may be eligible to qualify for Disability Living Allowance." Kellie explained.

"How's that?" He replied indignantly. "I am not disabled."

"Maybe not in the conventional sense of the word," I agreed. "But you are eligible for a claim if your disability causes you problems walking. I would say from what you describe, you have a good chance of being awarded the higher rate of the mobility component of the award."

"At the very least he would qualify for the lower rate, wouldn't he Jen? That's £16.50 a week, and the higher rate is £43.45."

"Hmmm... yes. Henry, how are you at cooking?" I asked.

If Henry was surprised by the question he didn't show it. "Well,

I used to make a full Sunday roast, although I must admit I haven't cooked at all in the last year. I can barely stand in the kitchen to put a meal in a microwave."

"Do you have any help at home?" asked Kellie.

"Yes, I do. My daughter comes round after work every evening to make me something to eat, help me tidy. I don't know what I'd do without her. She..." he trailed off and turned his head away.

Kellie turned to me. "I'm thinking of a possible claim for the care component as well, Jen. What do you think?"

I looked up from the book.

"I think we have a good claim for the lower rate, as Henry is being supervised for at least some of the day and is unable to cook for himself."

Henry looked intrigued. "How do I go about claiming this then?" He asked eagerly.

"I think we'll download you a form from the Internet. It's quite a long form but we can help you fill it out." Kellie offered.

The grandfather clock began striking midnight with its warbled chimes. I stood up.

"I do believe that the form will have to wait until tomorrow. Unless you fancy watching the sun rise with two women," I joked.

"Hmmm... caffeine fuelled legal debate until the wee hours? I think you may just witness this old man walk faster than he has in a year." Henry propped himself onto his stick and tipped his hat. "Ladies, I'll be seeing you tomorrow."

'Kellie'

• The basic details of Disability Living Allowance are laid out in the insert opposite.

DLA is a tax free benefit for children and adults:

- 1. with a physical or mental diability
- 2. whose disability is severe enough for you to need help caring for yourself or you have walking difficulties
- 3. who are under 65 when they claim

There are two components to DLA and a person could be eligible for one or both of these:

The care component

For persons who:

- 1. require help with washing, dressing, eating, getting to and using the toilet or communicating their needs
- 2. require supervision to avoid putting themselves or others in substantial danger
- 3. require someone with them when they are on dialysis
- 4. be unable to prepare a cooked main meal for themselves

Amounts payable under the care component range from £16.50 - £62.25 per week.

The mobility component

For persons whose disability is severe enough for them to have the following walking difficulties even when wearing or using an aid or equipment:

- 1. unable or virtually unable to walk, or have no feet or legs
- 2. both 100% blind and 80% deaf and need someone with them when out of doors
- 3. severely mentally impaired with severe behavioural problems and qualify for the highest rate of the care component
- 4. the effort of walking could threaten their life or seriously affect health

Amounts payable under the mobility component range from £16.50 - £43.45 per week.

• DLA can be claimed by contacting the Jobcentre and is not dependent on whether you work – savings/income are irrelevant.

East European

Oi, mate, I'm A8

According to a recent report by *Homeless Link*, nearly half of homeless agencies working with A8 nationals report that their clients have alcohol as a support need. It also stated that overall, 400,000 A8 nationals coming to the UK have contributed an estimated £240 million to the economy in the first eight months of arriving here since 2004.

Now, it is a generally accepted fact that the homeless and rough sleepers are more prone to drug or alcohol misuse, and mental and physical health problems.

Well, of course, this includes the A8 nationals who find themselves homeless and on the streets.

So, does the fact that A8's put money into the economy, and have some people in dire need on the streets mean they can expect the same specialist services? The short answer is no.

There is, unfortunately, an acceptance by some agencies that funding is not forthcoming, and there is also a reluctance by different

local authorities to work with A8 nationals who have support needs. The local authorities and some agencies will argue that resources would be better deployed on existing clients who have access to all the services that are available.

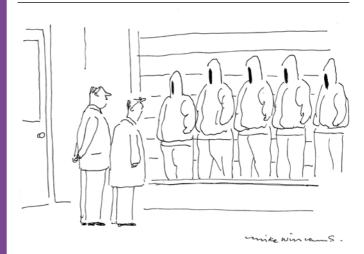
The end result is that many A8s, Polish, Lithuanian and many others, are not helped in the same way as British homeless.

With this in mind shouldn't we considering using part of the revenue generated by A8 nationals to provide proper services to those who don't go straight into work? Perhaps even an integrated alcohol service appropriate to their needs; help tailored to A8s.

