

the Pavement

The FREE monthly for Scotland's hauliers

September 2010

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September 2010

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The Editor

Welcome back

I hope you've all been enjoying the summer and what sun was available. A lot has happened since the last issue, with former Editor Karen Chung departing for pastures new. I'd like to thank her on behalf of everyone for the fantastic work she did in establishing *The Pavement* in Scotland. Because of Karen's tireless effort and determination, we now stand in good stead for the future.

I've stepped into the Editor's position, but it's not too unfamiliar ground as I've been involved as Deputy Editor since last November. It's almost 18 months since I first started on *The Pavement*, and I aim to use all my skills and experience to help the magazine continue to grow.

This month's articles report on new funding to build more affordable homes across the country and to reduce the number of people on waiting lists. I'd also like to wish the Scotland Homeless World Cup team (page 4) the best of luck at this month's tournament in Brazil!

As always, your letters and comments are greatly appreciated. Let us know if there's something we should be reporting: contact details are listed on the left.

Matthew Stanger

Editor

scotland@thepavement.org.uk

Cover

The seven UK cities that *The Pavement* is distributed within, through many stockists, now the West Midlands has an edition. Where will we launch next? Suggestions on a postcard, please.

News

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Football fever

The beautiful game is heading down to Rio

The seventh Homeless World Cup kicks off in Rio, Brazil, on 19 September.

This year's event is expected to be the biggest yet, with 64 teams from around the globe challenging for the trophy in a purpose-built stadium on Copacabana beach.

Scotland's eight-man squad was selected following trials across the country, and the players now hope to follow in the footsteps of the 2007 team who won the World Cup in Denmark.

The players included are: Matthew Brannan, 36, and David Stone, 40, both from Glasgow; Ryan Wilson, 21, of Cambuslang; Ian Glaister, 25, from Alloa; Martin Begley, 26, Greenock; Graham Linklater, 36, Inverness; Liam Forbes, 22; and Barry Ritchie, 19, Dundee.

The Scotland team manager, David Duke, who was previously homeless, said it was a tough task to pick the squad: "It was a really difficult decision because all the players who came to the trials

were great, but we think we have got the best team to take to Brazil."

The Homeless World Cup has a great impact on the lives of the players taking part. Figures taken from previous tournaments show that over 70 per cent of the competing players improve their living conditions by coming off drugs and alcohol, moving into jobs, education, homes, training and even going on to become players or coaches for pro or semi-pro football teams.

David Duke, who also runs Street Soccer Scotland (www.streetsocscotland.co.uk), offering football coaching and mentoring sessions around the country, commented: "Football is a opportunity to do something positive and meet new people. The excitement of scoring a goal builds confidence; being part of a team gives a sense of belonging.

"It's vital, it's a way out, an opportunity to get involved in something, to get away from loneliness and isolation."

The shining example of how football can give people a chance to change their life is Manchester United's new signing Bebe, who joined for £7.4million in August. The Portuguese striker was homeless as a youngster and grew up in a children's home in Lisbon. He learnt how to play football on the streets, and in 2009 he represented Portugal in the European Street Football Festival in Bosnia, where he scored 40 goals in just six games!

Bebe's extraordinary rise to fame gives a whole new meaning to the Homeless World Cup's slogan "A ball can change your life", and hopefully we'll see more players follow his path in the future.

Matthew Stanger



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



Contact them on 07717 640 410



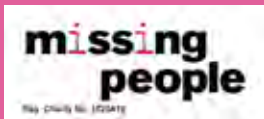
Elizabeth 'Betty' Brown/Hunt
Age at disappearance: 55

Elizabeth or 'Betty' Brown, also known as Elizabeth Hunt, has been missing from Edinburgh since 28 May 2010.

There are concerns for her welfare & she is urged to call our confidential service **Message Home on Freefone 0800 700 740** for advice and support.

Betty is 5ft, 7in tall & of medium build. She wears glasses & has shoulder length, fair, straight hair. When last seen she was wearing a black jacket, light blue jeans a blouse & black ballet shoes. She was also carrying a ladies' shoulder bag & 2 large black coloured 'Aldi' bags.

If you've seen Betty please call the 24-hour confidential charity **Missing People** on Freefone **0500 700 700**
Email: seesomeone@missingpeople.org.uk



Scottish news

News from Aberdeen, Edinburgh, and Glasgow

Edinburgh pilot

A new incentive scheme is being piloted in Edinburgh to tackle the issue of under-occupied homes.

Recent research has shown that around 1,000 council homes in the city are under-occupied. Under the pilot scheme, tenants could get up to £1,000 if they move into a more suitably sized home. The money is offered to help with moving costs and decorating. It is hoped that the cash incentive will free up much-needed housing space for families who are living in homes that are far too small for them.

The idea came from the Tenant Incentives Working Group, which the Council set up to look at various incentive options. The group consisted of Council housing staff, representatives from the Edinburgh Tenants Federation and the former Just Rewards programme.

Councillor Norman Work believes the new scheme is a good way of trying to solve the high demand for social housing in the capital: "It's very frustrating that we have rooms lying empty in some of our larger council homes while other families are living in overcrowded accommodation. We hope that this pilot project will act as an incentive for tenants to move and free up much-needed family accommodation.

"There are just not enough large homes in the social housing sector in Edinburgh to meet demand.

"In these times of budgetary pressures, freeing up larger homes means families can move out of temporary accommodation."

Betty Stevenson, chair of the Edinburgh Tenants Federation, supported the idea: "We hope

this cash incentive will help people living in bigger homes move to more suitable ones.

"Sometimes the thought of packing and moving could put people off, especially in today's current economic climate, but this money will come in useful. Also, smaller homes will also save them money, as they will be cheaper to heat."

Evaluation of the pilot project will allow the Council to decide on future incentive options.

Matthew Stanger

Funding for new homes

Scotland's housing minister Alex Neil has revealed a new £45million package to kick-start the construction of 800 affordable homes across Scotland.

The announcement was made at the launch of a series of events to discuss the future of housing policy in Scotland.

Mr Neil declared: "This funding will be targeted at accelerating construction-starts and will enable at least 800 new homes to go on-site earlier than planned this year. It will inject renewed confidence in Scotland's building industry and help to tackle homelessness."

"There is a pressing need to adopt fresh thinking and new ideas to support increased housing supply."

The funding package is made up of £31m given to the Scottish Government as a result of the previous UK government's March budget, and £14m freed up from the existing housing investment programme.

Work on the new housing is expected to support 1,200

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jobs in the industry and 700 in related trades.

Graeme Brown, director of housing charity Shelter Scotland, said: "This is good news for the near 155,000 households stuck on house waiting lists across Scotland."

Aberdeen is to receive nearly £2million as part of the new investment, and has recently been given funding for 31 council homes in the area. MSP Brian Adam said the cash for the city was a much-needed boost: "Aberdeen has some of the highest property prices in Scotland, which has been a barrier to many wanting to get on the housing ladder.

