



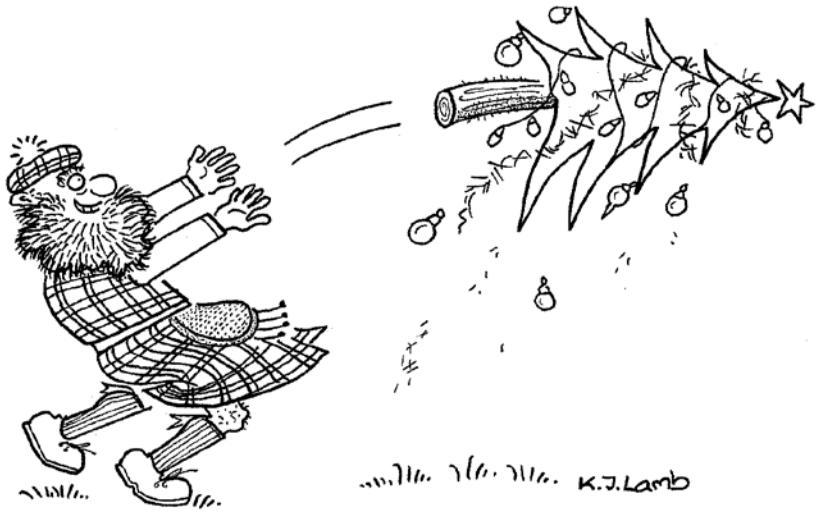
the **Pavement**

The paper for the homeless – *London edition*

Issue 15 – *free*

Inside: The tartan issue celebrating St Andrew's Day on 30th November, with all the main homeless news, features and your views.

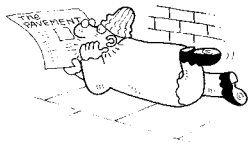
November 2006



"It's nae the Christmas issue yet"

The Editor

Letters asking big questions, to which we'll find answers



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

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 Pavement is a charity -
Registered Charity No. 1110656

Cover: *The Tartan of Scotscaire*,
the Scottish society that we
feature on page 11.

Since we last went to press we've received two letters that raise such large issues, and suggest such nefarious actions, that they warrant featuring in the editorial, and the sending out of our staff to investigate. We are going to ask whether rough sleepers are being moved on by the police, specifically to lower the figures on homeless head counts.

The letters, below, were both received after we begun to hear unsubstantiated reports that people were being moved out of Westminster prior to a head count on the 27th September. The count did take place (see page 9), but we've no evidence that action was taken to clear bedding down areas. Here are the letters:

I would like to bring to your, and the readers', attention the manipulation of numbers concerning the monthly homeless head count [by the] the police homeless unit. Over the past three years I have been homeless in London, each month, just before the head count we are intimidated, threatened and harassed by the [police] homeless unit to leave the Westminster area prior to the head count.

Who is accountable for this manipulation? Is it the homeless unit? The Met police? Westminster Council? And who is going to be the beneficiary of this harassment? Surely it isn't helping the homeless population of Westminster, because the manipulated numbers must have a bearing on the funding for homeless projects in the Westminster area?

How can we stop it? If you or any of you readers have any suggestions on how to combat this, please get in touch.

Name Supplied
West End

Further to recent reports that Surrey Street had been cleared of rough-sleepers, additional information suggests that rough sleepers in the Westminster area are being advised to "go to Chelsea" by the police.

Other rumours are that Westminster City council are conducting a head-count on Wednesday 27th Sep which would account for the clearances.

Name Supplied
Via e-mail

So, what do we do? These were received too close to deadline to begin the serious work of investigation, but we will grab this story and get to the bottom of it; looking to get evidence to prove or disprove the rumour. We'll start with contacting some readers, but would ask those with knowledge of this to get in touch with us. Then we'll go to our contacts in the police, Westminster City Council, and outreach workers.

These rumours don't go away, but they remain just that, rumours, and we want to answer the following questions: Are rough sleepers being moved on by the police or others? If so, on whose orders, to what end and is it part of the headcounts? It'll take a while, but we hope to have answers for our January issue.

'Editor'
editor@thepavement.org.uk

Russia over the moon

The Homeless World Cup; the trophy and the wooden spoon

Russia emerged victorious in the 2006 Homeless World Cup final, beating newcomers Kazakhstan 1-0 to secure the trophy in what was probably one of the lowest scoring matches of the tournament. The competition held in Cape Town saw 48 nations play 300 games, scoring total of 1800 goals. Although the England team showed much skill and promise, a slow start lost them the chance of winning the cup during the week long competition.

President Mbeki welcomed the Homeless World Cup during his Heritage Day address saying: 'We are very happy that Cape Town is hosting this important sporting event which, I am certain will further popularise participation in street soccer and other sports in our country.' The first time a senior politician has supported the event drew an international media pack and secured televised coverage of the competition, also for the first-time. Another treat was in store for fans when Eusebio, aka The Black Panther and one of Portugal's greatest players in the 60s and 70s, officially kicked off the opening game.

Host nation South Africa put their team, Bafowethu, against Chile in the first game, and lost.

With the crowd behind them they didn't disappoint, winning 2-0. On the second day, crowd frenzy knew no bounds as South Africa's favourite premier team, the Kazier Chiefs stepped on to the pitch to welcome the teams. Although morning rain delayed play, spirits remained high and another few hours of tough and passionate football entertained the fans.

Of the 26 teams ranked from last years cup held in Edinburgh, only Poland and Russia made it to the final stage of the competition. Mexico, making their tournament debut finished in fourth place. The Host Nation were eventually knocked out by Russia.

The England line up included Nicky (Besnick) Meta, Tony Peacock, Adam Banda, Vincent Barton, Kevin Garrighan, Ricardo Brandao, Elcio Tavares and Paul Smith (Captain)

The group stages saw their first match against Hong Kong and although they had a nervous start going 1-0 down, regained their composure, went on the offensive and put the opposition under constant pressure securing a convincing win of 11-1 on day one of the tournament. Subsequent games saw England play the Ukraine – a match full off

controversy with a sending off for Nicky Meta and a penalty shoot out. We all know how England loves penalties, and unfortunately this proved to be another of those occasions with the Ukraine eventually winning 3-2. Victories against the Czech Republic and Rwanda, weren't enough to put England through and after losing to the eventual Champions they finished third in their group on 3 points.