Or are we going once again down the road of under-funding, as currently exists within the alcohol sector? At present it's the charity sector that has to pick up the tab.

And the pieces.

'Polskie Strony'



Foot care

Toe Slayer avoids gorey images this issue and talks...Crocs



According to experts the Yanks have a penchant for hideous but comfortable and practical footwear. In the 1950s, the Kork-Ease sandal was introduced, which was a light, cushioned, durable and ugly wedge, with a cork sole and a thick, leather straps. 20 years later it enjoyed a brief fashion renaissance. And popularity for unattractive footware continued with Birkenstocks and Tevas.

But that is all in the past; for now the hottest trend in footwear since the Teva sandal is the Croc (pictured above). At first sight Crocs appear like traditional clogs with contoured insoles. The upper is made from special polymer materials, a lightweight, closedcell resin material called Croslite (TM) and is both ultra lightweight and hard-wearing. According to the manufacturer the soft upper moulds to the foot, accommodating all but the most deformed feet.

Not only this, but being resistant to bacteria and thus odour, the new clogs are designed with vents to allow air to pass through the shoe keeping the feet cool. The heel strap can be worn at the back of the foot or forward for a fashionable clog look. Many attribute the success of this new shoe to comfort and hard wearing.

People who are on their feet a lot buy them for comfort.

Crocs were the creation of a company from Boulder, Colorado, USA. Although originally made as slip-resistant shoes for boating or outdoor wear, they since become a fashion must-have as well as an all-purpose casual shoe. Seen everywhere from beaches to ballrooms, and offices to shopping malls, the highly coloured Crocs are here to stay and available in women's, men's and children's sizes.

Sales have been so enormous there is even a medical grade range with the company about to release a Mary Jane variety.

Crocs come in 19 shades, and some say there is a hue to match every mood, taste and outfit. Key though is the fact that Crocs are not expensive to buy, and because they have become so popular cheaper alternatives are now available.

In the pipeline for this winter are mini galoshes called Frog Clogs designed for farmers mucking out the barn. It is sometime since a shoe style, so comfortable, convenient and cost effective has enjoyed such a fashion voque.

Slip-on shoes made their comeback post September 11th, with the introduction of increased security measures necessitating the easy removal of shoes: no self-respecting jet-setter wanted to be seen fumbling with laces or straps when a simple on/off action would suffice.

*'Toe Slayer'*Podiatrist and shoe historian

Health

Winter must be approaching: Nurse Flo's talking flu jabs!

Dear Flo,

The nurse at the day centre I go to has started advertising that flu jabs will be available soon, but my mate said he had it last year and it gave him the flu. I'm confused Flo; what should I do?

Simon. Camden

Dear Simon.

The nurse at your day centre is very prompt, I must say. Every year the most vulnerable people will be offered the flu jab, but many don't take the opportunity to protect themselves against influenza due

to urban myths. To put the record straight, there are little or no side effects from the flu jab, and for one very brief moment you have a needle in your arm, bu the benefits are no influenza virus. Some people do feel a bit under the weather for a few days afterwards, but this is in no way like getting the flu.

Flu symptoms hit you suddenly and severely. They can include fever, chills, headaches and aching muscles, plus you can get a cough and sore throat at the same time. The flu will make you feel like you've been run over by a truck! Most of my pa-

tience who have suffered from the flu in the past have had the jab every year since, simply because they don't want to feel that ill again. In some people the flu can lead to really serious illnesses like bronchitis and pneumonia. Please ignore the urban myth and get yourself protected. The last thing you need when you're sleeping out is to get ill.

Dear Flo.

I need to see someone about my teeth; one is nearly falling out and another one has gone bad. I'm not sure where to go and how much it would cost.

Angie, King's Cross

Dear Angie,

I'm sorry to hear your teeth aren't so good. Some homeless day centres and medical services have dentists that visit on a regular basis, so you'll need to speak to one of the workers and ask if that happens in your area. They do not usually charge you for treatment. The other option is to go to a NHS dentist. This costs £15.50 unless you meet the criteria for free treatment, some of these include being on Income Support, Jobseeker's Allowance or Pension Credit. The way to find out where your nearest one is to go online at www.nhs. uk/england/dentists. Type your area into the search box and it will tell you. Or you can telephone your local Primary Care Trust: the number will be available from NHS direct 0845 46 47 or the phone book. Flo



Good health all, 'Flo'

 Ask nurse Florence a question at: flo@thepavement.org.uk

"Let me through – I have an NHS 'Life Check' questionnaire!"

