

the Pavement

The *FREE* monthly for Scotland's homeless

February 2010

A FRESH START IN 2010





*"When you said that you had a cutting edge job in the City,
I naturally assumed..."*

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The Editor

The first of the New Year

After our editorial break, our first issue of 2010 reports on the inspiring work of Fresh Start and the practical support it offers to those settling into a new tenancy.

On a more sombre note, Scotland's public health story of the moment is the spread of anthrax from contaminated heroin, with seven deaths and a further fourteen confirmed cases of infection across the country. It is impossible to tell what heroin is tainted, but the disease is treatable if detected in the early stages: see pages 11–12, and check the website for further updates.

The Pavement's roving superhero, **Street Shield**, is in London this month (pages 20–21) and comes across the homeless legal guide our sister edition worked on. It's not yet applicable here, but worth looking at if you spend any time south of the border or take an interest in the law – we're looking at producing one for Scotland in the near future.

Karen Chung

Scotland Editor

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Contents

Cover

The Fresh Start project in Edinburgh, see story page 4–6
Photography by Tim Aikman © 2010

News

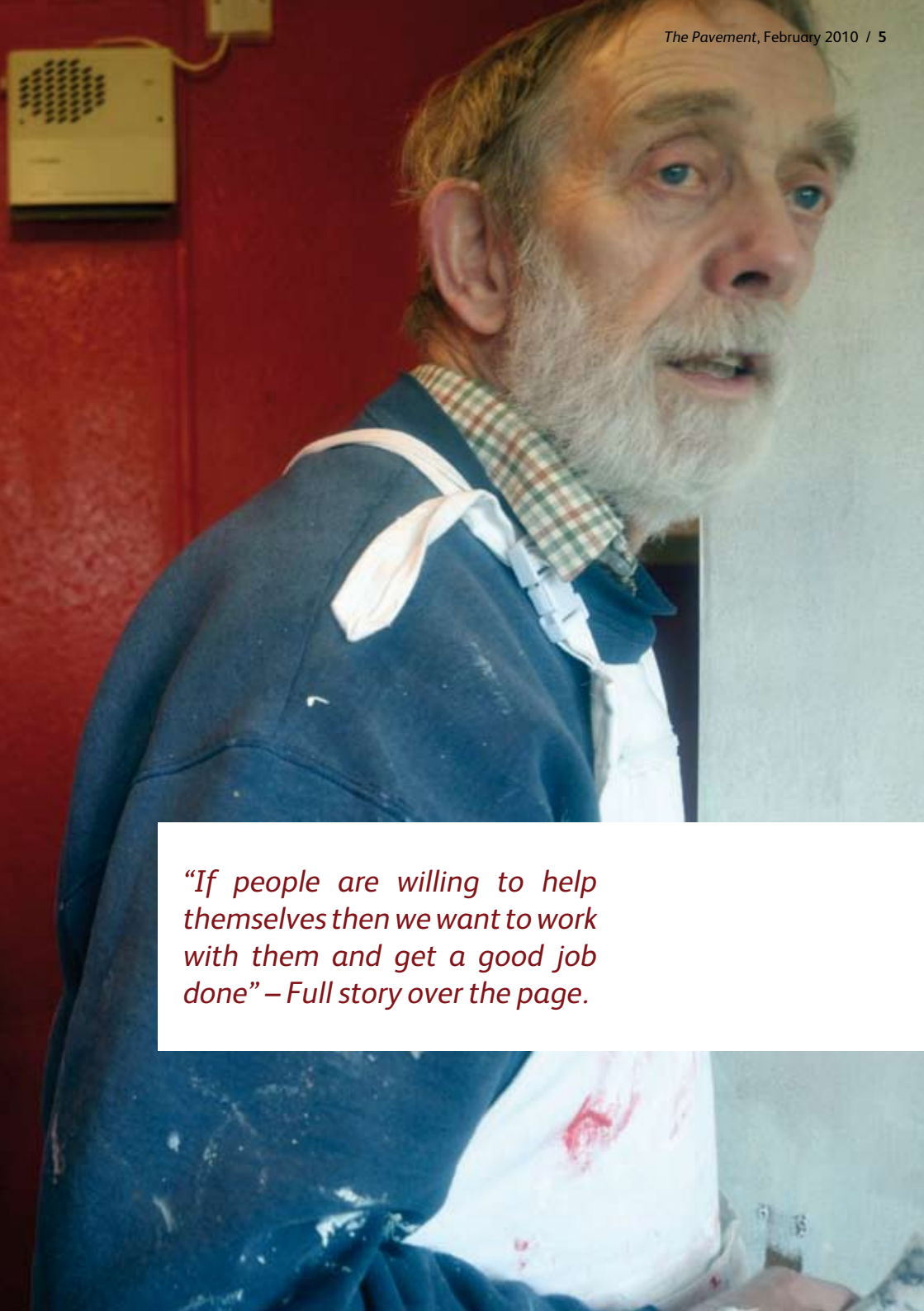
Pages

<i>Box clever</i>	4–6
<i>Scottish news</i>	7–9
<i>Missing People</i>	9
<i>News-in-brief</i>	11–19

Street Life

<i>Street Shield – the homeless hero</i>	20–21
<i>Dear Flo – answering questions on health</i>	22
<i>Foot care – the podiatry column</i>	22
<i>Ask Agnes – is away</i>	
<i>Homeless city guide</i>	26
<i>The List (incorporating soup runs)</i>	36–27





“If people are willing to help themselves then we want to work with them and get a good job done” – Full story over the page.

Box clever

Fresh Start aims to make the move from the streets into your own home seamless

Moving into a new home is a busy and sometimes stressful experience. It often takes a few weeks to get settled and stock up on essentials – let alone think about decorating! But with Edinburgh Fresh Start, former homeless adjust to their new surroundings with greater ease.

Fresh Start was started in 1999 by a group of church volunteers, who organised collections of household goods to donate to people moving into new homes. Over the years the project expanded, and the donations became the Starter Packs scheme, including items such as kettles, toasters, TVs, lamps, bedding, pots, pans, mugs, plates and much more.

Starter Packs help to alleviate the financial pressure of setting up a new home by providing important household items that usually take some time and money to accumulate. Similar schemes have been set up around Scotland, such as Instant Neighbour in Aberdeen and Starter Packs Glasgow. The items aid the transition between homelessness and settling into a new tenancy.

Now in its tenth year, Fresh Start runs the largest Starter Packs programme in Scotland, providing support to around 2,500 tenants a year in Edinburgh, Midlothian and East Lothian. In the past 12 months alone, 6,723 packs were distributed, and at any given moment, the warehouse is stacked with thousands of items, ready for individuals and families who need them.

The donations are all of a high standard. Homeless support worker, Ian McFadyen, said “We’re very specific about what goes into the packs. If we wouldn’t use it ourselves, then it doesn’t go in.”

However, nothing goes to waste, either – they find a use for almost

everything McFadyen explains: “We recycle. Bed linen that’s worn and unusable is sent to cat and dog homes. If we have extra towels, we supply the Cowgate crisis centre. We give blankets to the Bethany Trust night services. We make the most of everything; nothing just sits in the warehouse.”

Being environmentally conscious has had a big impact – all light bulbs used and provided by the charity are now energy-saving, and over 41 tonnes of material was diverted from landfill in the past year.

Following the growth of the Starter Pack scheme, Fresh Start has found new opportunities to expand. An electrical testing service, initially established to check donated appliance safety, was extended to portable appliance testing for charity shops around Edinburgh. The service enabled volunteers to receive training in electrical testing, and resulted in the creation of two six-month placements for trainees, and a permanent post. It is now a successful business venture, which generated over £25,000 for the charity in 2008.

Sid Stewart, 39, began to volunteer at Fresh Start after receiving a starter pack when he moved into his new home. He trained in electrical part testing at Stevenson College, and was awarded a six-month contract, before gaining a permanent job.

“The starter packs were a big boost when I moved in,” he says. “The volunteering gave me confidence by getting back into the working environment. It helped to structure my week and the training gave me extra skills. At Fresh Start everyone works together as part of a team and everyone’s input is valued.”

McFadyen agrees. “The people at Fresh Start all come from different backgrounds. There are volunteers, support work professionals, people who have been homeless. It’s a great mix, with the same goal of getting tenants established in homes as easily as possible.”

One of the most exciting forms of this teamwork is the Hit Squads initiative, in which volunteers help tenants decorate two rooms in their new home. The tenant signs up to be fully involved in the process, and the volunteers then call round and paint the rooms alongside them. It’s a fun and active couple of days, which allows people to take ownership of their home and make new friends.

Brian, 30, had his flat decorated shortly after moving in, and now volunteers regularly on the Hit Squads. He said: “I really enjoy the work and it’s been great meeting different, interesting people. The decorating helps people a lot. If people are willing to help themselves then we want to work with them and get a good job done. It’s satisfying to see people afterwards and for them to say thanks and have pride in their home.”

Positive comments and feedback adorn the walls of the Fresh Start office (pictured right). One says, “All of the volunteers were fantastic. There was a laid back atmosphere, despite how hard we were all working – good banter and great chats.” The Fresh Start motto is “Getting off the street is only the beginning”, and with their continued support people are moving onwards and upwards.

