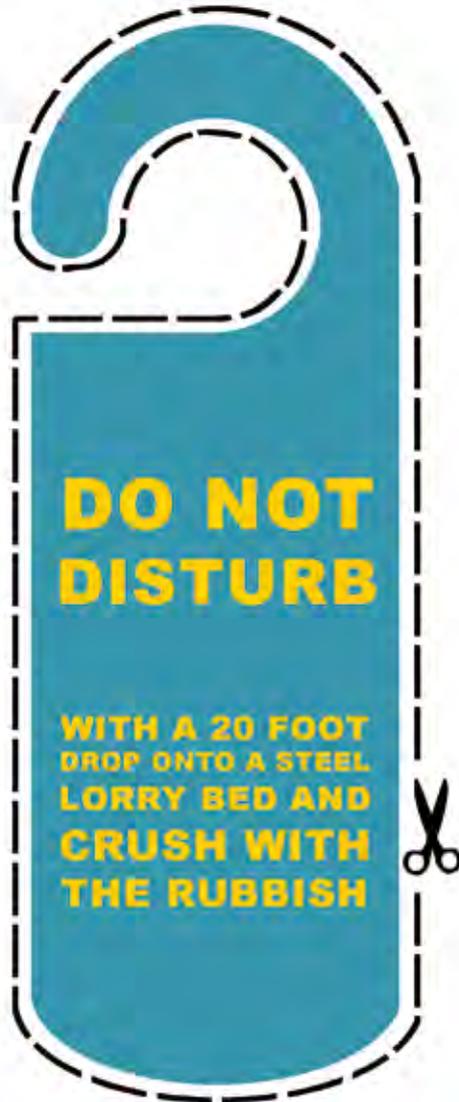


the **Pavement**

The *FREE* monthly for Scotland's homeless

February 2011





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The Editor

Welcome back

Happy New Year and welcome to the first issue of *The Pavement* for 2011.

Revived by the publishing break we took in January, we're back with the latest news that affects you, as well as up-to-date information on your local services and much more besides. In this month's issue, we bring you the positive news that, in the face of ongoing financial concerns in the public sector, some organisations and individuals are bucking the trend, working to make the world a better place in ever more creative ways.

Inside, you can read about a host of exciting projects and initiatives, ranging from one man's effort to feed readers with a mammoth batch of homemade curry, to a nationwide eBay campaign that has already raised millions.

Whether their scope is local or multinational, these schemes are extremely encouraging. They demonstrate that there is a genuine concern for providing, protecting and improving services, and a willingness to take a hands-on approach to fund-raising. Let's hope this pattern of positive action will continue as 2011 unfolds.

I'll be leaving as the caretaker editor this month, having enjoyed working for *The Pavement Scotland*, and the new permanent editor will be taking over for the March issue. Welcome Karin Goodwin, an experienced journalist from Glasgow, who'll be taking over officially on 7 February.

Amy Hopkins

Editor

scotland@thepavement.org.uk

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No, we don't expect you to cut out this 'do not disturb' sign to hang on bins that you know someone is in or you're using! But we do hope it draws attention to the necessary advert on page 5 – this is a campaign we've instigated to help prevent injury and death of those using bins and skips to sleep in.
Design by Alex Musson

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Scottish news

What's happened around the bazaars?

Fiery flavour at Christmas

A compassionate restaurant owner made the news this Christmas by cooking up a huge batch of turkey curry for the homeless people of Edinburgh on Christmas Day.

Assader Ali, who owns three curry houses, made tons of the turkey treat to hand out to those in need of some hot food and warmth. He decided on turkey jalfrezi because it is spicy enough to warm people up in the cold weather, but with an obvious nod to the festive season.

Ali was prompted to carry out the kind act when sub-zero weather made the headlines across Scotland and he realised that many homeless people had no choice but be outside in these conditions. Ali said: "You don't get the same sense of how cold it is when you're driving around, but for the last week I've had to get the bus and I've been shocked at how many people are out on the streets in the freezing cold."

As a Muslim, Ali does not celebrate Christmas, but he still wanted to bring festive cheer to others in dire need of it: "I decided to put my time to good use and do something for others."

Laura Blakley

Charity generates online profit from unwanted Xmas gifts

Twenty million eBay users in the United Kingdom have been given the opportunity to support Centrepoint while they shop.

The charity works to give direction to homeless youths, and has teamed up with eBay to give supporters the opportunity to donate some profits from the sale of their unwanted Christmas presents. eBay launched eBay For Charities through its charity partner MissionFish in 2006 and has so far raised over £22 million.