Cold Turkey

Picking over the bones of addiction: opiate users

Depending on your poison you should be shouting foul and have the hump; especially if your addiction is not opiate based. What happens those people who are substance addicted to cocaine, amphetamines, alcohol or cannabis? And what about the other lot; those people addicted to certain behaviours, which include gambling, exercise, pornography or sex?

Don't they have the same rights as the opiate user? Don't they have a compulsive and obsessive disorder? Isn't the crack addict or gambler the same as the heroin addict, who feeds his/her addiction by stealing or embezzling? When it comes down to it, they're not doing it because they like it, they're doing it because they have to.

A recent article in the *New Scientist* supported this notion and asked the question "can gambling, shopping, sex, and gaming be as addictive as the hardest drug?"

When we do something pleasant or use drugs, dopamine is released in the brain, which then in turn triggers the desire to keep using or pursuing pleasurable behaviours. There is an emerging body of evidence to suggest that addictions are nearly all the same. There is very little biological difference between what goes on in the head of a gambling addict and that of someone addicted to crack. Certainly they have more in common than they are different.

The World Health ICD-10 (International Classification of Diseases) defines someone as being substance dependent if they have exhibited in the past year three or more of the criteria below:

- A strong desire or compulsion to use.
- Difficulties in controlling substance-taking behaviour in terms of

its onset, termination, or levels of use.

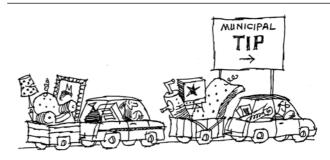
- A physiological withdrawal state when use has ceased or been reduced, as evidenced by the characteristic withdrawal syndrome, or use with the intention of relieving or avoiding withdrawal symptoms.
- Evidence of tolerance, such that increased doses are required in order to achieve effects originally produced by lower doses.
- Progressive neglect of other pleasures or interests because of substance use, increased amount of time necessary to obtain or take substance, or to recover from its effects.
- Persisting with use despite clear evidence of overtly harmful consequences.

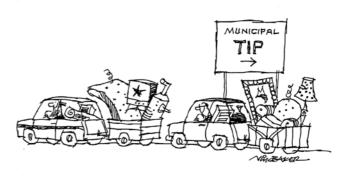
Ring any bells?

So why is it, when there are plenty of researchers who now support this broader definition of addiction do we only give substitute prescribing to the heroin addict? There are many people with 'addiction issues'. They steal, sell themselves and their behaviours affect the wider community, but they can't get their drug of choice on the NHS, as the heroin addict can.

As we all know, it's not the coming off that's the problem, it's the staying off that remains the difficulty. Maybe the funding for addictive disorders needs to be more equitably distributed, less on enforcement and more on treatment and support.

'Andrew Sinclair'





Good Soup Guide

Know where to get it, and what's good

All Souls' Local Action Network Lincoln's Inn Fields (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 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 Coutt'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

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 Ouaker 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 comina up once a month to the Piazza Westminster Cathedral. Sandwiches and hot beverages around 9.30pm every Tuesday and Friday.

Sai Baha

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 (6.00-9.30am): Islington- St Mary's Church 6am; Euston- St Pancras Church 6.10 Hinde Street 6.30; Milford Lane 6.45; Strand Southampton 7.30; Victoria Street; VictoriaBuckingham Gate (Sun only); Victoria- Behind Sainsbury (Sun only); Victoria- Army & Navy 8.15 (Sun) 8 (Mon): Grosevenor Gardens (Sun only); Marble Arch 8.45 (Sun) 8.20 (Mon): Waterloo Bridge 9.15 (Sun) 8.50 (Mon).

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 Gate 9.45: Victoria- Back of Sainsburys 10pm; Victoria- Army & Navy 10.10pm

Street Café: Always in the enclosed area at St Mary-Le-Strand (Strand) – Mon (5-7pm) & Wed (10am-12.00pm)

Several small changes to the Tea and soup runs this month.

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

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

Please note, soup kitchens are listed on page 31.

the List

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

Debt Advice – DA
Dentist – DT
Drugs workers – D
Education/training – ET
Free food – FF
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

Counselling – C

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 Leceister Place, WC2H 7BX

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

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

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 The Dellow Centre

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

82 Wentworth Street, Aldgate

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 (dropin); 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 Barkina 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 Fortunegate 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

22a Hanbury Street

Hanbury Community Project (S.C.T.)