Matthew Stanger

• www.freshstartweb.org.uk

Fresh Start's services are available to anyone who needs them (irrespective of the circumstances that led to the person becoming homeless)

"Thank you very very much for the kick-start that the packs give you and for the friendly and caring service I received. Love – Joy-Happiness."

"Moving into a new place is traumatic-exciting-chaotic .So being given these packs was a very very helpful start in beginning a new tenancy."

Starter Pack Feedback Form

Please fill in this form and let us know what you think of the Starter Pack service

Feedback Details

Name: _____

"There was a laid back atmosphere, despite how hard we were all working – good banter and great chats"

Scottish news

All the homeless news from across Scotland

Chill factor

As temperatures across Scotland plummeted over the past few weeks, homeless charities voiced concerns over how the severe weather affected those living on the streets. With the worst snow and ice in half a century (temperatures in some areas plunged as low as -22.3C) urgent measures were taken to provide temporary accommodation for those sleeping rough.

Local authorities were urged to make 'emergency arrangements' by increasing their efforts to help ensure that vulnerable people are not sleeping in the sub-zero conditions which have proved to life threatening – preliminary figures show that 1,506 deaths were registered in Scotland in the first week of January, 21 percent above the average for the corresponding week over the last five years.

The Government contacted councils to outline a number of essential measures. These included working with day centres to remain open at night if necessary; advertising contact numbers for the public to use to report homeless people who may need assistance; and collaborating with local hostels to provide emergency places.

Meanwhile, homeless charities across the country worked tirelessly to provide immediate shelter for rough sleepers during the cold spell. The Simon Community, for example, made a huge effort to expand the availability of provisional accommodation.

Eileen McDade, Head of Services at the Simon Community in Glasgow, says, "Over the Christmas and New Year period, our Street service was

able to access temporary accommodation for people whom they found to be sleeping rough. In addition, thanks to donations from various schools and churches, we were able to buy better quality sleeping bags and warmer clothing, for people were reluctant to move into accommodation.'

Shelter Scotland also stressed to local councils not to evict anyone from hostels unless they have somewhere to go, and to make more efforts to find out exactly where people are sleeping rough.

Laura Blakley

Back in the driving seat

Salt and Light Christian Outreach program in Glasgow has pulled through after a testing start to 2010. For Anne Wallace and her hard-working team of volunteers, the year started with their outreach bus being targeted in a series of thoughtless attacks.

The double-decker has been integral to the charity's work since 2001. With it they aim to bring "prayer, food and support to the women working as prostitutes" as well as to many homeless people and those with drug and alcohol addictions in Glasgow.

The bus was attacked twice by vandals, while parked outside the mission's church in Govanhill. They caused significant damage to the contents of the bus and then returned almost a week later to smash the windows.

The attack temporarily halted the service. Anne Wallace says: "These attacks have left me feeling very angry but I feel it is a righteous anger. Those respon-

sible are so stupid, because they don't realise they're putting vulnerable people's lives at risk."

Ms Wallace, who won the Daily Record's Volunteering Hero Award last May, confirms that the story, which made national news, has strengthened the charity. Less than a week after the attack, the bus was back on the road.

This was partly due to the response of the Stagecoach travel company, who originally donated the bus in 2003. Thanks to them, the bus was repaired fully after its attack, and preventative security measures installed.

Although the attack threatened to destroy the charity's good work, the ensuing media coverage will undoubtedly help them to recover stronger than ever. Strathclyde Police has since arrested a suspect.

The bus operates a drop-in centre on Monday, Tuesday and Wednesday between 11am and 2pm in the car park of Glasgow Elim Church on Inglefield Street, and on Friday between 10am and 1pm in the Gorbals area. On Thursday evenings, the bus travels the streets and volunteers hand out food, clothing, quilts, sleeping bags, and offer support and prayer to the disadvantaged on Glasgow's streets.

Gavin Hardy

• www.salt-and-light.org.uk
Drop-in centre: 07980 124 163

Borderline funding cut

Borderline, the charity which supports Scots facing homelessness in London (and a longtime stockist of our sister edition), receives around half of its total income from the Scottish Government, but bosses fear that its future is now at risk after its grant was more than halved to £49,184 for 2010/11.

Willie Docherty, Chief Executive at Borderline, said: "There is an increasing demand for our service, particularly during the recession when people are out of work and they need our help to get them back on an even keel. A cut of 55 % puts our service in jeopardy."

The charity, which is due to celebrate its 20th anniversary next year, offers advice and support to people with a range of needs, from those fleeing domestic abuse to former members of the armed forces.

Workers at the charity help find accommodation for those in need and offer grants to help people get back into training or employment. The latest figures, for 2006/07, show that Borderline assisted two people to relocate back to Scotland every month.

The charity is the only project operating outside Scotland to receive funding as part of the £2.4 million Housing Voluntary Grant Scheme, awarded to 29 projects across Scotland this year.

Mr Docherty said it had already been forced to cut costs at Borderline by between 30 % and 40 % last year, and the charity had approached Government officials with an alternative proposal to reduce funding over three years to help ensure its future.

Staff

New housing regulations

The Scottish Parliament this month passed new regulations to allow more use of the private rented sector for rehousing those made unintentionally homeless. Local authorities will have the option to negotiate short assured tenancies with private landlords.

Housing and Communities Minister Alex Neil, said:

"It's imperative we do all we can to achieve our 2012 target of offering all unintentionally homeless, accommodation. We have taken on board the views of key bodies such as Shelter Scotland and COSLA on this issue. The private rented sector has become increasingly professional in recent years and we want to encourage responsible landlords to work with their public sector partners to tackle homelessness."

Firm Foundations, the first major review of housing policy in Scotland, stated that the Scottish Government would carry out a review of the private rented sector and also consult on amending the existing Homeless Person Interim Accommodation (Scotland) Regulations 2002 to enable more use of the private sector to rehouse homeless people.

Staff



Matthew Dyet

Age at disappearance: 58

Matthew has been missing from Eyemouth, since 17th February 2009.

There is great concern for Matthew as his disappearance is out of character. He is urged to call our confidential service **Message Home** on **Freefone 0800 700 740** for advice and support.

Matthew is 5ft 9in tall, with long grey hair. He was last seen in Eyemouth, and was wearing a blue jacket, and grey or beige jumper and faded jeans.

If you have seen Matthew please call the 24-hour confidential charity **Missing People** on Freefone **0500 700 700** or email: seensomeone@missingpeople.org.uk

missing people

Reg. Charity No. 1020418

***The Pavement Scotland is delivered
by James Tait (centre) and the team at
FFWD Bicycle Messengers***



News-in-Brief

All the homeless news from the UK and abroad

Discharged into the snow

January began with an *Evening Standard* story on a homeless man being discharged during the first week of the New Year onto London's freezing streets.

It's not a surprise. We'll be chasing the detail, as we've covered similar stories before. In the London edition of May 2008, we looked at readers being discharged back to the streets and at the guidelines that are there to advise hospitals on how to deal with homeless outpatients.

We'll be revisiting this for the March issue (London and online).

Staff

Heroin users warned over anthrax contamination

Severe warnings have been issued across Scotland after seven drug users died from anthrax-contaminated heroin.

A total of 14 infections and seven deaths have been confirmed so far. The first case occurred in Glasgow in December, when an addict died in hospital after testing positive for the bacterial disease. Other infections have since been located in Tayside, Lanarkshire, Stirling and Fife.

Hospitals across the country have been placed on alert to look out for suspected cases as fears grow over the increasing number of victims, and health agencies and the police are co-operating to find the source of the contaminated batch of drugs.

Consultant epidemiologist Dr

Colin Ramsay, of Health Protection Scotland, said: "The evidence is that the heroin is prepared in non-sterile circumstances and, therefore, it is conceivable it could be contaminated by a organisms which could occur naturally in the environment in which the heroin is prepared. We are not suggesting that there is any evidence that someone deliberately added it.

"Heroin comes from countries where anthrax is more likely in the animal population, so the chances of it being in the environment in these countries is higher.

"If any heroin users do notice signs of infection (for example, marked redness and swelling around an injection site, or other signs of serious infection such as a high fever), they should seek urgent medical advice."

Anthrax is commonly found in hoofed animals in countries such as Afghanistan and Turkey, where much of the UK's heroin is produced. There have been previous cases of tainted batches of heroin coming from these countries, where the drug is often prepared in unhygienic surroundings that may be polluted with animal waste. It has been suggested that one of the cutting agents used in preparing the drug could be responsible for the contamination.

Public health consultant Dr Syed Ahmed said: "One possibility is that bonemeal from animals could be one of the sources, but this is speculation. We have no way of knowing how it might have become contaminated."

The increasing geographical spread of the infected cases means that heroin users across Scotland are being urged to be aware of the risks of inject-

ing a contaminated dose.