Other Home Nations performed excellently with Ireland finishing top of Group Four and Scotland second in Group Seven after some tough matches. Both teams went home with trophies, Scotland beat Slovakia 4-3 to win the Big Issue Cape Town Cup and Ireland won against Finland to win the City of Edinburgh Cup.

Undiscouraged by their failure to secure a trophy, the England team returned home happy with finishing a not too shabby 13th out of 48 teams and enthusing about the experience. Paul Smith who captained the team throughout the tournament said: 'I will never forget the people I've met in Cape Town, especially the people who have been or are still living on the streets.'

Richard Brown, managing director for The Big Issue North who coordinated the England team agrees: 'Our lads were great ambassadors for their country. I'm sure the experience will have a lasting impression on the players and indeed all the staff, who have taken part in this year's event.'

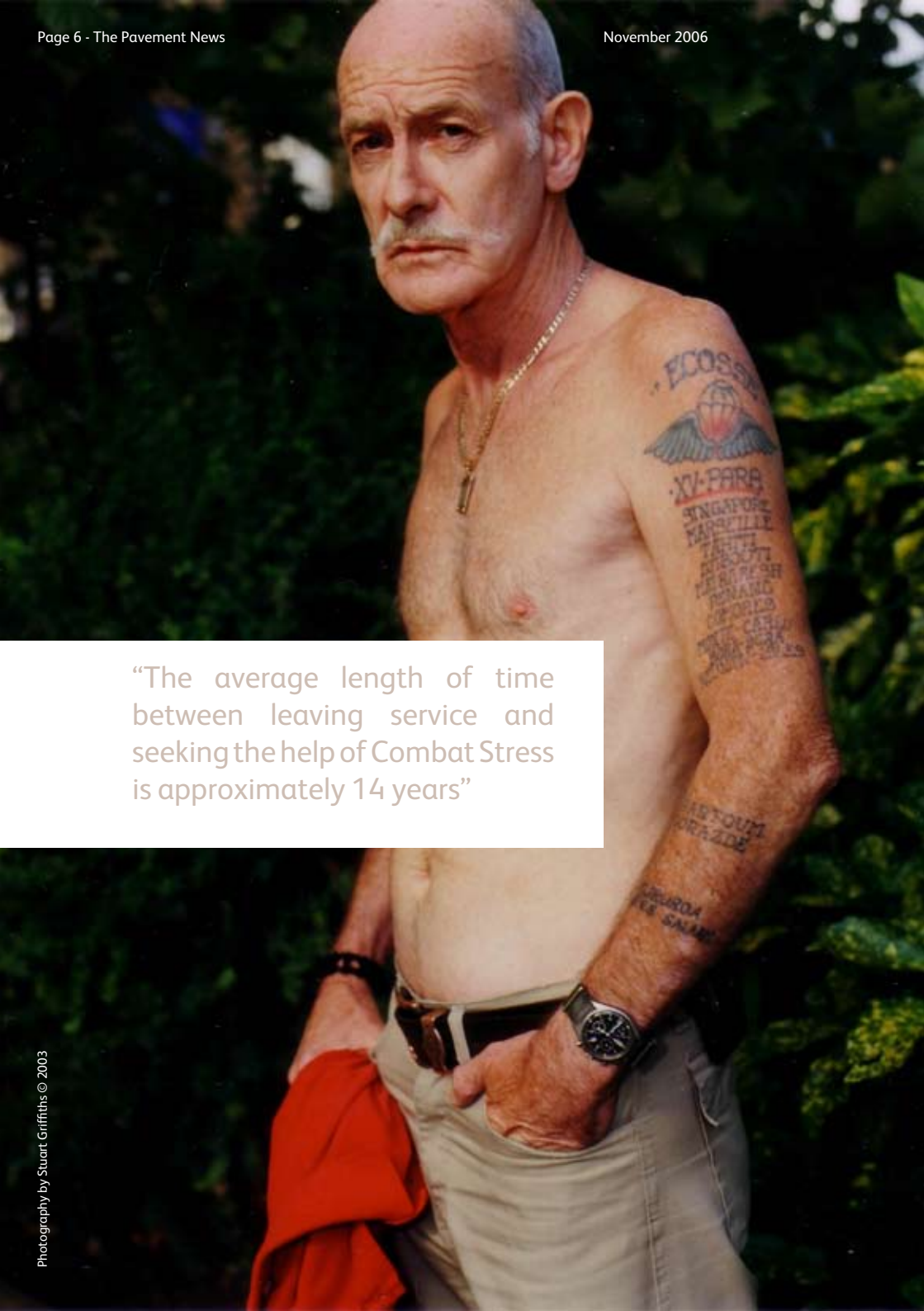
Trials for the next Homeless World Cup will start in January. For anyone interested in taking up street soccer contact Street League on 020 8536 5330: www.streetleague.co.uk



'AKP'



“Trials for the next Homeless World Cup, which takes place in Copenhagen in 2007, will start in January”



“The average length of time between leaving service and seeking the help of Combat Stress is approximately 14 years”

Trawling for stories

It's the time of year that the media go looking for old soldiers on the street

The predictable annual rush by journalists to interview homeless ex-servicemen before Remembrance Sunday and Armistice Day has started, but this year it's being marked with increased interest as the media seeks to link the plight of ex-soldiers on the street and the ongoing conflicts in the Middle East. And in some cases the facts are being ignored in the search for a sensationalist story.

Some ex-servicemen on the streets have found themselves approached recently by members of the mainstream media; television, radio and the press. The Pavement's offices have been contacted by journalists asking for ex-soldiers who want to talk about their experiences, but what's different this year is who they want to speak to. Dr. Hugh Milroy, of the Ex-Service Fellowship Centre in Victoria (listed page 26), told us, "[this] happens every year before 11th November with unsurprising regularity, but this year there seems to have been an added urge to find people who have been damaged by the current conflicts in Afghanistan and Iraq." He has spent hours over the past few weeks answering media enquiries.

The worry for some with this type of reporting is that, although it helps highlight the trouble some rough sleepers are in, it often distorts facts in trying to make a link with current conflicts. Some of the facts reported on this issue have been erroneous, such as suggesting that a thousand veterans were sleeping rough, whereas recent interim figures suggest that ex-servicemen make up around 6% of those sleeping rough. It supersedes the previous figures of 22% that has thankfully been dropped (see Issue 12) from most press. A report from Ex-Service Action Group (ESAG) are due to report

the new figures soon.