Individuals can donate up to 100 per cent of the money raised, although most donations are between 10–15 per cent of the sale price. It's a simple and instant way to donate and thanks to huge national coverage, the campaign had raised over £5,000 by mid-January this year.

So far, eBay sellers supporting the campaign have listed a staggering range of items, including a beermat collection and a piano. Although the scheme is aimed at unwanted Christmas gifts, sellers can list practically anything. Over 150 items are currently listed, from brand new boxer shorts to second-hand cars.

Centrepoint is a well established service in the homelessness network and will be entering its 42nd year in 2011. Yet, by way of the exposure gained from this new initiative, the charity hopes to reach a new audience. As well as monetary donations, there are hopes that Centrepoint's wider recognition will win them another 500 volunteers by this time next year.

Next year they hope to launch the campaign again, with an earlier start and, hopefully, even more success.

Zara Cameron

Increase your savings by 50 per cent? According to GCS, you can bank on it!

In May 2010, *The Pavement* bought you the news that Grand Central Savings, the charitable organisation that gives bank accounts to the so-called 'unbanked,' was to open its second Scottish branch in Greenock following the success of the original Glasgow branch. Now, just into the new year, GCS is pleased to reveal new plans for expansion into Aberdeen, as well as a new reward scheme whereby careful savers are given a bonus of 50 per cent of their savings at the end of the year.

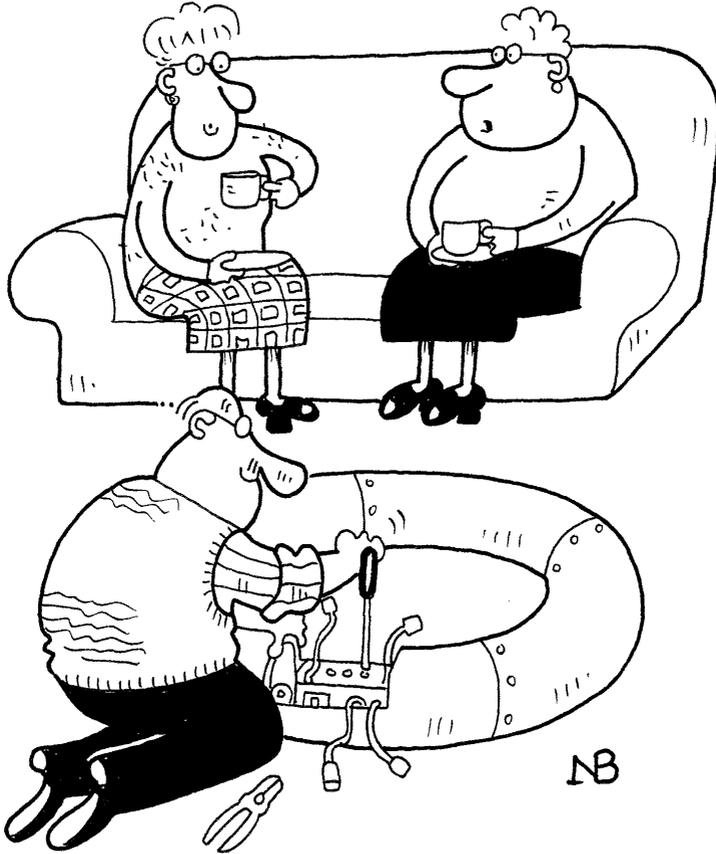
The new scheme allows up to 500 GCS customers to bank up to £10 a month throughout the year, potentially saving £120 annually. GCS will then reward savers with 50 per cent of this figure – up to £60 on top what they have already saved. Schemes such as this are bound to prove invaluable to groups such as the homeless, who often struggle to save because they are unable to open bank accounts without proof of address or ID. Unlike mainstream banks, all you need to open an account with GCS is your National Insurance number (or Home Office Registration number) and an official government letter such as a document from your job centre or benefits agency.

Originally established as part of the Big Issue Foundation Scotland, GCS has been independent since 2008. Since then, its growing client base has come to include anyone who might struggle to access a bank account – benefit claimants, asylum seekers, ex-offenders, immigrant workers and, naturally,

EVERY YEAR THERE ARE INJURIES AND EVEN DEATHS RESULTING FROM PEOPLE BEDDING DOWN IN RUBBISH BINS, SKIPS & CLOTHING BANKS. IT ISN'T SAFE! MANY BINS ARE EMPTIED IN THE QUIET HOURS, SOMETIMES BY A VEHICLE WITH A SINGLE DRIVER, DUMPING THEIR LOAD, WITH A LONG DROP, INTO A COMPACTOR - WHO WILL HEAR YOU OVER THE MACHINERY NOISE!