Dr Ahmed advised the need to be alert for the key signs of infection: "I urge all injecting heroin users to be extremely alert and to seek urgent medical advice if they experience an infection. Symptoms include local infection at the injecting site. There can be a red pimple which swells and turns black. If it's not treated early, the infection can spread to the blood and then it may be too late." Anthrax can be cured with antibiotics if treatment is started early.

While drug users are being strongly encouraged to stop taking heroin immediately, Dr. Ahmed said the risk to other members of the public, as well as family members or friends of the infected cases, was "negligible".

He said: "It is extremely rare for anthrax to be spread from person to person, and there is no significant risk of airborne transmission from one person to another."

Symptoms to look out for include:

- Severe swelling or redness around a wound site, which may be painless
 - Pain at a site where you have previously injected
 - An open sore or wound
 - Pus collecting under the skin
 - More generalised and severe flu-like illness, with muscle aches, headache, tiredness and high fever.
- If you have used heroin and notice any of these symptoms, especially if the infection seems different to others you may have had in the past, you should see a doctor immediately, either your GP or at your local Accident & Emergency Department.

What to do to reduce the risk of getting infected:

- There is no way to tell if your supply of heroin (or other drugs) is contaminated with anthrax.
- There is no safe method of consuming heroin (or other drugs) that may be contaminated with anthrax, as there is a serious risk from inhaling or smoking the anthrax, as well as from injecting it.
- Drug users currently in drug treatment are strongly urged to stop using heroin altogether.
- Heroin users not in drug treatment should stop using heroin if possible. You are encouraged to talk to a doctor or someone at a drug service about starting on a prescribed alternative drug (such as methadone or buprenorphine) and/or other treatment options.

Matthew Stanger

Squatters given access to list of empty houses

Organised squatters can get a list of empty properties if they ask their council.

The location of more than 800 vacant houses in the London Borough of Lambeth was published last year following a Freedom of Information Act request, which has put pressure on local authorities to tackle the twin problem of homelessness and empty properties.

The Advisory Service for Squatters (ASS) would advise people to take this route, though it can be a lengthy process. An ASS legal adviser said: "We have seen an increase in calls from people asking if they can squat their own homes as the bank has taken them, but we don't advise this. It is far easier to squat someone else's property."

The number of squatted properties has increased since the recession hit and caused repossession across the country.

Sixty-nine residences are now being squatted in Lambeth, compared with 43 last year.

But the local authority take a zero-tolerance stance against squatters. A spokesperson said: "There is a nationwide shortage of social housing, and people who illegally occupy properties are depriving families – in genuine need and on the housing waiting list – of a permanent home."

The borough has 865 empty properties. Many remain empty for months after tenants are kicked out, which can lead to property damage, but the Council's approach towards so called 'fluffy' squatters, who often do repairs and create a pleasant living environment, remains firm. The ASS pointed out that squatting was still legal.

The latest edition of the *Squatters Handbook* was published last year.

Katy Taylor

Yet another Facebook memorial... that's wrong

Last March and July we ran two stories about the memorial pages for rough sleepers 'Toxic Terry' and 'Duvet Man' who, it turned out, were not dead.

In January we found another and – surprise, surprise! – Lenny Sprigg is alive and well in Enfield, North London. The people who started the condolences had failed to check whether he'd actually died of hypothermia in the cold weather.

People began posting rumours of the death of the Enfield man on the 'Lenny the Tramp Appreciation Society' page and started an 'RIP Lenny' group on the social networking site.

According to the Enfield Independent, this led to the police mounting a search, though it wasn't long before people began

posting messages that they'd seen him. Posts such as "lenny is alive!!! im chatting to him now" [sic] began to appear soon after the rumours of his demise, but took a while to convince a lot of people that he wasn't dead.

To find the other stories go to www.thepavement.org.uk and search for 'Facebook.'

Staff

Street Heat

Celebrities love to do (or be seen doing) their bit for homeless people – bar Jonathan Creek star **Alan Davies**, who bit a homeless man instead.

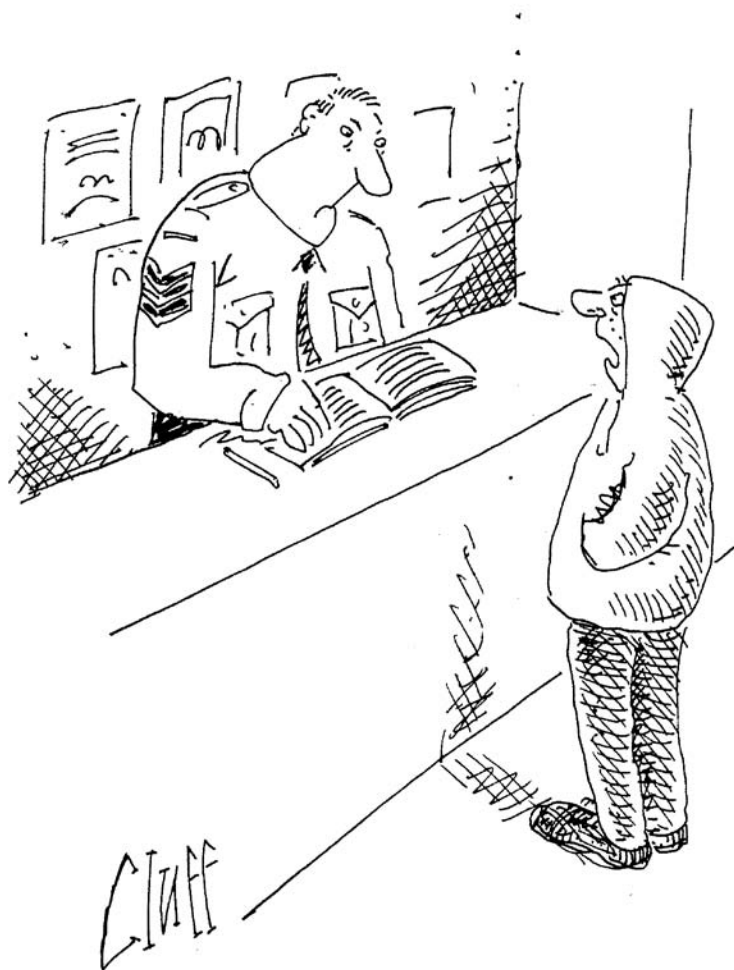
In honour of their selfless deeds, we've collected a number of stars that have made the news for helping our readers over the festive season.

Not one known to gush, Hollywood hard-man **Russell Crowe** proved he was a softie at heart when he gave his winter coat to a homeless fan, known as Radio Man, who had cycled to Pittsburgh just to see Crowe on set filming *The Next Three Days*. The coat in question was a grey, downy number with a fur hood. Good job Radio Man's favourite actor isn't *Sex And The City* clothes-horse Sarah Jessica Parker.

Russell Crowe's coat pales into insignificance, however, in comparison to the generous gifts of the French first lady, **Carla Bruni**, who has struck up a friendship with a homeless man living near in her Paris home. Denis, 53, said Ms Bruni regularly hands over €50 or €100 notes, and the pair discuss books and music. The 41-year-old ex-model has also given her neighbour a military-style duvet and offered to put him up in a hotel, an offer he turned down. "It's not that I enjoy being in the street, but I've got my habits,"



"I always find the wine is simply awful at these private views"



*“Why haven’t I been harassed today? I’ve got
a reputation to maintain”*

Denis told reporters. "People say it's cold. That's true, but I'm well covered up." It's also a good excuse to use when his new friend asks if he's listened to her latest album.

Rather than handing out CDs, living music legend **Bob Dylan** is donating the sales of his latest musical offering to homelessness. In the festive spirit (or possibly after one too many festive spirits), the grizzly singer-songwriter recorded an album of traditional Yuletide favourites entitled *Christmas In The Heart*. Released on October 12, the royalties go towards Crisis UK and the World Food Programme. Bob Dylan rocking out *Here Comes Santa Claus*? The times they are a-changing.

But first prize goes to fashion oddball **Lady Gaga**, who last year raised US\$35,000 for a Toronto shelter, toured youth shelter Eva's Phoenix and dished out free concert tickets to young volunteers as part of Virgin Mobile's RE*Generation campaign to help homeless youngsters in the US. "If I can be inspiring to them and be a part of it, that makes me feel more powerful than any of the stage drama or the flashing lights," gushed the Paparazzi star.

Carinya Sharples

Urban nomads

A German artist has been fusing art, architecture and design to create innovative life systems that can be used by homeless people. Winfried Baumann's creations, dubbed 'Urban Nomads', take into account the special conditions rough sleepers live in and can be managed by one person. His collection of works includes Instant Housing (small mobile homes), Instant Cooking (nomadic mobile kitchen), Instant Help (medical help for homeless people), Instant Exhibition (mobile living and exhibition systems) and

Instant Shelter (emergency aid).

While some of Baumann's objects are merely art pieces, many have been bought by homeless magazines in Germany and given to homeless people. "The Instant Objects are working in different ways," Mr Baumann told *The Pavement*. "Some are just art objects to show the challenging situation of fringe groups and homeless people, while others are sponsored by donations and have been given to welfare services. They can be given to people who need for them."