"This funding is to be welcomed as an important tool to boost low-cost housing in the city."

Natalie Peart

Highland housing boost

A housing association in the Highlands has secured a £40 million bank loan to build more than 400 affordable houses over the next three years.

Albyn Housing Society has earmarked the funds to develop new flats and houses at low-cost rent and reduce the huge number of people on the housing waiting list.

Around 2,000 people are declared homeless in the Highlands each year, and recent figures reveal that there are over 10,000 applicants who need new homes.

Calum Macaulay, Chief Executive of Albyn Housing, announced the deal: "We have been working with The Royal Bank of Scotland to renegotiate our current facility and secure additional development funding to enable us to help address the demand for afford-

able housing in the Highlands.

We are committed to the development of low-cost, energy-efficient homes in communities around the region, and to supporting and maintaining healthy communities."

Albyn Housing owns over 2,500 homes for low-cost rent in the Highlands, which is around 25 per cent of the region's affordable housing.

The local council's housing chair, Margaret Davidson, supported the new funding:

"Our housing need is huge and Albyn is a big player. They have done well to get this deal with RBS. We all know that the banks haven't had a loose purse string with anything to do with housing."

Staff

News in brief

The homeless news from across the UK and around the World

Goodbye Rochester Row

London day centre Rochester Row is to close in September.

The Salvation Army's review of its Rochester Row centre in Victoria finished last month, and manager Collette Gamble told *The Pavement*: "The process has finished but we don't yet know whether or not the centre will close. For now, at least, it's business as usual."

However we've since learnt that the Salvation Army is closing the service this month.

The centre – a long-time stockist of our London edition – had served homeless people for more than 100 years. It provided advice, food, clothing, washing facilities, advocacy, social events and pastoral care to homeless people living on the streets of Westminster. During the winter, it also served as a night shelter, housing 25 people on the coldest nights.

We're sorry to see it close, and wish the staff all the best.

Rebecca Evans

Princess Beatrice to close

One of London's larger homeless hostels is due to close in 2011, at a time when the country is still in recession and the new housing minister has suggested the number of rough sleepers may be three times that counted.

Princess Beatrice House (PBH), a hostel run by the charity Look Ahead, is due to close next year, losing London 118 bed spaces.

Hugh Donahoe, a spokesman for the Royal Borough of Kensington and Chelsea, told *The*

Pavement: "The Princess Beatrice House hostel, funded by the Royal Borough of Kensington and Chelsea, and managed by Look Ahead Housing and Care, has been a well regarded supported housing project helping hundreds of people rebuild their lives.

"However, times are changing. The hostel is large, and demand for large hostels is reducing. PBH was developed as a hostel for the 20th century, not the 21st century.

"Now is the time to look to the future and develop Supporting People-funded projects that meet the needs of the local community. The council has recently commissioned a new complex-needs, supported-housing scheme that will provide better accommodation suited to the needs of our more vulnerable customers.

"This new service will open before the closure of the main hostel at Princess Beatrice House in April 2011."

As to what will happen to the site and its current residents, Donohue added: "Look Ahead is also looking at the future redevelopment of the site, and the council is keen for the site to be retained for affordable housing. We will, of course, ensure that everyone who is currently living at Princess Beatrice House will be given assistance in finding new accommodation. As the hostel won't close till 2011, it provides us with plenty of time for residents to be relocated."

The Pavement will watch to see what happens to the site in 2011.

Staff

Methadone time limit to be introduced

The heroin substitute methadone may be prescribed only for a limited period.

At the National Treatment Agency for Substance Misuse (NTA) board meeting in early July, plans were tabled to apply strict limitations to the length of time addicts can use methadone, which the NTA believes will get more addicts clean.

In its foreword to their plan for 2011, the NTA stated: "No-one should be 'parked' indefinitely on methadone or similar opiate substitutes without the opportunity to get off drugs.

"New clinical guidance has introduced strict time limits to end the practice of open-ended substitute prescribing in prisons. This principle will be extended into community settings."

Around 300,000 people in England and Wales are addicted to heroin, crack cocaine or both.

Approximately two-thirds are in contact with treatment agencies, but most rely on methadone or other synthetic opiates, at a cost to the taxpayer of £300m a year. The NTA and the government would rather see individuals encouraged to abstain from all drugs, whether prescribed or illegal, and go "cold turkey".

"Too often, the opportunities presented by engagement with treatment are squandered by a lack of ambition and a willingness to routinely write off the potential for dependent drug-users to assume full roles as citizens," the NTA document continued.



“Do you prefer to be called a customer, service user or evictee?”



“Oh, come on Barry! A fresh lettuce and a sliced loaf on the way back wasn't too much to remember now, was it?”

But strict time limits on methadone treatment would require a big expansion of residential care for addicts, according to a report in *the Guardian*.

The suggestion has also been furiously criticised by some board members, who feel methadone should be considered a medicine, not a drug. On the Methadone Alliance web-forum, one NTA board member said: "The idea that people are somehow 'parked' on methadone is a nonsense.

"People don't willingly subject themselves to the kind of personal intrusion and scrutiny that drug treatment subjects you to unless you're getting some significant benefits from it."

Moreover, there are concerns that the NTA is attempting to curry favour with the new coalition government, given that the work and pensions secretary Iain Duncan Smith has raised to notion of scrapping the organisation and replacing it with a leaner, faster – and no doubt cheaper – recovery addiction board.

For further reading, see: www.m-alliance.org.uk/forum/index.php/topic,2108.0.html

www.guardian.co.uk/commentisfree/2010/jul/26/methadone-drug-treatment

www.nta.nhs.uk/uploads/newbpintro280610.pdf

Rebecca Wearn

Confusion over rough sleeper counts

The Department for Communities and Local Government (CLG) has released figures showing a decrease in the number of rough sleepers in England.

According to the report, released in mid-July, 440 people "bedded down" on the streets last year, compared with 464 the previous year. The report came as housing minister Grant Shapps promised to redesign the 'flawed' methods of counting rough sleepers.

Only 70 of England's 256 local authorities carried out a head count, as only those who were thought to have a significant problem were obliged to do so. This is thought to have masked the real figures of homelessness in England.

However, this year, for the first time, local authorities that did not carry out a head count were asked to provide estimates, which amounted to 807. This brings the total figure to 1,247.

The method review of counting rough sleepers is due to be published in October.

However, the charity Broadway has released homeless figures on behalf of government that show an increase in people seen sleeping on the streets of London.

The Street to Home Bulletin 2009/2010 reports a six per cent increase in street sleepers in the capital, counting 3,673, up from 3,472 last year.

The figure has increased because of Central and Eastern European (CEE) country migrants, who make up 26 per cent of the count. With this group excluded from the figures, the count has actually decreased, from 2,927 in 2008/2009 to 2,828 this year.

In June, *The Pavement* (London and Scotland) highlighted the issues facing CEE country migrants who are being forcibly removed by the UK Border Agency if they are not working or in full-time education.