Milroy, speaking to The Pavement, was quite clear of the need to continue the work done with homeless ex-servicemen and women, but is concerned that recent reports have clouded the issue and give the impression that those involved are failing to support those in need. He decided to speak to us to put some perspective on this thorny issue. "I keep trying to explain that, for the most part, the reasons veterans are homeless are much the same as every other homeless person. In some cases there may well be a link with previous military service, but for many the complexity of their situation involves issues such as poverty, lack of affordable housing, alcohol/drug abuse, mental health problems, social isolation et cetera." He told us, adding that, "Any or all of these factors can be, and often are the underlying cause of the client's homelessness. But this is not what the media want to hear. So, while we in the ex-service charity world may have a small voice on this matter, I think it is absolutely vital that larger groups such as Shelter must keep telling anyone who will listen that the issue of homelessness among veterans is much wider: it is not a about a single issue."

One of the areas that members of the press overlook when looking for veterans of Afghanistan or the last Gulf War is the fact that detrimental affects of service life, particularly from front line deployments, can often take years to manifest themselves. In February of this year, Combat Stress, the ex-services mental welfare society, sent out a press release stating that it was "not surprised to see the recently released official government figures concerning the numbers of ex-Serv-

icemen and women who have served in Iraq who are now suffering serious mental health problems," but it cautioned that "the average length of time between leaving service and seeking the help of Combat Stress is approximately 14 years."

So, with such a long 'gestation' of symptoms, it's very unlikely that the media will find hordes of traumatized ex-servicemen on London's streets, and to look for them shows a lack of understanding of the problem

Milroy said: "while I am no apologist for the MOD, I know they spend millions of pounds to ensure that personnel make a successful transition to civilian life and they are constantly involved with us to see where they can help. While some will undoubtedly fall through the mesh, each year thousands will make the transition from military service successfully. The real bonus is that for the rest of their post-service lives service personnel, and in a lot of cases, their partners, can call assistance from a vast array of ex-service organisations; could the same be said about working for a sandwich bar in London?"

Asked if the military fails in their duty of care to help those leaving the forces, Milroy replied: "I am so passionate about caring for homeless veterans that if I thought that this was the case I would be telling everyone." He added that, "of course, there will always be homeless people that have been damaged and feel that military service was the root cause of their problems...I wouldn't deny this but what I want to do is keep the whole thing in context. The issue needs perspective, not sensationalism."

'Cobbett'

News-in-brief

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

Ethnic trends in homeless

Ethnic minorities are more likely to 'sofa surf' among friends and relatives, making them less visible to checks carried out by authorities, Centrepoint has claimed.

When this hospitality has run out, most then turn to sleeping in night buses or finding squats, rather than approaching hostels or sleeping in the streets, the charity said.

72 per cent of all Centrepoint users are black or minority ethnic, and the organisation was keen to highlight the growing number during October's Black History Month.

TV actor and playwright Kwame Kwei-Armah spoke to young people at an event organised at the Camberwell Foyer service.

'Cat'

LA hospital dumps homeless

A hospital in Los Angeles, USA, is under investigation for dropping homeless patients off on the city's skid row against their will.

The patients have claimed they told the staff they did not want to be taken downtown.

The Los Angeles Police Department, who photographed and videotaped the five 'dumping' cases, said it was a major breakthrough in yearlong efforts to reduce the number of people who had been left in dangerous areas by hospitals, police departments, and other public institutions.

Officials at Los Angeles Metropolitan Medical Center denied that they had improperly handled the patients.

Police said they were investigating whether the patients were falsely imprisoned during their transfer

and also whether the hospital has violated any laws regarding the treatment of patients.

'Cat'

Cardboard Citizens

Cardboard Citizens, the only professional theatre company working with homeless and ex-homeless people, presents, in collaboration with the Royal Shakespeare Company (RSC), an adaptation of Shakespeare's play 'Timon of Athens.' The play will be on tour, starting in London, for at least three weeks, from the 24th of October until the 11th of November.

The story: surrounded by flatterers, a wealthy man called Timon travels from his fake golden paradise to the nightmare of loneliness and bankruptcy. Adapted by Sarah Woods and Adrian Jackson the production is set in an environment closer to our living standards, a management seminar where goals, ambition and individualism are paramount

"When Timon loses his fortune, he turns to the people he considered friends and thinks they will help him. But they don't. This story is not far from what homeless people experience today", said designer, Fred Meller.

The play involves interaction between the audience and the actors who have had their own 'Timonean' experience in life. "We don't want barriers between the audience and the actors... an audience member might also be given lines to read," added Meller.

'Renee'

Next Soup Run Forum

The next Soup Run Forum, to coordinate activity and produce a guide to good practice, will be held whilst this paper is on the presses. We'll report on it in the December issue.

'Cobbett'

Flat share

David Cameron has called for the elderly to open their homes to families without permanent residence to combat the isolation of older people.

Speaking at Age Concern in east London, Mr Cameron said this was one solution to removing barriers between generations and 'airbrushing' isolated elderly members back into society.

He recommended that in return for accommodation, the guests could carry out household chores.

"It's a perfect example of social responsibility, of the generations coming together," Mr Cameron added.

Anyone fancy sharing in Notting Hill?

'Cat'

Dome Village closure

The Dome Village in Los Angeles, USA, reported on last issue, is due to close on 1st November, forcing many people once again onto that city's streets. The closure is attributed to a huge and sudden increase in the rent for the property.

While the value of the area has undoubtedly increased since Dome Village was founded 13 years ago, and a rent increase was expected,

the landlord raising the rent seven times has proved catastrophic.

According to John Hren, who has been working and living at the Dome Village for two years, the landlord's decision was influenced by the fact that the Dome Village founder, Ted Hayes, attended a woman's Republican lunch which was covered by the *Los Angeles Times* newspaper.

"The Landlord, who is a keen Democratic, saw the article and called to say that he was increasing the rent to \$18,000 monthly; he actually told Ted that he should find backing by his Republican friends," Hren alleged.

Dome Village's 32 residents are being forced to vacate the property in just a few days, and there are fears that some of them will not be able to identify a suitable shelter by 1st November. In the meanwhile, people will have to be separated from their pets to make their search easier.

But the staff of the Dome Village

have not given up. They are currently looking for another location to establish the new and improved Dome Village. To achieve that, they have placed a number of domes on E-bay to raise money.

'Renee'

New A8 restrictions planned

Britain is planning to slash the number of immigrants from new EU accession (A8) countries, in a clumsy attempt to avoid repeating the same mistakes it made with the wave of immigrants from Poland and the Baltic countries.