Mr Baumann, who has been involved in this project since 2001, says that art cannot solve the problem of homelessness. His creations are not a nostrum, but act as an important contribution to the public argument over the issue. "Art has a social responsibility, so this is why I deal a lot with corporate and social themes. On my trips to the big metropolises I always kept track on the contact to homeless people and figured out that they have the need for a place they can call home. Even if it's small, it's huge for them. As a result, I started working and developing Instant Housing objects."

Many of Mr Baumann's objects have been shown in exhibitions in Belgium, France and Italy. He says that homeless people's reactions have been very positive. "They also give me input and advice for improvements and variations," he adds.

Teo Kermeliotis

- www.winfried-baumann.de

Homeless chic hits Milan

Men with dishevelled and dusty hair, wheeling shopping trolleys and emerging from cardboard boxes, models treading a catwalk, styled to look like rough sleepers: this was the scene at Vivienne Westwood's latest fashion show for Milan Fashion Week.

Coined "homeless chic" by one magazine editor, who described it as "a little close to the bone", the theme, apparently inspired by a friend of Westwood's who works for a homelessness charity, has raised a few eyebrows in and out of the fashion world.

And sensitivity seemed to be the order of the evening according to *The Times*. It said: "It was not the only delicate subject to be broached. One of Westwood's models wore an orange boiler suit – a touch of Guantánamo chic, perhaps."

When questioned, Westwood admitted that she herself had no experience of being homeless, says *The Times*. "The nearest I have come to it is going home and finding I don't have my door key," she said. "I mean, what a disaster that is, dying to get in your house and you can't. And what if it wasn't there any more?"

Tracey Kiddle

US police attempt to ban camping

Police in America are trying to ban homeless people from camping on public land after parts of the country have seen a sharp increase in homeless camps.

Police chiefs in Colorado Springs, the county town of Colorado state, want to clear the camps because of safety and sanitation concerns. According to one report, a man named Randy has lived in a small tent in one of the camps for more than a year. He said: "If the city makes camping illegal, I have no idea what I'll do. I don't know where I'll go." Local resident Marcia Whittaker added: "I think it's okay for the camps to be there. Maybe the visibility will prompt people to try to help them."

If the law is passed by the city council, people found camping could be fined and may face prison. Chief of police Richard Myers presented the case at a meeting last month. He said: "We have life safety concerns. Camping in the sub-zero temperatures we're having is a public health risk. Recently, one of the tents caught fire while occupied."

The issue has yet to be decided but vice-mayor Larry Small said he could not support a ruling that would kick hundreds of homeless people off city land without giving them a place to go: "This is not a good time to consider that kind of ordinance. Life is pretty tough for people right now."

Rebecca Evans

Drive-thru death

American Bessie Mae Berger, the 97-year-old who was living in her car in Los Angeles, has died.

The nonagenarian, whose story we covered in the London edition of *The Pavement* ('Drive-thru homeless, December 2009, London and online) died in hospital at the end of January. She had been in temporary accommodation since been discovered living in her 1973 Chevrolet Suburban with her two sons.

Staff

Dragon chairs *Big Issue*

Dragons' Den star James Caan has become chair of *The Big Issue* magazine. Mr Caan, 49, who is chief executive of private equity firm Hamilton Bradshaw, took up the post in December. He said: "*The Big Issue* embodies my firm belief that we all need a helping hand sometimes. I identify with building something from nothing and the organisation's principle of giving

a hand up, rather than a handout, resonates with me on many levels.

"What's most remarkable about *The Big Issue* is its ability to work with homeless people without their dignity being sacrificed."

A spokesman for the street magazine said the entrepreneur was brought on board to help bring them into the digital age by improving their online content in a bid to boost advertising revenue, which has been hit by the credit crunch. Mr Caan, who is currently involved in around 40 businesses through his private investment fund, is also set to establish *The Big Issue* in Pakistan, the country of his birth, and is assisting with the launch in India. He added: "It doesn't matter what language you speak or what culture you're from – a desire to earn a legitimate living and integrate back into mainstream society is something that is universally felt."

The magazine circulates more than 147,000 copies a week and vendors last year made more than £8m. Founder and editor-in-chief John Bird said: "James is one of UK business's leading lights, so I have no doubt that he'll be a fantastic addition to our board. In the 18 years since I launched *The Big Issue*, it remains a ground-breaking initiative and a unique business proposition, so we hope James will find working with us challenging, exciting and enlightening."

Rebecca Evans

Homeless man's body stolen for WWII plot

The body of a homeless Welshman was illegally used in a British plot to deceive the Nazis during World War II, it was recently revealed.

Glyndwr Michael's corpse was dumped in the sea off the Spanish coast, in 1943, carrying fake secret documents outlin-

ing plans to switch the British invasion of Sicily to Greece.

The plot, known as Operation Mincemeat, was "swallowed rod, line and sinker" (a telegram to Churchill triumphantly reported) and Hitler moved his troops to Greece.

Speculation as to the identity of the body has followed over the years. However, a government cover-up meant Mr Michael's name was concealed until 1996, when files on Operation Mincemeat were declassified.

Even then, it was not until Professor Denis Smyth, a historian at Toronto University, came across a "secret" memo written by Mincemeat's chief conspirator, Lieutenant Commander Ewen Montagu, that the truth finally came to light.

Mr Michael had been found in an abandoned warehouse near King's Cross on 26 January, 1943. He was suffering from acute chemical poisoning, having ingested rat poison, and died two days later.

Times journalist Ben Macintyre has also uncovered a disturbing chain of events behind the celebrated plot, which formed the basis for the 1956 film *The Man Who Never Was*. Montague had previously claimed that the dead man's relatives had given their permission for the body to be used "for a really worthwhile purpose" on the condition his identity was never revealed. However, Mr Macintyre discovered this paperwork had been falsified by Sir Bentley Purchase, the coroner of St Pancras, and no attempt had been made to contact Mr Michael's family.

Sir Purchase also failed to carry out a post mortem examination, identified Michael as a suicidal labourer of no fixed abode and a "lunatic", and informed the registrar that the body was being "removed out of England" for burial. However, he had secretly agreed to keep the corpse in cold storage until it was needed.



“...and another thing, just who the hell is this ‘Perfectly Frank’ that you
always claim to want to be?”

This is not the first time a homeless body has been used without the relatives' permission. In 2004, a Siberian pathologist was reported to have sent the corpses of homeless people to German anatomist Günther von Hagens, the man behind the recent Body Worlds exhibitions.

Carinya Sharples

On yer bike... Another interesting cycling project

Homeless people in north London are encouraged to take part in bicycle workshops as part of a drive to help them back into employment.

The Margins homelessness project, based at Islington's Union Chapel, runs bike maintenance and recycling sessions, funded via the LCC-administered Community Cycling Fund for London.

It aims to turn its recycling capabilities into a business after a successful 90-day trial period.

Margins, which has been providing services and facilities for the homeless and those in crisis for 14 years, plans to open a shop and sell restored bicycles at affordable prices, with profits used to support the scheme.

The workshops, which have been named 'On the Streets', last for more than six weeks and aim to boost self-esteem and encourage the development of personal responsibility. They also act as a training programme in a bid to improve employment opportunities and development for homeless people in the area. Participants boost their skills - from tool handling and workshop safety to social skills - by learning how to repair abandoned and donated bicycles.

"The workshop was absolutely brilliant... Having known nothing about bicycles, I now know a lot, and I am so pleased to be getting

a bicycle next week," one participant was quoted as saying.

Teo Kermeliotis

From the web...

Some stories couldn't wait to be reported. Here's a selection of what appeared online since our last issue.

Emergency shelter re-opened for cold snap

The emergency shelter run by St Mungo's, which re-opened on 5 January, should remain open as long as temperatures remain below zero, a spokesperson for London's largest homeless charity has told *The Pavement*.

The accommodation, in Islington, north London, has around 100 beds and at present is about half full. Rough sleepers cannot simply turn up at the facility, but need to be referred by outreach teams working on the capital's streets.

The centre is part of the capital's Severe Weather Emergency Protocol (SWEP), and is funded by the Department of Communities and Local Government. But the St Mungo's spokesperson was unable to say what would happen to the shelter should the temperature remain sub-zero for more than one month.

The centre opened before Christmas, from 17 to 23 December, and has re-opened due to the coldest January for 30 years. Current forecasts predict the cold snap could last for another fortnight. Facilities include hot showers, beds, clean clothes and food.

Rebecca Wearn

Posted online 8 January 2010

Rumours of Poncho's death have been greatly exaggerated

The Pavement had received reports that Operation Poncho – a policy in the City of London whereby rough sleepers have seen the areas they bed-down in soaked with water in the middle of the night – was to cease.

But the City of London has said this is not the case. Operation Poncho remains part of the policy to get people off the streets. A City of London spokesman said: "The City of London Corporation, working in partnership with Broadway and the City of London Police continue to engage with rough sleepers in the City of London to reduce the risk of people dying on the streets and get them into accommodation."

The scheme has courted controversy and *Pavement* readers have complained of feeling harassed and disorientated when woken at 3am by a water bowser, and given coffee and cigarettes while they are questioned by authorities.