Despite the rise in CEE migrant rough sleepers and shortly after these figures were announced, the government decided to axe all homelessness prevention and rough sleeping advisors from the CLG who were working alongside

local councils. The eight advisers will go by the end of September.

Liza Edwards

Homeless blamed for Democracy Village eviction

Bailiffs evicted a group of protesters and rough sleepers from a camp in Parliament Square in July, marking a legal victory for Mayor of London Boris Johnson, who had gone to the high court to have the camp removed.

The makeshift settlement, known as Democracy Village, was set up in May mainly to protest against UK involvement in Iraq and Afghanistan. It was home to a diverse group of people including communists, anarchists, peace protesters and rough sleepers.

In his judgement, judge Griffith Williams wrote: "I am satisfied the Greater London Authority and the mayor are being prevented from exercising their necessary powers of control management and care of Parliament Square Gardens."

He also cited the growing number of homeless people being attracted to the area as a reason for the camp's removal.

An article in *the Guardian* claimed activists had said they had "become social workers to their homeless comrades, which has left them less time for direct action". One protester, Maria Gallastegui, told the paper: "The camp has got bigger because people who need a place to stay and be fed have arrived while the activists have got tired and left. We have a major alcoholic problem on the site. Some of them are quite dangerous. But some people have terrible lives all their lives."

In its 11 weeks, the camp had changed from 100 per cent activist to 30 per cent activist

and 70 per cent homeless, she added. But Green Party Greater London Assembly member Jenny Jones said it was “a bad day for democracy in London”.

“The lack of police presence showed that the protesters were not causing a problem,” she said. “Yet the mayor was dogmatic in pursuing an expensive legal process.”

It cost £88,000 to bring the case to the high court, a portion of which the protesters are supposed to pay.

Among those evicted was veteran peace activist Brian Haw, who has camped outside the Houses of Parliament since 2001. The eviction order is particularly disappointing for Haw, as he has already successfully resisted attempts by both the previous government and Westminster Council to have him evicted.

Ironically, the same day Johnson moved to evict the protesters, the new coalition government announced plans to “restore rights to non-violent protest” as part of its legislative programme.

John Ashmore

Dalston soup kitchen charity faces closure

Rhythms of Life International, the charity that runs a year-round soup kitchen in Dalston, east London, faces closure after the rent on the premises it leases from a private landlord was doubled.

The charity’s premises include a shop and offices on Crossway, near the recent multi-million pound redevelopment of the East London line; however, as a result of the rent hike, it may be forced to find a new home before the end of the summer.

Andrew Faris, Rhythms of Life founder, spoke to *The Pavement* about his fears regarding the service’s potential closure. “The landlord wants to develop the

premises,” he said, “and turn it into a million pound property. They’ve told us that we have to pay double the rent or they’re going to throw us out, but why should we pay astronomical rent?”

“We’ve begged Hackney Council to help us, but they say they are unable to. It’s so frustrating: I have 45 people waiting for food, which is always a difficult operation to coordinate, and we’re threatened with closure. We serve food every day of the year – I’ve never taken a day off. These people are my friends and I need to feed them.”

Mr Faris said the numbers of people visiting Rhythms of Life had skyrocketed over the last few months, and that the service was now a vital part of homeless support in the area. Without help to find a new base, however, he is concerned about the charity’s future.

“We’re hoping someone will have some space or even a bit of ground we can use,” he said, “otherwise I’m not sure what we’re going to do.”

A spokesman from Hackney Council told local reporters that: “The council is aware of the needs of Rhythms of Life and has met with them to resolve this matter, and will be doing so again shortly. There are only a handful of council properties that meet their requirements, though, and unfortunately there are none available at present.”

James O’Reilly

- We’ll be following this story, and have an update next month.

Darlington murder

Two 15-year-old boys have been charged with the murder of George Akers, who was found beaten to death in a churchyard in the north-east of England.

The body of Mr Akers, 59, was found in the grounds of St Cuth-

bert’s Church, Darlington, on 12 June. A local police appeal for information enabled officers to make the arrests within a few weeks.

The two boys, also both from Darlington, were arrested and later charged with his murder, Durham Police said. They were found guilty of murder at Newton Aycliffe Magistrates’ Court on 27 June but are yet to be sentenced. The identity of criminals under the age of 16 is protected by law.

Mr Akers was a local man who had been sleeping rough for some time. Police said he was a familiar figure to many people in Darlington, often stopping to talk to people and offering out sweets and cigarettes.

“Those who knew him spoke well of him. He had never been in trouble with the police and, sadly, seems to have been one of those people who just slipped through the net of regular society,” said DCI Paul Goundry, the deputy senior investigating officer.

In their appeal for information, the police said Mr Akers was born and bred in Hurworth, near Durham.

A post-mortem examination showed he had sustained multiple internal injuries.

The Pavement reported briefly upon this death in our last issue, and has been contacted by readers moved by the cruelty and pointlessness of his death.

Rebecca Wearn

Simon Community to reopen second street café

The Simon Community in London is looking for a second venue to run its popular street café, after its original location on the Strand closed earlier this year.

Its current café in St Giles-in-the-Field, near Denmark Street, sees up to 100 people on a busy weekend and has become so



"The main thing is we're still rich bastards"



popular that the charity is now looking to expand again.

The Simon Community urged readers to contact them with suggestions or offers for a suitable venue, which it hopes to open as soon as possible.

The street café at St Giles currently runs for two hours on a Saturday and a Sunday, offering food and drinks or simply a place to relax for a couple of hours without the worry of being moved on. Dave Clark, a trustee of the charity, said that any new café would run on different days to maximise the service.

Contact info@simoncommunity.org.uk if you have any venue suggestions.

Garnet Roach

Tent cities: an update

Back in the April issues of *The Pavement* (London and Scotland), we brought you news of a report, *Tent Cities in America: A Pacific Coast Report*, by US charity The National Coalition for the Homeless, that reveals the growing emergence of tent cities across the west coast of America.

We discovered that the majority of tent cities were in California and that as the US continues to react to its biggest financial crisis since the Great Depression, homeless groups and government agencies are witnessing the biggest increase in homeless encampments for a generation.

Just a few months on, and tent cities are not only emerging further afield than the west coast, but “springing up in President Obama’s own Hawaii backyard,” as WorldNetDaily puts it.

One such case is a tent city that appeared on 50 acres of Navy and city land directly behind Waipahu High School. Named Obamaville (in part because of its location but also because it is reminiscent of

the ‘Hooverilles’ of the 1930s), it is suggested that the camp behind the school may be just one of many.

According to *The Honolulu Star Advertiser*, Doran Porter, the executive director of the Affordable Housing and Homeless Alliance, believes that more and more homeless encampments like Obamaville are springing up in Oahu as the Honolulu police and city officials drive the homeless off the island’s beaches and out of city parks.

Back in the north-west mainland, in Olympia, Washington, the *News Tribune* reports that a three-year-old tent city that moves every 90 days is trying to secure a permanent site with the help of the Panza board, the not-for-profit organisation which supports the camp.