A few months before Bulgaria and Romania join the European Union in 2007, meaning that their citizens will be allowed to travel freely over the EU, the Home Secretary, John Reid, called for "managed migration" and vowed to control the flow of immigrants in Britain "after a rush of immigration from the first

round of Eastern European accession states."

Many workers who came over to Britain when Poland, Latvia, Lithuania and Estonia joined the EU in 2005 were left on the streets due to an disorganised 'open doors' strategy by the government.

This time, the Home Secretary has promised tighter controls. He said that to the Home Office will "ensure that the immigration system is both effective and fair." In short, the government has decided to limit the jobs available to workers from Bulgaria and Romania with a Highly Skilled Migrant Programme. There are no real controls, however, on people from these countries travelling to the UK.

John Reid said that "while the overall impact of immigration from Eastern Europe has had positive effects on the UK economy...some local authorities have reported problems of overcrowding in private housing."

'Carlo'

TRB rebrand

In October 2001, Thames Reach and Bondway merged to become Thames Reach Bondway (TRB). Now, five years later, they've gone back to the old name.

For various reasons, including being confused with Broadway, they are reverting to calling themselves what many readers already call them: Thames Reach. The change takes place from 1st November, but their press release didn't say how much it was going to cost them.

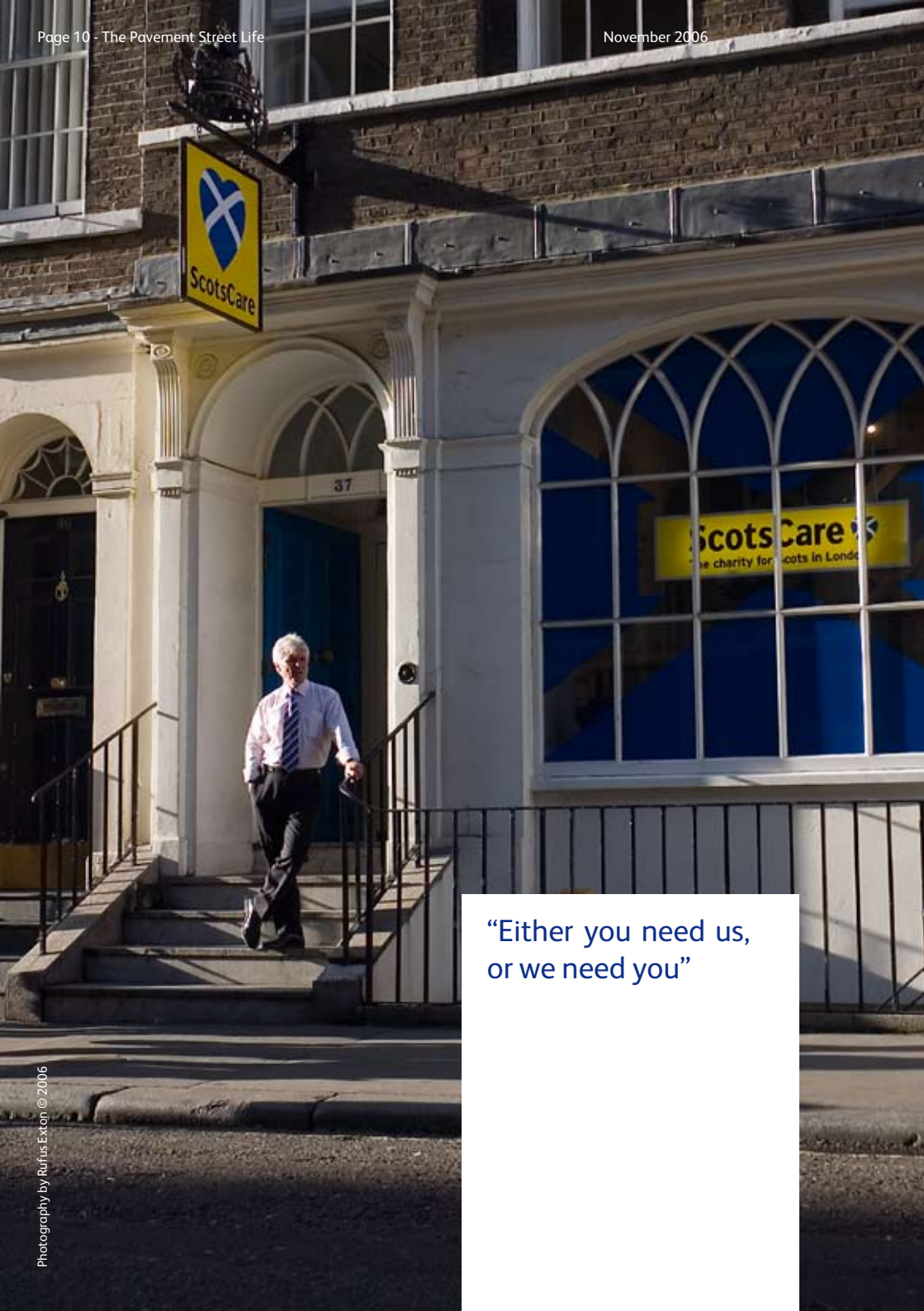
'Cobbett'

Street count

A Westminster street count on 27th September revealed 108 rough sleepers, plus 33 A8 nationals.

'Hack'





“Either you need us,
or we need you”

Scots Wahey!

ScotsCare, an organisation out to help Scots in London

The *Streetcar* character Blanche Dubois said she always relied on the kindness of strangers, but unfortunately for the rest of us it isn't always that easy.

So having a common bond through an interest or background can make a real difference, whether it is a case of striking up a conversation or asking for a favour.

ScotsCare is an organisation with a four hundred year tradition of helping people living in London who have a link to Scotland to get themselves back onto their feet.

The name, a recent change from the Royal Scottish Corporation, was designed to give a 'does what it says on the tin' feel.

"It communicates better what we are about," says chief executive, Willie Docherty (pictured left).

Since Docherty took hold of the reins five years ago, he has tried to encourage the charity to move in a more innovative direction. Having assessed research that shows which people are most likely to fall into patterns of drink and drug abuse or to become homeless, their major target group is now men aged between 25 and 45.

"This group isn't a priority for anyone in terms of housing and help, and so they are more likely to be on the streets," Docherty says.

The team, which is made up of 17 core people, also aims to help vulnerable elderly and families.