STAY OUT!
STAY SAFE!

thePavement



“Norman’s building a small Hadron Collider”

the homeless. The growing popularity of this free service is proof of its usefulness in enabling clients to electronically pay in benefits, tax credits and wages and charging no fee for paying in cheques.

The website is informative and user-friendly, if a little out-of-date. Case studies of clients include Robert, one of GCS's homeless customers, who found that having an account enabled him attend interviews that he was otherwise avoiding because he felt embarrassed at being refused an account with other banks. This proved an important step towards his present employment. Similarly, John, a *Big Issue* vendor, found GCS gave him the opportunity to save his money, as he was denied access to other banks. Both men agree that access to a bank account is a vital part of getting back on track.

Lucy Hopkins

- For further details, visit www.grandcentralsavings.org.uk or call into either of the two current branches:

30 Nicolson Street
Greenock
01475 884380

15 Carlton Court
Glasgow
01414 182290

Scots worst hit by recession

In a week when news headlines have exposed the whopping bonuses bank employees will receive (despite many banks still being propped up by the British taxpayer), the housing and homeless charity Shelter printed disturbing findings of its own.

Rather than reporting on bumper bonuses or the sudden price hikes faced by home-owners in the wake of the recent 20 per cent VAT increase, Shelter is highlighting the growing burden faced by working Scots as they struggle to make ends meet.

According to the charity's study, some Scots are forced to extend their working hours via a second job or by taking on additional hours in their main position. Compared to a UK average of seven per cent, nine per cent of Scots are forced into to take these measures purely to survive each week.

Worse still is the sense of humiliation and loss of independence suffered by the four per cent of Shelter's respondents who stated that they've been forced into leaving their homes in order to live with relatives. This figure is double that of the British average, clearly illustrating which region is bearing the brunt of the recession dating back to the 2008 banking crash.

Shelter's poll of 2,234 people suggests that approximately two million homes across Britain regularly use credit cards for weekly shopping or, even more worryingly, to pay their monthly rent or mortgage balance.

Graeme Brown, director of Shelter Scotland, said: "A reliance on high-interest options such as credit cards to pay rent or a mortgage is a highly dangerous route to go down and is known to contribute toward uncontrolled



Edward Dallas

Age at disappearance: 38

Edward has been missing from Linwood, Paisley, Scotland, since 1 March 2010. There are concerns for his welfare.

He is urged to call our confidential service, **Message Home**, on **Freefone 0800 700 740** where he can leave a message that we can forward to his loved ones on his behalf.

Edward is 5ft 8in tall, and of stocky build. He has blue eyes and short black hair. He possibly has a missing lower tooth.

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

**missing
people**

Registered Charity No. 1049118

debt, repossession, eviction and, eventually, homelessness.

"It is also very worrying that thousands of people in Scotland are being forced to move in with family or friends and many more are having to take on extra hours or a second job just to make ends meet."

With the deep and savage cuts about to grip the country, Shelter is deeply concerned that personal debt levels will soar, making the genuine threat of homelessness a reality to many more people.

Anthony Walsh

From the streets to the big screen

This month, *The Pavement* attended the premier of *On The Streets*, a thought-provoking

documentary by acclaimed film director Penny Woolcock that follows the lives of individuals living on the streets of London.

The documentary focuses on the lifestyles and accounts of a handful of homeless people in the capital and, speaking exclusively to *The Pavement*, Woolcock described it as "a hard film to make emotionally." Woolcock saw the documentary, which she filmed over eight months, as a unique opportunity for homeless people, who are often ignored in mainstream discourse, to "tell their own stories."

When she began filming, Woolcock, like many people, harboured a number of preconceptions about homelessness and the solutions for it. Initially, she assumed that the simple answer was to provide shelter for those in need of it, yet what she experienced showed her that the issue was far more

complex. Aside from the daily obstacles that people living on the streets face, such as disturbed sleep, fear of attack, weather conditions and the sheer boredom caused by a lack of things to do during the day, Woolcock notably witnessed the concerning mental health problems of most of the individuals she befriended.