“The vision is to build 30 one-room cottages, with a central building for laundry, showers and meetings” said Jill Severn of the Panza board. Dubbed Quixote Village, it would be eco-friendly, with community gardens and plenty of trees, says the *News Tribune*. The vision has gained the support of the Thurston County Commission and the Olympia City Council. Last week, the council agreed to have its staff study finding a permanent site for the camp.

Residents say a permanent camp would give them stability, and they could grow their own food. “Once you have a place where you’re going to lay your head every night, everything comes into focus,” said Brenda Brooks, 35.

She came to the camp after going through a divorce, being hospitalised for mental illness and losing her three children.

Elsewhere, in the city of Camden, New Jersey, a tent city facing eviction and relocation by the government came under the philanthropic focus of another not-for-profit organization, the Nehemiah Group, according to the *Associated Press*.

A local, wealthy entrepreneur and founder of the Nehemiah

Group raised \$250,000 (£161,000) after his son brought to his attention the basic living conditions of the people occupying the tent city. Fifty people were relocated to a facility in Bridgeton, where they would stay for 21 days. After that they would occupy several rented homes and condominiums around Camden.

Tracey Kiddle

Rise in homeless attacks in US

There has been a sharp rise in the number of homeless people who are being attacked in America.

With the increase of homelessness due to the economic downturn, more rough sleepers across the country are being set on fire, beaten, stabbed, shot and raped. Of the 3.5m Americans who sleep rough each year, around eight in 10 have been the victims of crime whilst living on the streets.

Records for ‘hate crimes’ against homeless people first began in 1999 after the National Coalition of Homelessness compiled the first report of its kind. Since then, they have published regular reports into levels of violence against men and women living on the streets, recording more than 240 deaths.

Many attacks, however, go unreported, making it difficult to assess the true extent of the situation, as some rough sleepers do not tell police of crimes committed against them because of mental health issues, substance abuse or fear of retaliation.

John Joyce, co-executive director of the Rhode Island Homeless Advocacy Project, said: “People are just being targeted because they are homeless. It’s a safe crime – it’s almost like vandalising a street sign.

“The victim doesn’t come and tell the police about it.

They're ashamed of where they're at in their life right now.

"The victims don't really want to come forward because the way the police departments think and the community thinks: 'No one's going to believe me anyway if I do get assaulted.'"

One recent attack was in Cincinnati, Ohio, when rough sleeper John Johnson, 52, needed 18 stitches in his head after being attacked by four men as he slept under a highway overpass.

He said: "I was awakened by four young men.

"They started beating me with pipes and bats upside the head and up and down the left side of my body."

And last month, a 23-year-old homeless man was found severely beaten under a bridge in Seattle. Three of the four attackers have been charged. The fourth has not yet been caught.

Worryingly, more than three-quarters (75 per cent) of those attacking homeless people are under 25, with many filming their crimes as part of fad known as "bum rushing".

Rebecca Evans

Canadian prosecutions

Three police officers in Canada are facing disciplinary action after allegedly rounding-up local homeless people, taking them on a 90-minute journey across town in the back of a police van and dropping them in different neighbourhoods.

The officers are also accused of keeping no paperwork of their action and refusing to give their names or badge numbers.

The disciplinary hearing also heard how the police station had a 'hotline' for local businesses to report homeless people in the area and arrange for them to be collected.

Diane Wood, one of the nine homeless people taken in the police van, told the hearing she had no idea why she was picked up nor where she was being taken. She said one of the passengers was forced to urinate in the van after officers ignored pleas to stop. She said the officers wouldn't give their names or badge numbers.

Another man, Harold Manuel, 46, said it was "real hot" in the van, sweat started dripping down their faces, and people started getting angry. "They were ready to fight," he said, but no one did.

Staff sergeant Doug Fedechko said this was a way to deal with intoxicated homeless people without having to arrest them.

Detective Bill Allen, who was the acting supervisor of the Whyte Avenue beat in Edmonton, on 20 May 2005, said police would often have to transport the same individual two to three times in a single shift as they would return to their original area after the journey.

Presenting officer Derek Cranna said if it is proved the officers had transported people from Whyte Avenue to the north side, it will reflect badly on the Edmonton Police Service.

"It appears what these members did was simply move the problem."

Liza Edwards

NHF reports housing cuts

The coalition government's plans to make cuts in housing benefit may put up to 200,000 people at risk of homelessness, according to the National Housing Federation (NHF).

The NHF, which represents housing organisations across Britain, claimed that people living in London and the South-East would be hit hardest and estimated that up to 34,000 people could lose their homes.

Nationally, the group claims the overall number of people faced with homelessness could be as many as 750,000.

In measures announced by chancellor George Osborne at the end of July, people who claim Jobseeker's Allowance for more than a year would have their benefit payments cut by 10 per cent. The NHF believes that this reduction will lead to vastly increased numbers of evictions - especially in more expensive areas like Greater London.

NHF chief executive David Orr said: "Ministers have said consistently since taking office that they will do their utmost to protect the most vulnerable - and yet the introduction of the housing benefit caps will clearly lead to an onslaught on some of the most vulnerable groups in society.

"The changes could see hundreds of thousands of vulnerable people fall into debt, forced out of their homes and neighbourhoods and crammed into overcrowded ghettos. Many others will simply become homeless."

The NHF has called for the government to set up a poverty commission to ensure that any cuts they make to the benefits system will not damage the poorest and most vulnerable people in society.

The government believes that a massive overhaul of Britain's welfare state is needed to restore 'fairness' to the system and to save money as part of the chancellor's recent austerity budget.

But a spokeswoman from the Department of Work and Pensions disputed the NHF's findings: "This isn't about homelessness - if anyone getting Local Housing allowance needs to find more appropriate accommodation, a third of properties on the market will still be available to them, and we've tripled our discretionary housing payments to provide a safety net for the most vulnerable.

“There is an urgent need to reform housing benefit and it is right that we return fairness to a system that is out of control.”

James O'Reilly

Do not feed the bums

The Californian town of Ocean Beach, near San Diego, became the site of controversy in June when a shop owner put up a sign saying ‘Don’t feed our bums’.

The signs are apparently an attempt to counter ‘aggressive’ begging on the streets of Ocean Beach, though understandably rough sleepers are concerned about being victimised.

Frank Gormlie, of the local news and views website Ocean Beach Rag, came out strongly against the move. “The stickers are not Ocean Beach,” he said. “Ocean Beach is a more tolerant community than these stickers represent.”

Local shop The Black, which sells cannabis-related products, has apparently already sold over 500 of the stickers (pictured in the local press below), which are a parody of US national parks signs warning visitors not to feed bears.

Critics point out that this implicitly compares rough sleepers to wild animals. Moreover, the signs also contribute to hostility towards homeless people. Jon Baker, a rough sleeper from the area, said: “It does put us more as a target because it has stirred up a lot of interest.”