However, the Scottish link remains a constant requirement, as it is laid out in the constitution of the charity.

"To us that means you have to be Scottish or second generation Scottish," says Docherty. People have to prove this with a birth certificate or passport, but ScotsCare will apply for one on someone's behalf.

After that, an assessment is made of what the person needs, which could be anything from information on benefits, to help finding accommodation, buying a meal or getting some clothes.

If someone genuinely wants to return to their home across the border, the charity will help them buy a ticket back to Scotland, but Docherty says this is by no means the ethos of the charity.

"We want to help people maintain themselves in London, but if that doesn't work out for them, then we will help them to return. It's not something we encourage though," he adds.

Docherty says he strongly believes that the charity is just as relevant now as it was when first set up in 1603, with James VI of Scotland becoming James I of England. In those days, wealthy Scots put money into a 'Scots box' to help their fellow countrymen.

The charity receives an income from a permanent endowment policy, but as the numbers of people seeking help increase, the charity is looking more towards donations to supplement their funds.

While the funding might have become more sophisticated, the aim remains the same.

"There are 340,000 people living in London with a Scottish connection," he says. "10% of those will live in deprived circumstances. What we want to do is connect the wealthy Scots with those who are not."

The cultural identity of being a Scot in London creates a bond which Docherty and his team are keen to pursue.

"Any nationality likes to get together when they are away from home, and the Scots are no different. Relating to others who share your

cultural identity can really make a difference," he says.

As well as providing essential help with finances and shelter, ScotsCare organises several social events with the aim of introducing people to each other and breaking down barriers that keep people isolated.

"We are seeking to create a Scottish harmony," says Docherty. "To do that we need to communicate with all the Scots in London."

He says that ScotsCare is aiming to double the number of people it currently reaches, around 10% of those who he feels need it, within five years.

A major obstacle was the integration of Scottish people into the local community. "There are no Scottish enclaves around the city, as there usually are with foreign nationals," he says. "We need to reach more people and make them aware."

He admits that the age of the organisation had made them complacent about promoting themselves in the past.

"For a long time we expected people to find us," he says. "We've realised that this was not the case. We have changed the name to make it clear to all what we do, and to reach out to more people."

As far as Docherty is concerned, the Scottish community in London is more than capable of supporting any of those who are struggling in the city. "Either you need us or we need you," he says.

The ScotsCare team run three free lunches a month in various locations around London. The Bloomsbury Church lunch takes place on the second Wednesday each month, about half eleven. Anyone with a Scottish connection is welcome to turn up.

'Cat'

Replicating Dignity

Another feature on alternatives to hostels: No. 3 The Homeless Front

Dignity Village, the former tent city in Portland, Oregon, USA, is the greatest accomplishment of the American poor since Rosa Parks refused to get off the bus. It is the physical embodiment of a dream and hard work on the part of the most oppressed people in society.

Imagine a homeless community coming together to challenge a draconian piece of legislation, a camping ban, and living in tents on public land. Tents were a giant step up from the doorways they had been living in.

Dignity's "original soldiers" refused to disband and return to the doorways despite being frog-marched by the police from site to site. They were swept five times! Their tactic of the shopping cart parade as they circled Jericho, waiting for cracks to appear in the City's walls, captured the public imagination.

The Homeless Front's tenacity and persistence eventually paid off. In 2004 Dignity Village won legal sanction on its sixth site when it was officially designated a campground under an extant, but little known state statute.

Dignity Village was born in the fire of direct action. When Portland's camping ban was challenged in September 2000, its homeless community immediately began organising the Out of the Doorways campaign. History had thrown down the gauntlet and Portland's homeless admirably rose to the challenge, and picked that gauntlet up.

The original Out of the Doorways campaign was as popular as it was inclusive. Right away it attracted media attention, and not only from the street newspaper that was its initial sponsor. It also pulled

aboard a great deal of support in the wider community. Supporters included everyone from artists to attorneys, from students to religious leaders from churches and the local mosque, and the homeless. Much of Dignity's vision sprang from those early, tumultuous meetings.

When the Homeless Front's first eight soldiers occupied their first piece of public ground in December 2000, they were armed with the vision of the green, sustainable, urban village they wanted to create. They fought hard for the sanction they finally won, and their dwellings started to evolve.

From the tents they began with, the residences turned into the eco-friendly structures and community spaces villagers enjoy today. Dignity's most recent proposal to the City of Portland said: "Dignity Village is the only place-based community in this town that practices grass roots democracy with an ecological vision. It is the only walkable community not invaded by cars, and it is the most cost efficient self-help model for transcending homelessness in the nation."

The Dignity model has numerous advantages over more traditional shelter facilities. As most people are homeless for a period of less than a year, Dignity is flexible and expandable, and therefore able to accommodate fluctuations in demand.

Compared to conventional facilities, tent cities are inexpensive to build and operate. They also minimise any impact on the land they occupy, and are easily transported when necessary. When combined with more permanent facilities such as showers, toilets, cooking and laundry facilities, community spaces, common areas

and offices, communities like Dignity are perfect to meet the needs of the temporarily displaced.

It should be pointed out that the term 'tent cities' is a bit of a misnomer, and is not meant to imply that housing structures are limited to only nylon and metal-pole construction. Dignity Village, for example, currently has what is probably the largest assembled collection of eco-friendly dwellings using cob and straw bale constructive techniques in the Pacific Northwest.

The Dignity model is one that cries out for replication and adaptation to the current British political, legal and social geography. Too many people in London are relegated to living in doorways and under bridges for a number of reasons. Many, including couples and A8 immigrants from Eastern Europe, are underserved in the current configuration of social services. Added to this, there is a built-in disincentive to seeking and finding steady employment while staying in many of the hostels, which makes them a less-than-desirable option for those who are actively seeking work.

To this end, London's newly-formed Homeless Front UK is running a Out of the Doorways campaign on this side of the pond.

We are holding meetings and looking at promising sites on which to set up our first tent city. To help set us up in our endeavours we have some funding and a Tent Cities Tool Kit, jointly developed by Dignity Village and media partners Kwamba Productions. We urge all people interested in helping to ring us at 07956 494 664 or go to <http://squat.net/homelessfront>.