Poncho is not permanently active, but has run for a period of weeks twice in 2009. *The Pavement* is now working with Housing Justice and human rights charity Liberty to produce and distribute a leaflet for rough sleepers [out now], so they understand their rights when approached by police or outreach workers.

Rebecca Wearn

Posted online 13 December 2009



What a waste

We don't keep our fresh, natural food overnight to sell the following day. We never have and we never will.

For years we've worked with registered charities helping the homeless by offering our unsold sandwiches to them at the end of each day. Unfortunately, some still get chucked away. (And that really upsets us.)

If you know of a charity in need of good food, please tell them to call Edward Metcalfe on 020 7932 3339.

★ PRET A MANGER ★

STREET SHIELD

EPISODE 11

SHELTER
FROM THE
STORM

INSIDE KERBSIDE'S EMERGENCY SHELTER.



BUSY IN HERE.

DON'T LIKE CROWDS.

BEATS THE SNOW THOUGH.

... SO
I COUL
THAT



WHAT'S UP DOC,
YOU IN TROUBLE?

WHATCHA SCOUSE! NO, JUST HAD
WARDEN TELLING ME TO MOVE ON
HIS MORNING, SAYING IT WAS THE LAW.
I SAID DIFFERENT!

WHAT, SO THEN HE
CALLS THE POLICE?

NO, HE
WALKED OFF
AND LEFT ME
TO MY THOUGHTS.

HOW DID YOU
WHICH POWER



Rights Guide For Rough Sleepers

- Arrest | pg. 02
- Stop and search | pg. 09
- Answering questions | pg. 17
- Living you on | pg. 18
- No-drinking zones | pg. 20
- Sleeping
- Toilets
- High

DOWNLOAD

THE RIGHTS GUIDE FOR ROUGH SLEEPERS
ON OUR WEBSITE

www.thepavement.org.uk

STREET SHIELD WILL BE BACK IN APRIL

Health and wellbeing

The Pavement's health team – a nurse and podiatrist – answer your questions

Dear Nurse Flo

Most people get constipation at some point and, fortunately, it is easily treatable. If you've never been constipated, then you're very lucky! Don't be shy: if you're having problems going to the loo, then read on...

Constipation happens when you haven't moved your bowels as often as you usually do. People are all different: some people poo every day; others may only go every two or three days. What's important is that you know what's normal for you. Constipation is when you become aware that things have slowed down. You may also feel uncomfortable and bloated, and when you do poo, it may be hard and uncomfortable.

By now I'm pretty sure most of you will know what I'm talking about. Don't be embarrassed – we nurses spend a lot of time advising people about constipation.

The first step to getting things moving again is to look at your diet. Eat as much fruit and vegetables as you can. Foods high in fibre such as wholemeal bread, lentils or high-fibre breakfast cereals are good. Most people have foods they know will get their bowels moving again – favourites are prunes, oranges, fresh orange juice and dried apricots. Drink plenty of water too, as dehydration can cause constipation, as can lack of exercise or a change in routine – many people get it on holiday or after a major life change. For some people, finding a toilet where they feel comfortable – and peace and quiet – is important. This could be a challenge for the rough sleeper and could, in itself, cause constipation. Do a bit

of research and once you've found a comfortable loo, take your time.

If you're eating fruit and vegetables, and drinking water, and things still haven't improved, there is a massive range of over-the-counter medication for constipation. In fact, they probably keep many chemists in business, and pharmacists are used to talking about constipation. There are different types, so discuss your symptoms with the doctor, nurse or pharmacist so you get the right one for you. Most of these remedies are available over-the-counter or on prescription, so it's up to you how you get them.

Most are taken by mouth. Some people find suppositories or enemas useful, but constipation is best treated from the top down, so if you get to the stage where you want to put something up your bottom to treat it, it's time to see a doctor or nurse.

Prescription drugs can also make you constipated. Ask the doctor about the side-effects of any new medicine, and if constipation is one of them, ask for one for your bowels at the same time. Any drug that has opium as a base will cause constipation, whether it's strong painkillers prescribed by your doctor or street drugs. There are too many to list here, but if you use heroin, morphine or any opiate-based drug, then think about keeping your bowels moving. If you've ever been on methadone, you'll already know about its constipating qualities. Be aware: increase your fluids, fruit, and vegetable and fibre intake at the first sign of trouble. If your sluggish bowel motions are caused by drugs, follow the same advice as with normal constipation.

Haemorrhoids or piles often occur alongside constipation. Piles

are swollen sore veins just inside or outside your anus. Although usually not serious, they can be excruciatingly painful and you may notice small amounts of fresh blood in your poo. Try not to strain on the loo and follow the same advice as with constipation. If they don't go away or the pain is intolerable, see a doctor.

Occasionally constipation can be a symptom of another illness or just won't go away. If you've been constipated for more than a week, have stomach pains, unexplained blood in your poo or your bowel patterns have changed in any other way, see a doctor. You should also see one if you've lost your appetite and/or are losing weight.

Remember, constipation is such a common problem that most people will experience it, so don't worry about talking about it.

Good Health,

Nurse Flo

- To put a question to our nurse, email: flo@thepavement.org.uk or write to the address on page 3

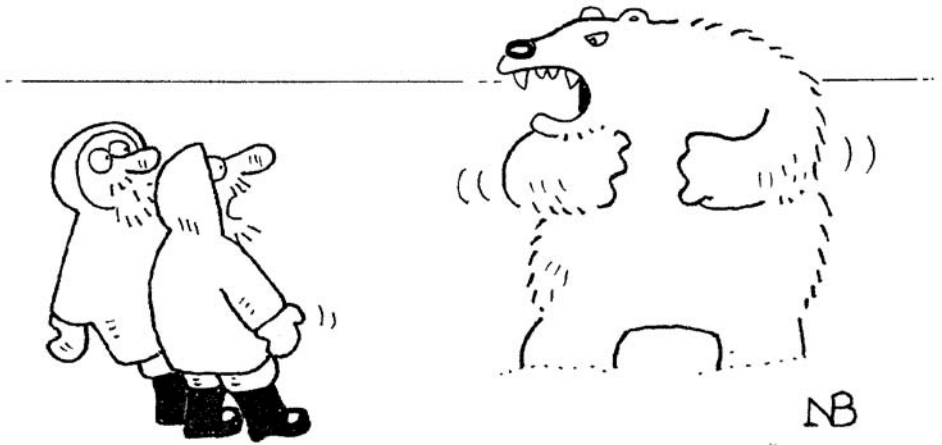
Footcare – practical podiatry advice

Snow looks good on seasonal celebration cards, but what may appeal to the eye is pure menace to the feet. Not only does it bring everything to a halt (usually with a bang!), it tests even the more worthy town councils and transport authorities.

Over-exposure to cold and damp is potentially lethal, and the consequences can be tragic. During the



"Spare some change for a phial of transforming medicine, Sir?"



"Oh no, he's bi-polar!"

First World War, soldiers were left to stand in cold water for long periods of time. The trenches had no drainage, and prolonged exposure resulted in the feet completely collapsing. Injured soldiers were unable to move because of the dire agony.

Official Second World War records confirm more American GIs suffered from “trench foot” in the winter offensives than were wounded by enemy fire. As a result, not looking after your feet became a court martial offence.

The recent cold weather has seen an increase in the number of reported cases of trench foot. Symptoms vary from hot, swollen feet, with bleeding under the skin, to completely collapsed arches. Complications with infections are common in the later stages. Pain can last for many years, so it makes good sense not to let your feet get over-exposed to cold and wet conditions. It doesn't have to be snowing for this to affect you.

Frostbite (pictured right) has also increased among those coping with subzero temperatures. Symptoms here again depend on the degree of exposure: fourth degree frostbite usually results in autoamputation (fingers and toes dropping off).

So how do you prevent cold feet?

The old Russian saying “Stupid as boots” gives us a clue! Keep your feet warm and dry, and don't rely solely on footwear. For centuries, Russian soldiers protected themselves by bandaging their feet. Ever since Peter the Great introduced portyanki (foot bandages), combat veterans have wrapped their feet with flannel in winter and cotton in summer. Bandages support the feet better than socks, and give much-needed insulation. Mastering the notoriously difficult art of foot binding was a rite of passage among the rank and file. Worn portyanki trapped sweat and harboured bacterial breakdown, which gave off a foul smell like teenagers'



trainers. This became a source of perverse pride to the soldiers. A common myth was that the Russian army was invincible because of the soldiers' stinking portyanki. Barrack room funsters would roll the smelly bandages into tight balls and leave them beside snoring comrades...

Advances in sock technology have seen an end to the portyanki, but light binding with dry cloth is an option in very poor weather. Combined with warm socks, it is a practical means of coping with freezing temperatures. One other trick the Russians used was to wear felt boots called valenki. People living in extreme conditions have used animal fleece to trap air and keep the feet warm for thousands of years. Modern equivalents such as Ugg boots are fleece-lined, which make them ideal for the cold, so check the charity shops.

By way of a footnote, the in-soles in most trainers are made from a plastic material that is ideal for insulating the foot. They are often covered with a fabric used to advertise the maker's name

or give the shoe flash appeal. If you turn them upside down and swap them so you are wearing them in the opposite shoes, you can keep your feet warmer without losing any comfort.