Peter Callstrom, executive director of the San Diego Regional Task Force On the Homeless, said: “The sticker is completely offensive and counter-productive. People who are homeless are not bums. Name-calling helps no one and only leads to divisiveness, fear, and disdain.”

However, this is part of a trend stretching back more than a decade. In November 1994, voters in Berkeley in northern California passed Measure O, a

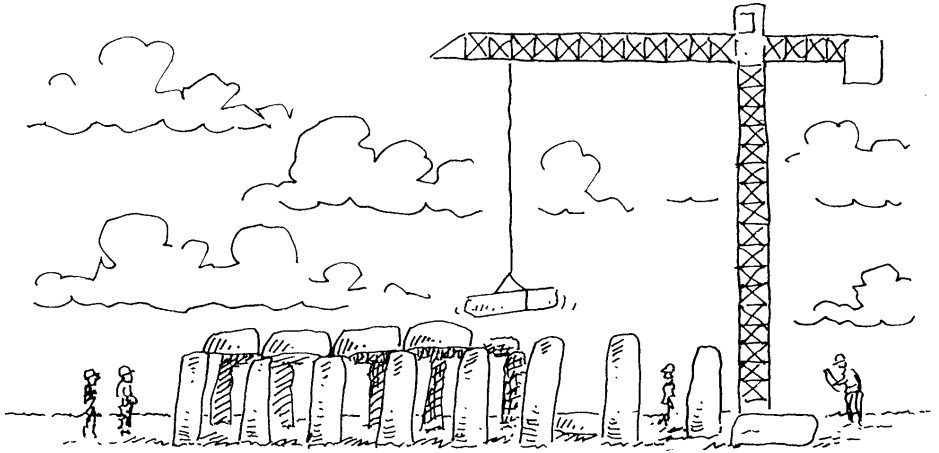
set of laws reminiscent of our own controversial Vagrancy Act. One law banned ‘aggressive’ begging, and the other banning sitting or lying on the pavement, although, on that occasion, the law was backed up by provisions for social spending on rough sleepers.

The new laws then became the basis of a legal battle. The American Civil Liberties Union managed to get the law halted by a judge in 1995, only to see another court overturn the decision in 1996.

Brent Halvarstat, a rough sleeper in the area, said that the law was a clear breach of civil rights. “An anti-panhandling law would be a clear violation of our first amendment rights,” he said, stressing it would prevent many people from asking – and therefore getting – what they need to survive.

John Ashmore





**MENDING
BROKEN
BRITAIN**

Cluff

Obama to end homelessness?

The UK has a long-standing pledge to end rough sleeping by 2012, cynically in time for the London Olympics, but now those across the pond have announced their own target date to get people off the streets.

On 22 June 2010, the US government released a new national strategy which aims to end homelessness among veterans and the chronically homeless by 2015, and among children and families by 2020.

A 67-page document detailed plans to expand social housing projects, particularly for war veterans and families with young children, plus additional measures to support long-term rough sleepers.

President Obama's move is a change in tack from that of his predecessor George Bush, whose policy focused on the most entrenched and vulnerable rough sleepers, rather than all of those without housing.

The new measures aim to improve links between housing agencies, mental health and substance abuse programmes so that the various and complex needs are met quickly. The Obama administration believes that stable shelter is the first and most crucial need, and having this, in turn, helps individuals to work out their other problems.

It is estimated that roughly two million people experienced homelessness in the US last year, but the majority were short-term, just a few days. Some 112,000 people in the US are described as 'chronic homeless', having slept rough for over a year.

No additional money has been set aside or budgeted for the scheme. The administration seems to hope the billions of dollars already set aside by federal agencies will be sufficient for it to succeed. However, the *Washington*

Post reported that critics feel a larger financial commitment to housing assistance will be needed to accomplish the objectives. "The administration does call for some added vouchers, which is terrific," Elizabeth Lower-Basch, senior policy analyst at the Center for Law and Social Policy, was quoted as saying. "But even if it's fully funded by Congress, it still would only reach a small fraction of those who are potentially eligible for housing subsidies."

Rebecca Wearn

Manchester death highlights dangers

A tip worker has told how he found the body of rough sleeper Stefan Tomkins, who died after being trapped and killed in a waste crusher in Manchester last year.

Mr Tomkins, 31, had been sleeping in a bin when it was emptied in the early hours of 25 November 2009. He suffered serious injuries when he was caught in the crusher, and his body was later found at the Birch waste site in Beswick.

Nigel Meadows, coroner at the inquest, said that he would be writing to Manchester Council, asking them to help raise awareness of the dangers of sleeping in waste bins. "It's a sad reflection in this day and age that someone can live a life like this then die on the streets of Manchester," he said.

Last October, Raymond Pickering, a rough sleeper in Nottingham, was crushed to death by a compacter in a waste disposal lorry, and this latest death once again highlights the dangers of sleeping in bins.

We encourage readers to not only avoid sleeping in bins, but also to warn others not to do so. *The Pavement* is now talking to the Environment Services

Association, the trade body for waste management companies, about a possible campaign to reduce the number of deaths.

Garnet Roach

Street single recorded

Rough sleepers in London have written and recorded a single about their experiences on the city's streets, which can be listened to for free online.

The song 'Written on the Streets' was produced at the end of June in collaboration with homelessness charity St Mungo's, which has a music production facility at their Endell Street hostel in Camden.

The single was composed in just two days using the "cut-up technique" made famous by David Bowie, whereby the writers string together their thoughts and feelings through a narrative or journey.

Staff at St Mungo's felt this provided a great chance to express feelings, from frustration to wisdom, about their lives in temporary accommodation, homelessness and joblessness.

Lyrics include: "It seems I've lived many lives/ Echoing in space/ Standing at the crossroads/ My urban little fox/ Wandering the streets/ Caught in a sound."

Matt Catlow, music production trainer at St Mungo's, said: "We're very fortunate to have a recording studio in the hostel at Endell Street. It's one way we can connect with residents and use music both as therapy and a way back into employment."

The Endell Street hostel went through a £3.2m refurbishment programme in 2008 with money from the previous government's Places of Change programme.

The new space was developed in partnership with Camden Council and the Department for Work and Pensions. The studio

has also produced an album to raise money for St Mungo's, and is also available for use by other Camden-based charitable projects.

Residents at the north London hostel provided lyrics, sang backing vocals and even rapped on the song, which can be heard here: www.mungos.org/WrittenOnTheStreets

Rebecca Wearn

Canadian city plans unique memorial

The city of Edmonton in the state of Alberta, Canada, is currently awaiting final approval from its city council to spend \$36,000 (£22,000) on a statue dedicated to the memory of homeless people who have died on the city's streets, according to the *Edmonton Sun*.

The plans have received mixed reactions from residents of the city, with some feeling that the money would be better spent directly helping the homeless.

City councillor Ben Henderson insists, however, that the proposed statue is not taking money that would otherwise have gone to help the homeless. The money to pay for the statue is actually coming out of an arts fund supplied by The Edmonton Arts Council.