Jack Tafari

HFUK



HOMELESS FRONT

MILITANT ARTISTS

— DON —

FOREVER

Come to **Crisis Jobs' Fair** for homeless people

**Wednesday
22 November**

12-6 pm

- Wide range of employment opportunities
- Team of job brokers
- Training support
- Work placements
- Voluntary work opportunities
- Funding support for training costs
- Information on training
- Assistance with CVs and completing application forms
- Clothing for interviews
- Interpreting support



The Jobs Fair is at
Crisis Skylight
66 Commercial St, E1 6LT
(see location map)



Notices

The section for listing events, announcements and courses

Cardboard Citizens courses

As leading practitioners of Forum Theatre, Cardboard Citizens is hosting specialist training courses in aspects of the Theatre of the Oppressed from December 2006 until February 2007. The courses will be led by Augusto Boal and Adrian Jackson, variously, with the participation of members of Cardboard Citizens, the UK's only homeless people's professional theatre company.

Theatre of the Oppressed is the over-arching title given to the ensemble of techniques and approaches to theatre pioneered by the Brazilian theatre practitioner Augusto Boal. The common element of the various branches of this work is that all seek to make the power of theatre as a force for change available to everyone, particularly those in oppressed situations. Courses will focus on exploring the Theatre of the Oppressed techniques and are suitable for anyone interested in using theatre as a debate for social change with communities including students, theatre practitioners social activists, youth workers.

Joker Weekends in London.

2nd & 3rd December 2006 and 27th & 28th January 2007.

This intensive two-day course will focus on the skills of the Joker (facilitator/'difficultator') and the dramaturgy of Forum Theatre plays.

Full Price £200 plus VAT (£235.00).

Forum Theatre Week in London.

12th – 16th February 2007 London.

Through this intensive week participants will investigate the theory and practice of Forum Theatre.

10am – 6pm Monday - Friday.

Full Price, London £450 plus VAT (£528.75).

Rainbow of Desires Week.

19th – 23rd February 2007 (to be confirmed).

Through this intensive week, Augusto Boal will introduce the work he has subtitled 'theatre and therapy' by means of anecdote, games and exercises.

Full Price £600 plus VAT (£705.00).

Reduced rates available for voluntary organisations/individuals/referrals.

For more information about the courses please see www.cardboard-citizens.org.uk, e-mail training@cardboardcitizens.org.uk or phone 020 7247 7747.

Crisis job fair

On 22nd November Crisis Skylight

will be holding a job fair. Running from 12 - 6pm, it will have Job Centre Plus staff, and other advisors, to help with CVs, business advice, benefits, training and bank accounts.

It's worth a look in.

Starter packs launch

On Tuesday 7th November St Paul's Church, near Baker Street, will host the launch of a Starter Packs scheme, organised by Housing Justice and Unleash.

Invited Speakers from Scottish Churches Homelessness Action, Glasgow Starter Pack scheme and Quaker Social Action Homestore, among others will mark the day.

Starter packs consist of household items such as cutlery, crockery, pots and pans, cleaning materials and household linen, and are given to people when they first move in to new tenancies. Starter Pack schemes have successful in Scotland.



Soup Letters

A reader's review

The following review was submitted as part of the Good Soup Guide, which is listed on pages 20 and 27:

I have been homeless now for almost eight months, and although there are many day centres, not many are what I would describe as an oasis.

The one I do think of in that way is the soup kitchen at the American Church, Tottenham Court Road (although the entrance is in Whitfield Street). I found it soon after coming to the streets.

It's open from 10am to noon, Mondays to Fridays (except Wednesday), and from 23rd September this year, it has also been opening on Saturdays.

The food is adequate, it's free, so I do not expect cordon bleu. Once a week there is a clothing store open.

The question you may ask is why I see it as an oasis? I think it is because the staff are mostly volunteers. This, and that unlike other places, I am not called sir, a term that official places use (a bland pc phrase, that ironically shows little respect). I feel like I am a human being, not just another user of services. In my time I have worked for youth organisations and community clubs, and I know the way some of them think each user is just that; a user. However, here at the soup kitchen I am treated with respect. I can joke and talk with them. The soup kitchen is a place to relax.

There are rules here, but doesn't all society have regulations? Their's are simple: no alcohol or drugs on the premises, and smoking in the outside areas.

Sound good? It is.

So come experience the place I call an oasis.

Ian Kalman

Your letters and e-mail

Dear Editor,

I've noticed the distribution of Marks & Spencer sandwiches has changed in my area. Where in some cases the out-of-date and close-date sandwiches and produce were made available to various organizations, I don't see it as much.

In fact there seems to be a complete shut-down in place, excepting perhaps to those organizations that will distribute on the same day of receipt.

I've heard the suggestion that an organisation called FareShare is receiving this street-liver's supply and redirecting it? If this is so, where is it going?

I suspect long-ago much of this food went to feed pigs, and now I wonder if this food is passing into land-fill? I've heard rumour that food is being dyed with chemicals to prevent its consumption. If this is true, it all sounds a bit dog in the manger.

Joe
West End

Dear Joe,

There is an organization called FareShare. They are trying to coordinate the food collection for use by homeless services, but whether they are now receiving the M&S food, and if this has affected supply to your usual 'stockists', we can't say yet.

Part of FareShare's policy is to environmentally dispose of excess food, as well as that which is no longer fit for human consumption. They do this by use of composting, so no landfill there.

We'll forward your letter to FareShare to see if they have a comment, and if they are now the 'middle men' in the equation, it'll be interesting to see how this could effect things.
The Editor

Dear Editor,

I would like to bring to your, and the readers', attention the manipulation of numbers concerning the monthly homeless head count [by the] the police homeless unit. Over the past three years I have been homeless in London, each month, just before the head count we are intimidated, threatened and harassed by the [police] homeless unit to leave the Westminster area prior to the head count.

Who is accountable for this manipulation? Is it the homeless unit? The Met police? Westminster Council? And who is going to be the beneficiary of this harassment? Surely it isn't helping the homeless population of Westminster, because the manipulated numbers must have a bearing on the funding for homeless projects in the Westminster area?

How can we stop it? If you or any of you readers have any suggestions on how to combat this, please get in touch.

Name Supplied
West End

Dear Editor

Further to recent reports that Surrey Street had been cleared of rough-sleepers, additional information suggests that rough sleepers in the Westminster area are being advised to "go to Chelsea" by the police.

Other rumours are that Westminster City council are conducting a headcount on Wednesday 27th September, which would account for the clearances.

Name Supplied
Via e-mail

See editorial, page 3. It's too big an issue for comment here, and we'll try to report on this for January.