Indeed, nearly all of the people featured in *On The Streets* have a history of childhood abuse. Two people whom Woolcock met on the streets who have been victims of abuse are Jean and Paul. Jean claims she was raped several times in her past; she now "hears voices". Paul was violently abused as a child, as he revealed to Woolcock when telling her about his self-harming and anger issues.

Woolcock emphasises that the most prevalent way of dealing with homeless people - to simply provide shelter - addresses only one piece of

**You can read the news,
keep informed & search our
directory of services online @**

www.thepavement.org.uk

the puzzle. Currently, individuals can be housed in private accommodation in the form of bedsits; however, these are often very far away from the area with which they are familiar and the people they know. In the film, we see Paul attempting to settle into one of these properties; anxious and alone, with no support network, he eventually returns to the streets he knew so well.

Regrettably, this method of housing people is not addressing the real and underlining issues of mental health, which Woolcock thinks is inextricably linked to homelessness. Her experiences on the streets of London have led her to conclude that homeless people need proper care that addresses their emotional state. Putting people in bedsits solves only one part of the overall problem and Woolcock suggests that the government is taking the easy “out of sight, out of mind” approach. She recommends an alternative solution, which would provide individuals with constant psychiatric assistance alongside the provision of semi-independent shelter.

On *The Streets* raises the harrowing point that we urgently need to find new solutions for re-housing people by focusing on the realistic fact that homelessness, as Woolcock indisputably relays, is “not simply a housing problem, it’s a mental health problem too.”

Laura Blakley

Disused night shelter reopened for winter months

In the run-up to Christmas 2010, when the biting winter climate saw temperatures in Glasgow drop to as low as -17c, the Glasgow City Mission was prompted to temporarily reopen a derelict homeless shelter to help the city’s cold and hungry. The revived site is the old scout hall on McAlpine Street which closed down only a few years ago and may be familiar to some readers.

The planned replacement site, just minutes away from the disused scout hall, remains incomplete. The redevelopment was initially thwarted by financial constraints experienced by the original developers during the recession of 2008–09 and is now delayed by the dragging bureaucracy of Scottish Enterprise. These delays have only exacerbated the need for a night shelter during the city’s freezing winter months.

Securing funding for this vital service has long been a concern for the four staff members and in particular, GCM’s chief executive, Andrew Lowe. Originally, the figure required to kickstart the hostel project was £15,000. However, speaking exclusively to *The Pavement*, Mr Lowe indicated on the 18 January that this figure would need to be doubled to cover costs.

GCM has already acquired an impressive £24,000 in order for the service to run until late March or early April this year. Mr Lowe explained that the project is currently relying heavily on word-of-mouth to secure donations. “There are all sorts of groups coming in every week, contacting us saying they can raise a couple of hundred pounds,” he said. “I got an email today from someone who travels in business and knows someone in Singapore who’d like to donate a gift and wants to know how to send it to us... It really is about

word of mouth at the moment.

Mr Lowe reported that if the project succeeds in raising £30,000, a more organised funding strategy will be implemented: “As it is, we’re drawing near the end of the wire; I think we’ll come in just under the £30,000 because we started slightly later than I’d have liked to and the winter has been much colder than we had expected”. However, Mr Lowe remains optimistic. Praising the inspiration and commitment of his staff team and those donating to the project, Mr Lowe said, “I have every faith we’ll reach £30,000, but if we meet £28,000, we’ll run on £28,000 until it runs out.”