"I think there is a lot of confusion around that," said Henderson, a proponent of the proposed project, slated to go under the microscope of council's community services committee. "If [the money] did not go to this project, it would go to another community [art] project."

Homeless deaths are certainly an issue within Edmonton, a city which, with a population of just over one million, saw 46 homeless residents die in 2009. This is four times the ratio of homeless deaths to population compared with London, which has much milder winters.

Jeff Morgan, an active member of St Mungo's client representative group, Outside In, said: "I think that the memorial statue is a good use of public funding as it recognises the plight of homeless people.

"Although many will walk past and take no notice, some will stop and think, and this can only be a good thing. The amount is just a drop in the ocean when thinking of provision of services but can do some real good in helping raise awareness."

Tracey Kiddle

Challenging UKBA

A scheme being used by the home office to deport eastern Europeans (A10) found sleeping rough could be illegal under EU law, lawyers and human rights groups have argued.

The scheme introduced on a pilot basis by the UK Border Agency (UKBA) earlier this year has so far been deployed in Westminster, Oxford and Peterborough. As previously reported by *The Pavement*, those targeted are individuals from A10 countries and have been in the UK for longer than three months, but are not, and "have no prospect" of, working or studying. One month into the scheme, more than 200 people had been considered under the pilot, roughly 100 had been served with removal notices and 13 people ejected.

But legal groups claim it could result in the UK being taken to the European Court of Justice by the European Commission, for being illegal under EU law.

"While these expulsions have a basis in domestic law, EU law is supreme in this area and any domestic law provision must comply with EU law," Adam Weiss, assistant director of The Aire (Advice on Individual Rights in Europe) Centre said.

"EU law makes it very difficult to justify expelling an EU national

on the basis that that person is not exercising residence rights, which is what the authorities are trying to do," he adds. "We anticipate that the higher courts will find all, or virtually all of these expulsions unlawful under EU law."

Weiss also warned the handling of the scheme could raise questions about the way central and eastern Europeans are prevented from accessing benefits.

Sue Willman, a partner at Pierce Glynn Solicitors, which specialises in human rights and discrimination law, agreed. "A lot of people are self-sufficient, even if they are getting by sleeping rough," she said. "If they are not claiming benefits, they are not making any demand on the UK public funds – although some may well have entitlements."

The number of rough sleepers originally from A10 countries has risen dramatically since the start of the financial crisis, and estimates for London now put the number at nearly 40 per cent of all homeless people as coming from those countries.

It is still early days for the pilot, which is due to continue for another four months before the Home Office considers whether to deploy it more widely.

A UKBA spokesman says that the scheme was "just one element of an overall plan to tackle rough sleeping and destitution".

He added: "We are trialling this new approach in a number of areas where rough sleeping and anti-social behaviour are particular challenges and will carry out a full evaluation of its success before making any decisions."

He claims that the UKBA would only take removal action in cases where "the individual consistently refuses [support to leave voluntarily] and is left destitute and a problem for their community".

Catherine Neilan



“Are you looking at my bird?”

STREET SHIELD

CHAPTER 16

BRUM OR BUST!

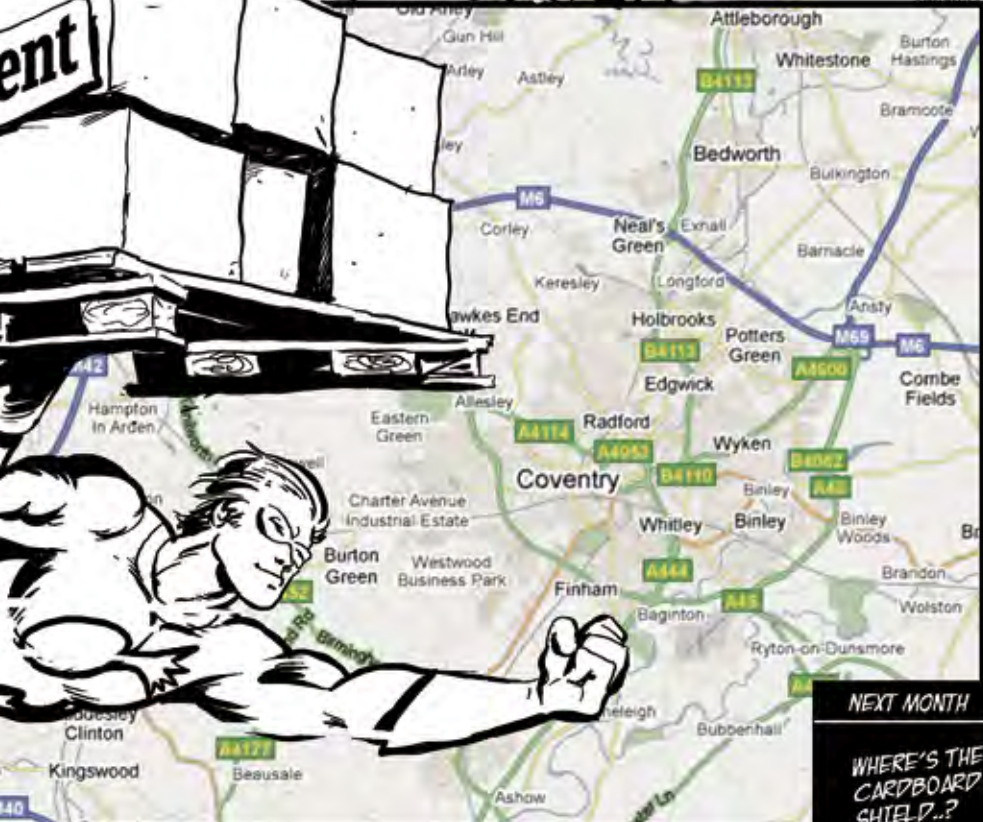
REMINDE ME WHY WE'RE STANDING HERE INHALING CAR FUMES?

I'M HEADING NORTH TO SEARCH FOR THE CARDBOARD SHIELD WHO OPERATES IN BIRMINGHAM!

HMMM...WELL HE WONT BE HELPING US.

HE'S GOT ENGINE TROUBLE!





Health and wellbeing

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

Flo on...feeling lousy

Hands up who had head lice as a kid! I did. If you got through your childhood without at least one infestation, then count yourself lucky. But did you know head lice have a cousin, the body louse that lives on your clothes and skin?

Although very similar to the head louse, the body louse (pictured below) prefers to attach its eggs to clothes, not the base of the hair, and moves to the skin only to feed on blood. So if you've got an itch that won't go away, read on...

Body lice are spread by close physical contact with another person who has them. They are also spread through contact with clothing, towels, bed linen or any other fabric. They can easily spread quickly between people living in cramped spaces and tend to be more common in the winter months, as people wear more layers of clothing and change them less often.



So what should you look out for? The first sign is usually itching and a rash, which indicate that the body is reacting to the bites. You may also feel more tired than usual. Because the lice lay their eggs in the seams of clothing and bedding, it may be worth examining them if you have been itching. The eggs are about the size of a pinhead and yellow to white in colour. The adult louse is about 3mm long, about the size of a sesame seed and grey-brown in colour. Most lice are found in the clothes, as they only visit the skin to feed.