Foot care

The silent plague - Toeslayer on diabetes

From Riyadh to Rio, from Paris to Perth, the world is facing a silent health crisis. As a species, we have high genetic susceptibilities to diabetes mellitus, which is not improved by a sedentary existence and staple diet of foods containing high sugar content. Diabetes is a condition where levels of blood sugar (glucose) are high because either the body does not produce enough insulin or our insulin is not working properly. Insulin is a hormone, which helps sugar breakdown carbohydrates. The disease presents in two types, Type I, affects younger people and relates to a lack of insulin

production from the pancreas; Type II Diabetes is more likely to challenge the lifestyle and health of aging adults. The incidence of this once killer disease is on the rise and particularly common among the 30+ demographic. Whilst most people diagnosed with diabetes cope well, about 15% develop foot complications. One third of that group will develop an ulcer within a year of diagnosis and unless treated these can lead to amputation. Complications from diabetes usually occur within 10 to 20 years of getting the disease. What is particularly pernicious is most Type

II Diabetics go undiagnosed for up to a decade during which time severe nerve damage may already be established.

The changes associated with diabetes can seriously affect the legs and feet. Clogging of the arteries with fatty plaques may reduce blood flow to the legs causing ischaemia. This gives a range of symptoms from ice cold to hot burning feet. Leg cramps become more likely and come after mild exertion or at rest. These symptoms should be reported to the doctor. Increased blood sugar levels cause delayed healing and frequently an infected ingrown nail



"Oh no! It looks as if the great pandemic we're all dreading has finally arrived"

or septic corn will not heal. People living with diabetes are prone to all kinds of acute infection from the simplest cuts or abrasions on the skin. Diabetes can also effect the nerve supply and damage caused by high sugar levels may present as numbness, pins and needles (paraesthesia), burning sensation and hypersensitivities to pain, touch and temperature. Most diabetics complain of a strange feeling under their toes, described as 'standing on crumpled bedclothes'. Some people have no feeling whatsoever in their feet. When the absence of pain is present this means many diabetics are unaware of gaping wounds, all prone to infection: this makes the feet vulnerable. The earlier these symptoms are reported to your health care professional the better. The sooner treatment begins the more likely that there is a reduction in complications that may develop otherwise. So it is a good idea to routinely inspect the feet for cuts and sores. Shoes are often cited as a leading cause of injury so checking the shoes for rough edges, torn seams, sharp objects like tin tacks and broken glass can help reduce the problem. Simple self-pedicure such as toe nail cutting or corn scrapping become fraught with dangers when undertaken by people whose eyesight is poor (another complication of diabetes) and neglect of dry skin frequently causes cracking (fissures) which is then vulnerable to infection. When the feet become unmanageable this is good reason to visit the foot clinic. Skin and nails regrow approximately every three months, so four visits a year is often enough to keep trouble at bay.

Recent research has shown regular exercise combined with a balanced diet of low cholesterol (fat) and low GI (Glycaemic Index) foods help those living with diabetes. This is also helped considerably by stopping smoking and reducing the daily intake of

alcohol. Compliance with these life style changes combined with early detection of the disease can reduce foot complications entirely. Physical activity helps to make the insulin work more effectively by burning fat, which is always good for losing weight (regular daily exercise is considered the smart thing to include into your waking schedule). Muscle activity gives the blood vessels a good squeeze and pumps blood through the body, which improves the breakdown of blood sugars (when the blood pressure is reduced, and combined with lowered cholesterol levels, the risk of heart disease and strokes becomes much less). Experts recommend 30 minutes and whilst it sounds a lot you derive the same benefits from three lots of ten minutes. Physical effort does not require anything fancy or expensive. Gardening and housework do burn the same calories as Pilates or any item of torture you can buy through late night television infomercials. Before you start any new activity or increase the amount you are already do, please check with your GP first. It is also advised if you are prescribed tablets or insulin for diabetes, to check blood glucose levels, before, during and after exercise. This is easier to do when exercising indoors. For brittle diabetics always carry some jellybeans or a fruit drink (not the diet variety) to top up on low blood sugar levels, should you feel faint or unwell.

Foot Inspection and routine hygiene

Foot disease is the most common complication of diabetes leading to hospitalisation. Common symptoms include absence of feelings in the legs and feet including numbness, tingling or loss of sensation. When there is an absence of feeling this means even the smallest of cut can go unnoticed or ignored. A daily foot inspection and routine wash hygiene will help alert us to these complications.

Note and report if you have any of these symptoms:

- Pain in the legs.
- Open sores that are slow to heal.
- Dry cracks on the heels.
- Bleeding corns or callus.
- Ingrown or fungal nails.
- Skin colour changes.
- Swelling of the foot or ankle.
- High skin temperatures.

Routine Foot Hygiene:

- Always check between the toes, backs of the heels, and the soles of the feet for sores. Use a car inspection mirror, or better still find a friend to help you.

- Wash your feet every day with bland soap and water. The temperature of the water should be no more than hand hot (46°C) and the feet are bathed for no more than ten minutes. Dry the skin carefully; especially between the toes.

- Use bland creams, any brand will do. Rub into the heel, sole, top of the foot but not in between the toes. Lightly talc the skin.

- Only cut the toenails if you can reach to see them and it is in good light. Cutting the nails after a shower or bath helps soften them. Always cut them carefully, never too short, and always across the growing edge and never down the sides. You can file the nails with an emery board.

- Wear shoes that fit the feet well and are comfortable. Choose a shoe style and sock that suit your physical activities.

- Be careful when you walk barefoot inside and outside the home.

- Do not smoke as this reduces the blood circulation to your feet.

- Have your feet checked regularly by your health care worker and see a podiatrist if the skin and nails are unmanageable.

'Toe Slayer'

Podiatrist and shoe historian

Ask Agnes

With Nurse Flo away, her place is taken by our agony aunt, Agnes

"I have a new partner who has two children in care. He finds it difficult to relate to mine as he hasn't resolved his issues with his own. This is putting a great deal of strain on our relationship. What can I do?"

Being in a new relationship is hard enough without the extra baggage of children. To cope with both at the same time is doubly hard. Be patient. Try and help him see that although your children will never replace his, this could be his chance to make a fresh start.

Your children may not make this an easy passage either. They may resent him taking the place of their father. I've often heard the words "you are not my mother/father and I don't have to listen to you".

If they are old enough you should sit them down and be open about the problems. If they are too young

just be firm, kind and consistent. The children need to know their position and how far they can go. Believe it or not sometimes just by speaking openly about how hard it is for everybody to adjust to this new situation can help ease things. All you need to do is voice them out loud.