Spitalfields, E1 020 7377 2497 Wed -Thurs 10.00am-4.00pm AC. BA. C. ET. IT. P

Holy Cross Centre

Street, WC1 020 7278 8687 Mon: 2pm-5pm; Tues: 6.15pm-9pm; Wed: 6pm - 9pm (members only) ; Thurs: 5-8pm (Italian speakers session); and Fri: 12-3pm (refugees

The Crypt, Holy Cross Church Cromer

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.H.MS.P.



"The computer's down again"

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.

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

Simon Community

FF, BA, OL, P

House of Hospitality, 129 Malden Road, Kentish Town.

Mon: $11\alpha m$ -4pm; Wed & Thurs: 3 - 8pm

• 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); 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 Cαnonbury 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 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: 12.30 pm-1.30pm

A, BA, C, CA, D, ET, FC, FF, H Waterloo Christian Centre

6 - 8 Webber Street, SE1 8QA

• Closed for refurbishment and due to reopen in January 2007 (see the story on page 6).

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, Wed, 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. Mer

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)

Centrepoint

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

• You can't miss it. A small van crowded in by dozens of route-masters turning onto Oxford Street.

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 01380738137

MEDICAL SERVICES

Great Chapel Street

13 Great Chapel Street, W1 020 7437 9360

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

Thurs: 11am-12.30pm

Arneway Street, SW1

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

Dr. Hickey's - Cardinal Hume Centre

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



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 - 5pm or call for an appointment.

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

October 2006

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:, Sat 10am-12pm.

• Now open Saturdays.

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 Tugs: Wods: Fri: Sat: 12

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 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

Now edited, compiled, and due to be expanded by 'Phil Lee'

Insider talk

In a break from linguistics, Insider looks at smoking

The recreational smoking of tobacco is rapidly joining many other activities that are popular with our readership (sleeping outdoors and drinking in parks) that are fast becoming reviled and illegal.

Despite this those on the streets or in hostels seem keener than ever on smoking.

I for one find it refreshing in these repressive times to see that at least one sector of society have refused to cave in to this political and social pressure and still see smoking for what it is: a sociable, harmless ("ex-

Dogging:

When used in homeless circles this does not refer to the tabloid definition of a washed-up footballer or soap star hanging around in a wooded picnic area in the midlands waiting to have sex with a "readers wife" in the back of a Vauxhall chevette. Rather it is the practice of collecting discarded cigarette butts and taking the remaining tobacco from each one until you have enough to make a roll-up.

Swooping:

As with dogging, but describing the action of 'swooping' down on butts left on the pavement.

Dive bombing:

An antiquated expression dating back to WWII, meaning much the same as swooping. "If you want a smoke, Skip, walk by some bus stops and dive bomb for a few minutes."

perts" may disagree) and relaxing way to kill six to seven minutes.

But why is it that the homeless still smoke so much? Well cigarettes are just plain moreish, but also the homeless spend a large amount of time in areas/buildings where smoking is not discouraged. In fact hostels, where many spend a large amount of their time, are probably one of the most smoke friendly places left (except, ofcourse, the park bench).

When once asking why this is, I was given the simple yet devastatingly valid reason: Any hostel that banned smoking would empty within three days.

And those working in hostels should be glad of their resident's particular smokey ways - they smoke their own hand-rolled special blend. For this reason hostel workers rarely need to empty any of the ashtrays as any butts left in them will be hoovered up by someone roaming the hostel armed with a rizla and an unquenchable thirst for sweet tarry nicotine. Usually within minutes of the butt being put there.

On a serious note, we all know smoking is not good for your health, but the next time you see someone begging, and you've just passed a "Killing with Kindness" poster, or you're too much of a tightwad to share you wealth, try protecting your wallet and liberal reputation by giving them a cigarette.

'Insider'

• 'Insider talk' will be back next issue, and if you have any words or phrases you feel should be looked at e-mail'

insider@thepavement.org.uk



Anthony Jones Age at Disappearance: 24 Age Now: 29

Anthony has been missing since July 2001. Although he went missing from Farnham, Surrey, Anthony was later seen at Waterloo Station in London. Since then, he has reportedly been sighted on other occasions, again in London. It is believed that Anthony may be sleeping rough in the London area, but his current whereabouts remain unknown.

His family are greatly concerned for Anthony, as he was unwell at the time of his disappearance and in need of medication. They do not wish to interfere with Anthony's life, they just want to know that he is safe and well

Anthony, who is now 29 years old, is 5ft 8in, slim with short brown hair and blue eyes. He may now have a beard or moustache.

If you have seen Anthony, please call the National Missing Persons Helpline on Freefone 0500 700 700. All calls are confidential.