If you've been infested for some time, you may notice some discolouration of the skin around your waist, groin and upper thighs. Scratching the bites can cause sore, broken skin, which is not only unpleasant, but also opens up the possibility of getting other fungal or bacterial infections.

So how do you get rid of them? Unlike head lice treatments, the lotions to treat body lice are usually available only on prescription, so you will need to see a doctor or nurse. Don't worry – you won't be the first person the doctor or nurse has treated for body lice. It's very, very rare in this country, but body lice have been known to spread other diseases such as typhus, relapsing fever or trench fever.

There is also a lot you can do to prevent infestation and to get rid of lice quickly. In the old days, people used to burn infested clothes, but nowadays a hot wash and tumble dry should do the trick. Ironing your clothes with a hot iron can also help. Bathing at least once a week will

also keep them away. Have a think about where you've been living and what fabrics you come into contact with, and get rid of or hot-wash anything that may be infested if you can. I know it's difficult, but you should also tell other people that live in close contact to you as they may also have body lice. Try not to share clothing, bedding or towels with other people.

Remember, body lice have been around for as long as humans have been wearing clothes and it's not a reflection on you if you get infested. It's not easy if you're sleeping rough, but a soak in a hot tub, a change of clothes and a visit to the doctor and you'll be free of them. Good Health,

Nurse Flo

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

Foot care: the corn and the callus

Skin is made up of millions of tiny cells in two major layers – the one you see, and the dermis, which contains all the blood vessels, nerves and fat. The epidermis ('epi' means outside) is bloodless, very thin and made up of five distinct levels. Epidermal skin cells rise to the surface and become compressed into flakes of protein called keratin. Old cells are shed (90 per cent of household dust is made up from human skin!) and replaced by new keratin flakes.

The 'keratinisation' process takes approximately 28 days.

The old flakes need water to separate, so washing the feet regularly helps. Sometimes the skin surface dries due to friction or a medical condition like diabetes, and this leaves a rough uncomfortable surface. Rubbing cream into the skin replaces water in the old skin cells and allows them to be removed painlessly. It has the added benefit of stimulating the circulation, leaving a feeling of “walking on air”. Any bland cream – cheap hand or face creams – has this effect.

When the epidermis is damaged, usually by friction, some skin cells start over-producing keratin, which forms hard skin. The Latin word for this is ‘callum’, which has become ‘callus’. It’s nature’s way of protecting skin surfaces subjected to shearing stresses.

Hard skin is usually painless, but build-ups around the rim of the heel can cause cracks into the deeper layers, causing bleeding and sometimes infection. Cracks can also appear between the toes. A footbath with a handful of table salt dissolved in the water at hand-hot temperature (46 degrees centigrade) can help clean skin cracks safely and effectively, and ‘wets’ the hard skin. Don’t bathe the feet for more than 10 minutes. Dry your feet carefully and cover any cut with a clean dressing such as Band-Aid. For general callus, gently rub with a pumice stone or fine sandpaper. The skin will replace itself in 28 days, but in the meantime, reducing the amount of hard skin can give a feeling of wellbeing. End the process by rubbing cream into your feet.

When the skin is subjected to more complex pressure over a bony prominence, such as the knuckle of the toe, the hard skin becomes more cone-shaped, with the pointed end pressing down on the nerve endings beneath. These



painful calluses are called corns. Their name is derived from the Latin ‘clavis,’ meaning carpenter’s nail. Once skin has been damaged in this way, chemical factors within blood determine how the cells grow back, which explains why callus (pictured top) and corns (pictured below) always come back. Contrary to the popular belief, corns do not have roots (like potatoes), and any attempt to destroy the hard skin with chemical corn cures can make the situation worse. Avoided them, or if you use them, follow the manufacturer’s instructions carefully. The Ancient Greeks were the first to

recognise the only way to relieve discomfort from corns was to gently scrape away the overlying callus. For most people, this is quite impossible – we are on the wrong end of ourselves to see our feet! It is much safer to let others do this for you. Corns can be treated painlessly and safely, so if you suffering from severe callus or sore corns, visit the podiatrist.

Stay safe and take care of the pair.


Toe Slayer

Registered podiatrist and shoe historian




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.

for homeless people in Glasgow with mental health problems. Phone, write or just drop in C, MH, P

Glasgow Rent Deposit and Support Scheme
3rd Floor, Crowngate Business Centre, 17 Brook Street, G40 3AP
0141 550 7140
Mon-Thur: 9am-4pm; Fri: 9am-3pm
AS, BA, C, H, IT, TS

Glasgow Women's Support Project
See Telephone Services Glasgow

The Samaritans 08457 90 9090

SANALINE
6 - 11 pm
0845 767 8000
Out-of-hours helpline for those affected by mental health

Previously Everyone's Home Shelter
An 'e-shelter', with a large directory of services.
sockbook.referrata.com

Stonewall Housing
Addresses the housing needs of lesbians and gay men. Provides temporary, supported housing for 16 - 25 years old lesbians and gay men.
www.stonewallhousing.org

Sock Book
A campaigning site for those with mental illness
www.proudtobomad.co.uk

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

Mental Fight Club
A creative/arts site for those with mental illness.
uk.geocities.com/gabriele-jenkinson@btinternet.com/

National Debtline
0808 808 4000
Runway Helpline
0808 800 7070
Free line for under-18s who have left home

Glasgow Women's Support Project
0845 377 6001
Allowance or Incapacity Benefit For Income Support, Jobseekers For queries about existing claims
0800 055 6688
To make a claim
Job Centre Plus (benefits agency)

Get Connected
0808 808 4994
Free advice for young people (1pm - 7pm daily)

Frank
0800 776 600
Free 24-hr drug helpline

Glasgow Street Service
0800 027 7466
Mon-Thur: 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.

The Pavement Online
Soon to have an online version of *The Other List*, which will soon be in several translations to download.