Go away with this: during the cold weather it is extremely important to keep feet warm and dry. Wear waterproof footwear, warm socks and insulation in-soles, and if you experience cold feet, tingling (pins and needles), cramps or arch pain, then see you GP.

Toe Slayer

Registered podiatrist
and shoe historian

Ask Agnes – The Pavement's agony aunt

Agnes is away this month.

- To pose a query to our agony aunt, email: agnes@thepavement.org.uk or write to the address on page 3

HOMELESS CITY GUIDE



squat



empty building



dangerous neighbourhood



danger



guard dogs



an attack happened here



good place to drink / smoke



unfriendly place



friendly place



soup run (with rating)



strong police presence



potential for work



good food thrown away here



safe for sleeping



message board x mins that way



security guard



you'll get moved on here

step 1



step 2



MAKE YOUR MARK AND HELP OTHERS TO READ THE CITY

Make non permanent marks to keep the system up to date and stay within the law.

Glasgow Women's Support

Project

Telephone Services Glasgow

SAY Women Accommodation

Project

3rd Floor, 30 Bell St, G1 1LG

0141 552 5803

Provides support and counselling

to young women aged 16 – 25

who are homeless or threatened

with homelessness and are

survivors of rape or sexual abuse

AS, C, SH

TELEPHONE SERVICES

Domestic Violence Helpline

0808 2000 247

Frank

0800 776 600

Free 24-hr drug helpline

Get Connected

0808 808 4994

Free advice for young people

(1pm – 7pm daily)

Job Centre Plus (benefits agency)

To make a claim

0800 055 6688

For queries about existing claims

For Income Support, Jobseekers

Allowance or Incapacity Benefit

0845 377 6001

For Social Fund enquiries

0845 608 6661

For the Pensions Service

0845 60 60 265

Message Home Helpline

0800 700 740

24 hrs daily

National Debtline

0808 808 4000

Runaway Helpline

0808 800 7070

Free line for under-18s

who have left home

The Samaritans

08457 90 9090

SANEline

6 – 11pm

0845 767 8000

Out-of-hours helpline for those

affected by mental health

Shelter

0808 800 4444

Housing info and advice

8am–8pm daily

UK Human Trafficking Centre

0114 252 3891

TELEPHONE SERVICES

EDINBURGH

Edinburgh City Mission

Counselling and crossline helpline

0845 658 0045

Providing a listening service

for anyone in emotional crisis.

Also offers face-to-face coun-

selling by appointment

TELEPHONE SERVICES GLASGOW

Glasgow Street Service

Glasgow

0800 027 7466

Mon–Thu: 8am–11pm; Fri: 8am–

5pm; Sat: 8am–3pm; Sun: 4–11pm

Street outreach team partner-

ship between Simon Community

Glasgow and Barnados Scotland

Glasgow Women's Support

Project

31 Stockwell Street, G1 4RZ

0141 552 2221

Mon, Tues, Thurs, Fri: 10am

- 4.30pm; Wed: 2 - 4.30pm

Information, advice and initial

support for women who have

experienced sexual abuse

WEBSITES

Mental Fight Club

A creative/arts site for those

with mental illness.

uk.geocities.com/gbrielle-

jenkinson@btinternet.com/

The Pavement Online

Soon to have an online version of

The Other List, which will soon be in

several translations to download.

www.thepavement.org.uk/

services.htm

Proud to be mad

A campaigning site for those

with mental illness

www.proudtobemad.co.uk

Stonewall Housing

Addresses the housing needs of les-

bians and gay men. Provides tempo-

rary, supported housing for 16 – 25

years old lesbians and gay men.

www.stonewallhousing.org

Streetmate

An independent site with sub-

stantial information on housing,

working and learning, built for

those homeless who use the

internet and want to do-it-them-

selves as much as possible.

www.streetmate.org

WEBSITES EDINBURGH

Homeless Edinburgh

A comprehensive website contain-

ing information about services

in Edinburgh including hostels,

advice and support centres. Also

has information on over 8,000

services outside Edinburgh

www.homelessedinburgh.org

WEBSITES GLASGOW

Homeless Information Pages

Glasgow

Lots of useful information

and advice on homeless serv-

ices in and around Glasgow

www.hipin glasgow.com

www.thepavement.org.uk
You can read the news,
keep informed & search our
directory of services online @



Supporting Scottish life

Every day we welcome more passengers

Stagecoach is a key part of the community in Scotland, providing lifeline transport links in rural areas and some of the country's biggest cities.

We also share our success by helping local people – and hundreds of our employees devote their own time every day to local projects that make a real difference.

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STAGECOACH GROUP
greener smarter travel
www.stagecoachgroup.com

PERFORMING ARTS

tbcd

SOUP KITCHENS & SOUP RUNS

EDINBURGH

Barony Contact Point
101 High Riggs, EH3 9RP
0871 700 7777 / 0131 622 1867
Tue: 10.30am - 4pm;
Thur: 10am - 1pm,
FF, P

Calton Centre
121 Montgomery Street, EH7 5EP
0131 661 5252
Tues: 6 - 8.30pm
FF, P

Corruber's Christian Centre
65 High Street, EH1 1SR
0131 556 2626
Sun: 8 - 9am
FF, P

Grassmarket Mission
79/3 Grassmarket, EH1 2HJ
0131 225 3626
Mon: 7 - 9pm; Tues: 6 - 7pm;
Wed: 1 - 4pm; Fri: 1 - 4pm;
Sat 9 - 10.30pm
AC, FF, P

Rokpa Glasgow
Kagyu Samye Dzong
The Tibetan Buddhist Centre
7 Ashley Street
Glasgow
G3 6DR
01471 332 9950
FF, P

St. Columba's Church
St. Vincent Street, G2
Sun: 7.30 - 9pm
FF, P

St. Patrick's Church
North Street, G3 7DA
Thur & Sun: 8pm - 9pm
FF, P

St. Simon's Church
Dunaskin Street, G11 6PG
Sun: 1.30 - 2.30pm
FF, P

Waterloo Street
Thur: 10pm - 12am
FF, P

Salvation Army
1 East Adam Street, EH8 9TF
0131 662 4455
Mon: 9am - 12 noon; Tue and Thur:
3 - 9pm; Fri: 1 - 4pm; Sat: 6 - 9pm
FF, P

Waterloo Street
Thur: 10pm - 12am
FF, P

Waterloo Street
Thur: 10pm - 12am
FF, P

SOUP KITCHENS & SOUP RUNS

GLASGOW

Soup Van
Every night: 9 - 9.45pm
Runs from Waverley Bridge to
Grassmarket and North Bridge
(Tue - Fri they have woodwork, art,
gardening and textiles 10am - 4pm)
ET, FF, P

St George's West
58 Shandwick Place, EH2 4RT
0131 226 2428
Mon - Sat: 9am - 3pm
FF, P

SPECIALIST SERVICES

National Schizophrenic Fellowship (Scotland)
6 Newington Business
Centre, Dalkeith Road Mews,
Edinburgh, EH16 5DU
0131 662 4359
Mon-Fri: 9am-4pm
Support and action for people
affected by mental illness
(including friends and carers)
MH

SPECIALIST SERVICES

EDINBURGH

Edinburgh Women's Aid
4 Cheyne Street, EH4 1JB
0131 315 8110
Mon: 1-3pm; Tues, Wed &
Fri: 10am-3pm; Thur: 10am-
7pm; Sat: 10am-1pm
Information, support and refuge
for women, and accompanying
children, fleeing domestic abuse
AS, AD, C, H, OL, P

Streetwork UK
Women's Service
4 Bellevue Street, EH7 4BY
Women and youth outreach only
at this office – all other services at
Crisis Centre on Holyrood Road
0131 476 2023
AS, A, BA, C, D, H, NE, SH
www.streetwork.org.uk

SPECIALIST SERVICES GLASGOW

GAMH Homeless Support Project
123 West Street, G40 1DN
0141 554 6200
Mon - Fri: 9am - 5pm
(4.30pm on Friday)
Provides flexible emotional and
practical support, information
and advice for homeless people
in Glasgow with mental health prob-
lems. Phone, write or just drop in
C, MH, P

Glasgow Rent Deposit and

Support Scheme
3rd Floor, Crowngate Business
Centre, 117 Brook Street, G40 3AP
0141 550 7140
Mon-Thur: 9am-4pm; Fri: 9am-3pm
AS, BA, C, H, IT, TS

EMPLOYMENT AND TRAINING EDINBURGH

Bethany Christian Centre (Men

only)

6 Casselbank St, EH6 5HA

0131 554 4071

For homeless or vulnerable men

wish to take part in a work training

programme www.bethanyct.com

CA, ET, P

EMPLOYMENT AND TRAINING GLASGOW

GLASGOW

Glasgow Simon Community

– Resettlement Training Service

12 Commercial Road, G5 0PQ

0141 420 6105

Mon - Fri: 9am - 4pm

Runs short courses that help people

look at their choices, rights and

opportunities in settling down. Open

to anyone over 16. Courses are

organised on a rolling programme

and run between 10am and 4pm

www.glasgowsimon.org.uk

C, ET

Emmas Glasgow

101 Ellismere Street, G22 5QT

0141 353 3912

Provides accommodation and

work for homeless people

AS, CL, ET, P, TS

ENTERTAINMENT & SOCIAL

EVENTS

tbcc

EX-FORCES

The Physical Health Care Team

55 Hunter St, G4 0UP

0141 553 2826

Mon - Fri: 1 - 5pm

Has two GPs and a team of nurses

and office staff who also run

clinics at some hostels. Appoint-

ments not necessary. They also

provide support for people who

have hospital appointments

and want someone to go along

with them. There is also an

addiction and mental health

team based at this address

A, D, FC, MH, MS, P, SH

Veterans UK

0800 169 2277

Free help and advice for vet-

men and ex-service women

how they can help ex-service-

King the Legionnaire to see

08457 725 725

Royal British Legion

Alimen and Families Associa-

tion): Mon - Fri: 9am - 10am

from SSAFA (Soldiers, Sailors,

Call the 'Reclaim Your Life' scheme

01380 738137

AWOL?