You do not have to choose between him, and your children, playing piggy in the middle. That way you lose out all round. Why not try to be "a team" and work out an agreed game-plan, even when sometimes this can be hard and you feel he is being unfair. Try really hard not to show him up in front of your children. The children should not make him uncomfortable either.

You also definitely need to make time for the two of you without the children getting in on the act! This can be tricky but it can save your relationship long-term. How can you

achieve this? It may be by getting someone to baby-sit for an hour allowing you to go and have a drink together. Alternatively you could stay in and have someone play with them for a while. You could make it clear that for one hour you are going to the bedroom (or any "space" that is your space) and will not be answering any questions.

Another underlying question is how both your parents related to you - if you both had parents, which may be not be the case.

Parenting is the hardest of jobs. Do we get any training for it? No, so go easy on yourselves and try and keep a sense of humour. You are never going to get it wholly right. Let's face it who is 100% happy with their lives? But you can be realistic in the goals you both set yourselves.

'Agnes'



"I'm afraid if things don't improve, you're both heading for a very messy divorce"

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 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.

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 (6.00-9.30am): Islington- St Mary's Church 6am; Euston- St Pancras Church 6.10; Hinde Street 6.30; Milford Lane 6.45; Strand 7.05; Southampton Road 7.30; Victoria Street; Victoria-

Buckingham 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)

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.

• Please note, soup kitchens are listed on page 27, and a reader's review of the American Church can be read on page 16. We welcome other reviews of food services.



You should know about us.
ScotsCare is a charity that helps Scots living in London suffering hardship, or seeking to rebuild or improve their lives. ScotCare can help with:

- Advice and support including benefits advice
- Emergency grants for accommodation and clothing
- Tenancy support
- Financial assistance for those on low income
- Help to get back into work through training and education
- Arranging befrienders and gatherings with fellow Scots

If you require support, would like to find out more, or would like to help others by volunteering time, then please call us free of charge:

0800 652 2989

www.scotscare.com

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

A, B, C, CL, D, ET, H, MC

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

• Down in Victoria.

CHAS (Central London)

19-20 Shroton Street

London

NW1 6UG

020 7723 5928

Housing and debt advice, by appointment only

KCAH

36A Fife Road

Kingston

KT1 1SU

020 8255 2439

Housing advice and accommodation

London Irish Centre

50-52 Camden Square

London

NW1 9XB

020 7916 2222

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

• See feature on page 11.

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

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 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

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 (members only) ; 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



**SUPPORTING HOMELESS
SCOTS IN LONDON**

Are you, your parents or grandparents Scottish? Did you serve in a Scottish regiment? Then Borderline may be able to help you. We offer advice, support and access to accommodation for homeless and insecurely housed people of Scottish origin.

Drop in Monday to Friday 9.30-10.30am, or call for an appointment on freephone 0800 174047

www.borderline-uk.org

7/9 Belgrave Road, London, SW1V 1QB

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

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

FF, BA, OL, P

Simon Community

House of Hospitality, 129 Malden Road, Kentish Town.

Mon: 11am-4pm; Wed & Thurs: 3 – 8pm

- They've many services listed with the soup runs – page 20.

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
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
• 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.

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

Centrepont, 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 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



"How I hate these long goodbyes"

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., Sat 10am-
12pm.
P
• 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
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

'Phil Lee'

Insider talk

A lexicon of 'homeless industry' jargon

Self medication – If you are taking medication and living in a hostel, you may need to be 'self-medicating,' ie taking the drugs at the times set by the doctor, but you may also be using alcohol or drugs to escape a crisis, depression or some other illness; this is also 'self-medicating.'

But 'self-medicating' has a third meaning, which is that you're drinking or using drugs just to escape the monotony of the day.

"Oh dear, James is self-medicating again."

"What with?"

"Special Brew"

"Is it prescribed?"

Being that this 'medication' is not prescribed you are likely to be 'monitored,' and face eviction.

Risk assessment – Everything in a hostel has a risk assessment, from the stained teaspoons in the kitchen, all the way up to leather swivel chair in the managers office (which if you ever get into enough trouble to see, you may notice is always slightly bigger and better specced than the workers swivel chairs).

Even you'll probably have a risk assessment, although this one is specifically about your risk to others, particularly staff. If you ever get to see it (which you won't), you may be mistaken for thinking it is just a long list of everything 'bad' you have ever done in your entire life, rather than a balanced assessment of how best to manage any risks that you may pose, or indeed be susceptible to.

Monitor – Although some times it will be out of genuine concern and for good reason, hostel staff will only need the slightest reason to start monitoring you. You will usually be monitored because they are concerned about your physical or

mental health, maybe you coughed or said something a bit odd once.

You will know you're being monitored when the staff start unexpectedly popping into your room approximately once an hour or striking up conversations with you during which they will skilfully and subtly attempt to elicit clues as to your mental wellbeing: "Hello Peter, have you ever felt depressed or down for at least 60% of the day for ten days out of the past 14?"

If you humour them by answering these questions you may notice them quickly ticking a form after you reply. After a few weeks of this you will almost certainly feel paranoid or unwell, even if you weren't before.

Notes – Although they all use different names for them, every hostel keeps daily notes on its residents. These are essentially a more mundane version of the gossip columns found in tabloid newspapers, featuring possible sightings of people and rumours overheard in the dining room. Despite the best efforts of the staff they invariably make for dull reading. For the sake of those that have to read them why not try to make sure you do at least one intriguing/scandalous thing every day?

Health and safety – If you have made a request and controversially refuse to accept that 'policy' is a valid reason for it to be denied, you will probably find the staff will revert to plan b: "Sorry Pam, health and safety." It is not uncommon for residents to be told that they can't stand where they are standing because it will constitute a breach of "health and safety".

'Insider'



Patricia Duncan

Age at disappearance: 51

There is growing concern for Patricia who disappeared between midnight and 7am, on Friday the 15th November 2002 from Buckie, Moray, Scotland.

Her family woke to find her gone. Patricia took no clothes or belongings. This is behaviour totally out of the ordinary and has baffled her husband, their three sons and four daughters. They are appealing for any information as to Patricia's whereabouts.

Patricia is 5'4" and of slim build. She has greying hair and brown eyes. She was last thought to be wearing a brown suede jacket, black top, black trousers and black shoes.

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