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TELEPHONE SERVICES GLASGOW

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WEBSITES EDINBURGH

Homeless Edinburgh
A comprehensive website containing information about services in Edinburgh including hostels, advice and support centres. Also has information on over 8,000 services outside Edinburgh
www.homelessedinburgh.org

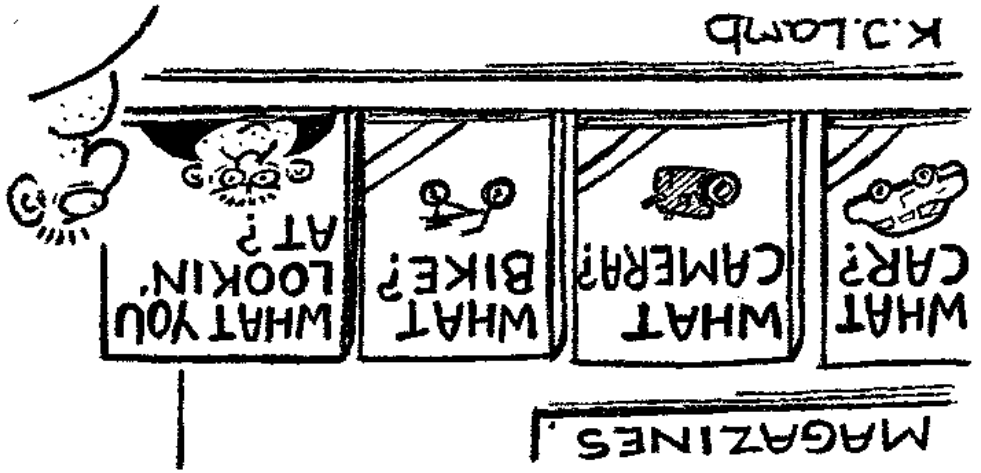
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www.homelessedinburgh.org

Homeless Information Pages

Lots of useful information and advice on homeless services in and around Glasgow
www.hipinglasgow.com



MEDICAL SERVICES GLASGOW

The Physical Health Care Team
55 Hunter St, G4 0UP
Mon - Fri: 1 - 5pm
0141 553 2826
Has two GPs and a team of nurses and office staff who also run clinics at some hostels. Appointments not necessary. They also provide support for people who have hospital appointments and want someone to go along with them. There is also an addition and mental health team based at this address
A, D, F, C, M, H, M, S, P, SH

SOUP KITCHENS & SOUP RUNS EDINBURGH

Barony Contact Point
101 High Rigg, EH3 9RP
0871 700 7777 / 0131 622 1867
Tue: 10.30am - 4pm;
Thur: 10am - 1pm,
FF, P
Calton Centre
121 Montgomerie Street, EH7 5EP
0131 661 5252
Tues: 6 - 8.30pm
FF, P

Care Van
Bethany Christian Trust's soup run in Edinburgh city centre
364 evenings a year
FF
Currier'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

Jericho house

53 Lothian Street, EH1 1HB
0131 225 8230
Sun: 10am - 2pm; Weds and Thurs: 6 - 7.30pm
CL, FF, P

Little Sisters of the Poor

43 Gilmore Place, EH3 9NG
0131 229 5672
Every day 1 - 2pm and 6 - 7pm
FF, P
Missionaries of Charity
18 Hopetoun Crescent, EH7 4AY
0131 557 8219
Every day except Thur:
3.45 - 4.30pm
FF, P

SOUP KITCHENS & SOUP RUNS GLASGOW

Balvicar Street
G42 8QU
Thurs: 7 - 9pm
FF, P
Cadogan Street
Glasgow G2 7AB
Runs at these times:
Sun: 9 - 10pm; Mon: 7.30 - 9pm; Tues: 8.45pm - 12.30am;
Wed: 9 - 10pm; Fri: 8 - 9pm
FF, P
Rokpa Glasgow
Kagyü Samye Dzong
The Tibetan Buddhist Centre
7 Ashley Street, G3 6DR
0141 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
Waterloo Street
G2
Thur: 10pm - 12am
FF, P

SOUP KITCHENS & SOUP RUNS 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

GAMH Homeless Support Project
123 West Street, G40 1DN
0141 554 6200
Mon - Fri: 9am - 5pm
(4.30pm on Friday)
Practical support and advice

SPECIALIST SERVICES GLASGOW

St. Simon's Church
Dunakin Street, G1 1 6PG
Sun: 1.30 - 2.30pm
FF, P
Waterloo Street
G2
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
St George's West
58 Shandwick Place, EH2 4RT
0131 226 2428
Mon - Sat: 9am - 3pm
FF, P

SPECIALIST SERVICES EDINBURGH

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
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
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AS, A, BA, C, D, H, NE, SH
www.streetwork.org.uk

GAMH Homeless Support Project
123 West Street, G40 1DN
0141 554 6200
Mon - Fri: 9am - 5pm
(4.30pm on Friday)
Practical support and advice

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) *p*
www.themungofoundation.org.uk

DRUG / ALCOHOL SERVICES

Drinking Scotland
 Freepost, PO Box 4000, G3 8XX
 0800 7314 314
 Advice and info for people with alcohol problems or anyone concerned about alcohol misuse
 A.C

DRUG / ALCOHOL SERVICES

Bethany Christian Trust
 65 Bonnington Road, EH6 5JQ
 0131 625 5411
 Community Education programme with a range of courses aimed at giving skills to get back into work or volunteering. *FF*

Bethany Christian Centre (Men only)

6 Casselbank St, EH6 5HA
 0131 554 4071
 For homeless or vulnerable men with alcohol or drug problems who wish to take part in a work training programme www.bethanyct.com
 CA, ET, *P*

EMPLOYMENT AND TRAINING

GLASGOW

Glasgow Simon Community
 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 Ellesmere Street, G22 5QT
 0141 353 3912
 Provides accommodation and work for homeless people
 AS, CL, ET, *P, TS*

ENTERTAINMENT & SOCIAL EVENTS

tb
 A, AD, C, D
 and literature on additions an addition. Also offer meetings to those with or recovering from Helpline offering help and support www.cascotland.org.uk
 0141 959 6363
Cocaine Anonymous Scotland

A, C, D, MS, NE, *P*
 methadone prescribing problems. It also incorporates project offering services to people with drug and alcohol problems. It also incorporates a joint health and social work 0141 552 9287
 Bell Street, G4 0TJ
 James Duncan House, 331
Breakthrough

MEDICAL SERVICES EDINBURGH

See **Telephone Services** for helplines

JOB CENTRE PLUS

(Cowgate Clinic)
 20 Cowgate, EH1 1JX
 0131 240 2810
 Mon, Wed - Fri (closed on the morning of the third Wednesday of the month): 9am - 12.45pm, 1.45 - 5pm; Tues 9am - 12.45pm
 Health service for homeless people, including a general nursing and treatment room, mental health care, 10 GP sessions a week, as well as dental services two mornings a week. Also provides a chiropody service, occupational therapist, clinical psychologist and psychiatrist. A clothes exchange is available too
 A, DT, D, FC, MS, MH, *P, SH*

EX-FORCES EDINBURGH

Whiteford House
 53 Canongate, EH8 8BS
 0131 556 6827
 Ring first
 Mon - Fri: 7am - 5pm
 Accommodation for homeless ex-service men and women, including ex-merchant mariners. Can accept married couples *p*

EMPLOYMENT AND TRAINING

EDINBURGH

Royal British Legion
 08457 725 725
 Ring the Legionline to see how they can help ex-service men and ex-servicewomen
Veterans UK
 0800 169 2277
 Free help and advice for veterans and access to dedicated one-to-one welfare service www.veterans-uk.info

EX-FORCES

AWOL?
 01380 738137
 Call the 'Reclaim Your Life' scheme from SSAFA (Soldiers, Sailors, Airmen and Families Associa- tion): Mon - Fri: 9am - 10am