Advice and info for people with
alcohol problems or anyone
concerned about alcohol misuse

A, C

DRUG / ALCOHOL SERVICES

EDINBURGH

Castle Project

14 Niddale House Drive, EH16 4TT

0131 669 0068

Mon - Thurs: 9am - 4.30pm;

Fri: 9am - 4pm

D, NE, OL, OB, P, SH

www.castleproject.org.uk

DRUG / ALCOHOL SERVICES

GLASGOW

Alcohol Focus Scotland

166 Buchanan St, Glasgow

0141 572 6700

Call-in, phone or email: Mon - Thurs:

9am - 5pm; Fri: 9am - 4.30pm

A, C, ET, P

Breakthrough

James Duncan House, 331

Bell Street, G4 0TJ

0141 552 9287

A joint health and social work

project offering services to

people with drug and alcohol

problems. It also incorporates

methadone prescribing.

A, C, D, MS, NE, P

Cocaine Anonymous Scotland

0141 959 6363

www.cascotland.org.uk

Helpline offering help and support

to those with or recovering from

an addiction. Also offer meetings

and literature on addictions

A, AD, C, D

Drug Crisis Centre

The West Street Centre, 123

West Street, G5 8BA

0141 420 6969

www.turningpointscotland.com

24hr service offering informa-

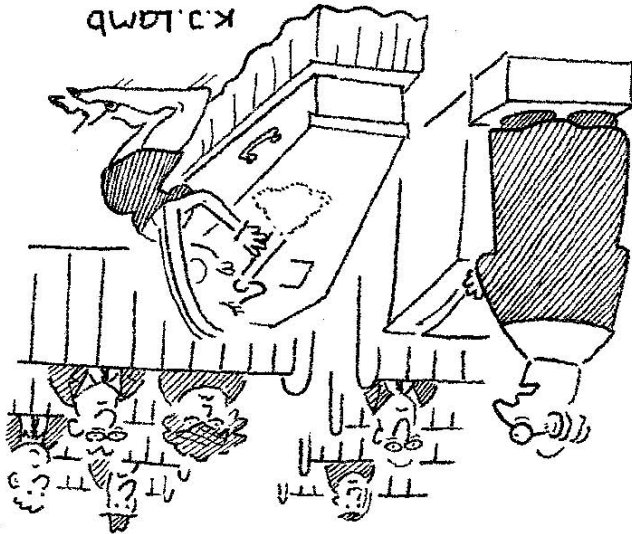
tion and advice to those who

abuse drugs. Also residential drug

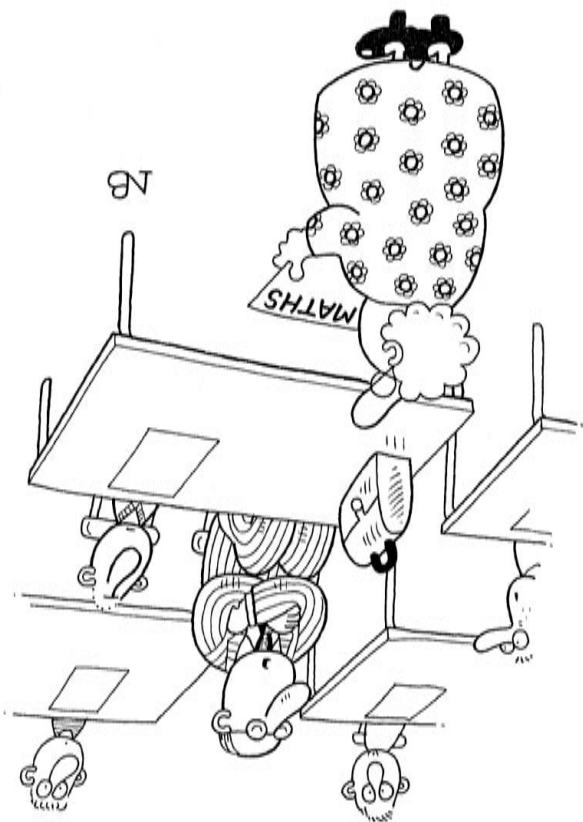
rehab program. Family support

D, NE, P

*"I see this not so much as a funeral, more
a celebration of his lifestyle"*



“My client is advised not to answer that question”



For young women who have a baby under 12 months or are pregnant as well as residents up to the age of 25. www.turningpointscotland.com

Women

Govanhill Women's Project
14 Polmadie Street, G42 0PQ
0141 423 5599
Works with single homeless women aged over 25 from the Glasgow area. The project is not suitable for women under 25 or those wanting to be accommodated with a partner or with children in their care. Ring first

Rachel House
503 Balcric Street, G40 4SG
0141 556 5465
Provides supported accommodation for single/pregnant mothers aged 16 to 25 and children up to ten years old

Young People

Council for Homeless Young People
171 Wilton Street, G20 6DF
0141 945 3871
chyp@btconnect.com
Residential support for youngsters and young, single homeless people

Quarriers Stopover
189 Pollockshaws Road, G41 1PS
0141 420 3121
For young people 16-25. Accommodation is on the upper levels of a four-storey building so not suitable for people with physical disabilities
A, C, D, ET, H, P
www.quarriers.org.uk

The Mungo Foundation – London Road Project
1920 London Road, G32 8XG
0141 778 1184
Works with 16-25 year olds who cannot access mainstream accommodation. (Open 24 hrs)
www.themungofoundation.org.uk

DRUG/ALCOHOL SERVICES

Drinkline Scotland
Freeport, PO Box 4000, G3 8XX
0800 7314 314

For young women who have a baby under 12 months or are pregnant as well as residents up to the age of 25. www.rocktrust.org

Stopover (Edinburgh)
40 Grove Street, EH3 8AT
0131 229 6907
Young single homeless people aged 16-21 with a range of support needs
Ring first
www.foursquare.org.uk

DIRECT ACCESS HOSTELS/ NIGHTSHELTERS GLASGOW

All with low support needs
Salvation Army – Hope House
14 Clyde Street, G1 5JW
0141 552 0537
24hr Direct access
A, AS, BS, F, P

Laurieston Centre
39 South Portland Street, G1 9JL
0141 429 6533
24hr Direct Access
A, AS, BS, F, P
Men's Accommodation Project
86-88 Arnprior Road, Castlemilk, G45 9HE
Offers a group-living model of supported accommodation to men who have experience of long term homelessness and are committed to addressing addiction issues. Possibility of continuing support after moving into own home. Referral from social work or similar agency is required, accepts men from all over Glasgow
0141 631 1798

Talbot Association – Kingston Halls Direct Access Hostel
344 Paisley Road, G5 8RE
0141 418 0955
Ring first
BS, C, DT, ET, F, H, L, MS, MH, P, SH

Turning Point Scotland – Link Up
112 Commerce Street, G5 9NT
0141 420 1929
A direct access service for homeless people in crisis as a result of mental

Salvation Army – Ashbrook
492 Ferry Road, EH5 2DL
0131 552 5705
Single homeless people who are eligible for housing benefit
www.salvationarmy.org.uk

Men

Gowrie Care – Caledonia House
Gilmores Close, Grassmarket, EH1 2HD
0131 220 5078
www.homelessedinburgh.org

Women

Cranston Street Hostel
2 Cranston Street, EH8 8BE
0131 556 8939
Temporary registered accommodation for single homeless women. Although the maximum stay is six months this can be extended under certain conditions
www.homelessedinburgh.org

Number Twenty
20 Broughton Place, EH1 3RX
0131 557 1739
Young single homeless women aged 16-21 with support needs. Ring first (8am - 11.30pm every day)

Young People (16-25)

Open Door Accommodation Project
7-12 Adelaide Street, Livingston, EH54 5HG
01506 430221
Young single homeless people aged 16-21 with a local connection to West Lothian
Ring first (8am - 8pm daily)
www.odap.org.uk

Rock Trust
55 Albany St, EH1 3QY
0131 557 4059

ADVICE SERVICES GLASGOW

GENR8 Action for Children (16-24)

Westwood Business Centre, 69
Aberdell Road, G34 9HJ
0141 771 6161
Mon-Fri: 9am-5pm
Advice and support for 16-24 year
olds seeking accommodation
AS, AD, BA, C, DA, H, P, TS

Glasgow Shelter Housing Aid

Centre
First Floor Suite 2, Breckenridge
House, 274 Sauchiehall St
0344 893 5560
Mon & Thu: 1-4pm, Tues
& Fri 10am - 1pm
Outside these times, there is
a 24-hour helpline for advice
and support - Shelterline:
0800 800 4444

AD, C, H, P

Glasgow City Council

For anyone who is homeless,
threatened with homelessness, or
in need of advice about homeless-
ness issues. Staff will be pleased
to discuss your circumstances
with you in a private interview
room and provide advice on what
can be done next to help you
www.glasgow.gov.uk
AS, BA, C, DA, H, TS

Glasgow City Council

Homeless Person's Team
Hamish Allan Centre, 180
Centre Street, G5 8EE
Mon-Thur: 8.45am-4.45pm;
Fri: 8.45am-3.55pm
AS, BA, C, DA, H, P, TS

Glasgow Street Service

See Telephone Services Glasgow
EDINBURGH

Barony Contact Point
101 High Riggs, EH3 9RP
0871 700 7777
Mon: 6.30-9pm; Tue: 10.30am-
4pm; Thu: 3.30-7.30pm;
Fri: 1am-2pm (women
only); Sun: 11am-4pm
C, MH, P

Cowgate Day Centre
see Streetwork Crisis Centre

Crossreach - Church of Scotland

Social Care Council
Charis House, 47 Milton Road
East Edinburgh, EH15 2SR
0131 657 2000
Mon-Thur: 8.45am-4.45pm;
Fri: 8.45am-3.45pm
www.crossreach.org.uk

Four Square

67a Logie Green Road,
Canonnills, EH7 4HF
0131 557 7930
www.foursquare.org.uk
AS, ET, TS, P

DAY CENTRES AND DROP-INS GLASGOW

Glasgow City Mission - The

Shieling
20 Crimea Street, Glasgow, G2 8PW
0141 221 2630
Mon, Tues, Wed & Fri: 10am
-4pm (drop in); Thur: 1-5pm;
Mon, Tues, Wed & Fri: 6.30-11pm
www.glasgowcitymission.com
AS, AD, AC, B, BS, BE, C, CL, ET,
FF, H, IT, LA, MC, MS, OB, P

www.glasgowcitymission.com

Lodging House Mission

35 East Campbell St, G1 5DT
0141 552 0285
Mon, Tue, Thu: 8am-3pm; Wed,
Fri: 8am-2pm; Sun: 4-6.30pm
BS, CL, E, F, IT, P

Salvation Army - The Laurieston

39 South Portland Street, G5 9LJ
0141 429 6533
AS, A, BA, C, DA, ET, FF, F,
H, IT, LF, MS, P, SH, TS

Streetwork Crisis Centre

22 Holyrood Road, EH8 8AF
0131 557 6055
Every day: 10.30pm - 11.45am;
12.45 - 4.15pm. Appointments
every day: 7.30 - 11.45am
Service users can also use the
centre as a mailing address.
Now a 24/7 service with a crisis
phone on 0800 178 2323
AD, BA, BS, CL, D, F, L, LS,
MH, NE, OB, P, SK

Wayside Day Centre

32 Midland Street, G1 4PR
0141 221 0169
Mon-Fri: 10-11.30am; 12.30-
4pm; 7.30-10pm; Sat: 1-4pm
There are specific services for
women and rough sleepers as well
as health, addiction and other
specialist services at specified times
A, BS, C, D, F, MS, P, SH

DIRECT ACCESS HOSTELS/

NIGHTSHELTERS EDINBURGH

All with low support needs

Bethany House
12 Couper St, Leith, EH6 6HH
Emergency accommodation
for single homeless people
0131 467 1010
AS, AD, A, BS, BE, D, F, H, L, LA, P

Bethany Supported Housing

65 Bonnington Road, EH6 5JQ
0131 553 1119
Ring First

Castlecliff Hostel

25 Johnston Terrace, EH1 2NH
For homeless people aged
16 and over; accepts couples
and people with pets
0131 225 1643
AS, BS, BE, H, L, P, TS

Cunningham House

205 Cowgate, EH1 1JH
For homeless people with addi-
tional support needs around
alcohol, drugs, mental health
and learning difficulties.
0131 225 4795
www.crossreach.org.uk
AS, BA, P, S

Dunedin House

4 Parliament St, Leith, EH6 6EB
0131 624 5800
www.dunedin-harbour.org.uk

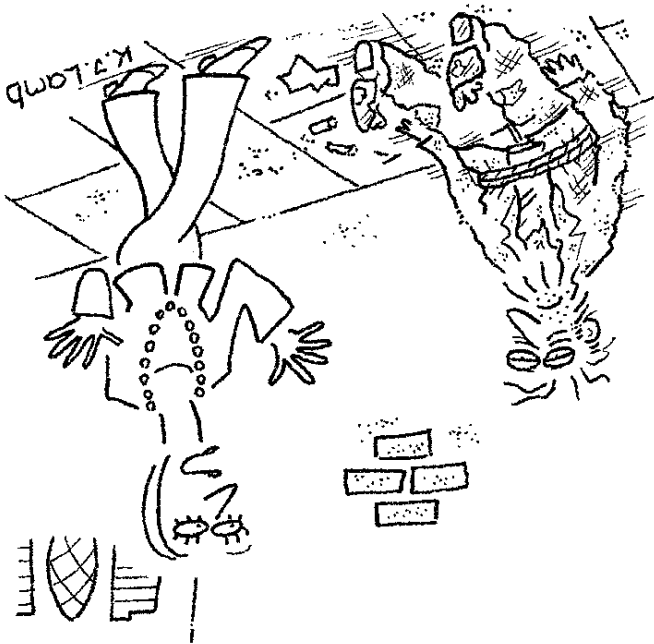
Gowrie Care - St John's Hill

1 St John's Hill, EH8 9TS
0131 557 5502
Ring or drop in: Mon - Fri 9am - 2pm

Randolph Crescent Hostel

2 Randolph Crescent, EH3 7TH
Supported accommodation for

“Oh my God, I love how you’ve worked that whole
Global Recession look”



the **OTHER** list

The directory of Scotland's homeless services Updated 25th January 2010

Key to this list:	Debt advice – DA	Luggage storage – LS
Accom. assistance – AS	Dentist – DT	Medical services – MS
Advocacy – AD	Drugs workers – D	Mental health – MH
Alcohol workers – A	Education/training – ET	Music classes – MC
Art classes – AC	Free food – FF	Needle exchange – NE
Barber – B	Food – F	Outreach worker links – OL
Benefits advice – BA	Foot care – FC	Outreach workers – OB
Bathroom/showers – BS	Housing/accom advice – H	Pavement stockist – P
Bedding available – BE	Internet access – IT	Safe keeping – SK
Careers advice – CA	Laundry – L	Sexual health advice – SH
Clothing – CL	Leisure activities – LA	SSAFA – SS
Counselling – C	Leisure facilities – LF	Tenancy support – TS

If you've any changes or suggestions write to us at the address on page 3, or email: thelist@thepavement.org.uk

Updated entries: 3
Services added: 1

ADVICE SERVICES EDINBURGH

Advocard
332 Leith Walk, EH6 5BR
0131 554 5307
www.advocard.org.uk
Mon – Fri: 10am – 4pm
MH, P

City of Edinburgh Council – Housing Options Team
1 Cockburn St, EH1 1BJ
0131 529 7584 / 7368
Mon, Wed, Thurs 8.30am – 5pm; Tues 10am – 5pm; Fri 8.30am – 3.40pm

Advice and information on housing options for homeless people, including assessment of priority need for housing. Out-of-hours emergencies phone 0800 032 5968
AS, H, P
Edinburgh Cyrenians – Smartmove project
57 Albion Rd, EH7 5QY
0131 475 2356
Mon - Fri 10am - 4pm
Advice, information and support for people who are homeless or threatened with homelessness
AS, H, P, TS
Homeless Outreach Project
19 Smiths Place, EH6 8NT
0131 554 3961
Mon - Fri: 9.30am - 5pm
Outreach service for homeless people with mental health, alcohol

and drug-related problems
AS, AD, A, BA, CA, C, D, ET, H, MH, P, OB, SH, TS
Streetwork UK
2 New Street, EH8
Head office and Tenancy Support ONLY, all other services out of Crisis Centre.
0131 556 9756
TS
www.streetwork.org.uk

The Access Point
17-23 Leith Street, EH1 3AT
0131 529 7438
Services for people 16 years or over who do not have care of children
Mon, Wed, Thu: 9am–5pm;
Tue 10am–5pm; Fri: 9am–4pm
(drop-in services only): Mon–Thu: 1.30–4pm; Fri: 1.30–3pm
Emergency assistance outwith office hours phone 0800 731 6969