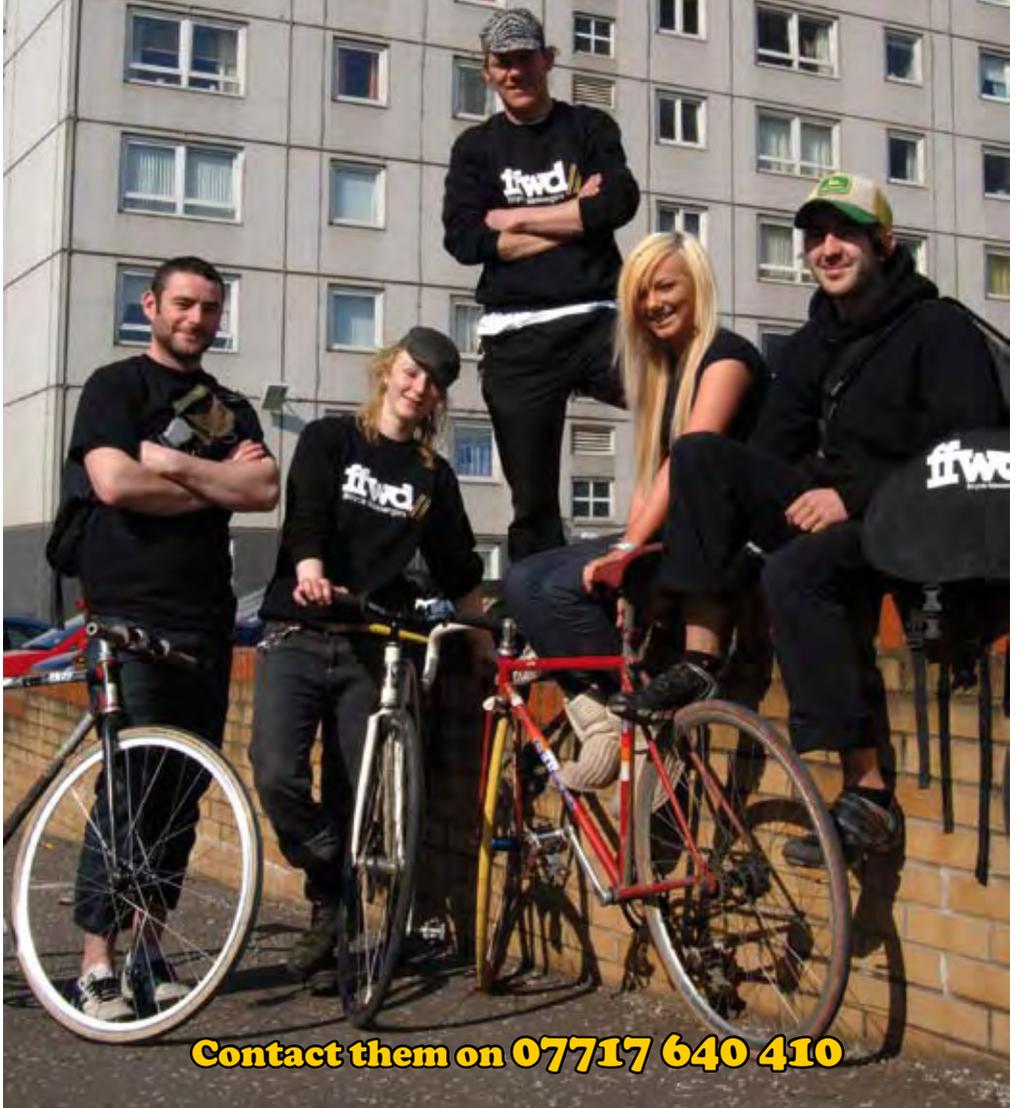
Individual donors have added to the financial aid provided by organisations such as Glasgow Homeless Network, Glasgow Lodging House Mission, Turing Point, the Wayside, Quarriers, Glasgow Housing Association & Glasgow Homeless Network.

It is reassuring that despite the difficult financial climate, a range of services and organisations have dug deep to secure the funding without which the night shelter could not have reopened.

Indeed, Mr Lowe told *The Pavement* that he is liaising with the Refugee Council, who are considering contributing financially to GCM’s project, as some refugees have recently benefited from staying at the shelter. This is testament that the hostel upholds its “no tests, no checks” policy, which ensures that people from any background or race are welcome.

Anthony Walsh

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



Contact them on 07717 640 410

News in brief

The homeless news from across the UK and around the planet

Rise predicted for 2011

A worrying trend that has seen the number of rough sleepers increase in London over the last 12 months is set to continue – and worsen – this year, charities have warned.

St Mungo's said that cuts to services designed to help those most at risk of homelessness would see more people forced onto the streets.

Charles Fraser, the charity's chief executive, said: "Right now, the trend line shows that rough sleeping numbers are rising. Great work is being done in helping people off the streets, but we're deeply concerned that the picture will worsen in the year ahead."

The charity said that 1,549 people had been seen sleeping rough in London between July and September last year, with a further 919 contacted on the streets. This was a 19 per cent increase on the previous three months, and 108 more than at the same time last year.

"Central government has pledged to protect the most vulnerable and that cuts will be applied fairly," added Fraser, "but the reality is that some councils are planning cuts in funding to services for homeless people and those at real risk of sleeping rough." The government's own statistics showed a 14 per cent jump across the country since 2009. This was the first time that numbers had increased over two consecutive quarters since 2003, said the government.

With more than 70 per cent of rough sleepers suffering mental health problems, any cuts in the services they use could have a big impact on homelessness, warned

St Mungo's. The charity revealed that it would also be facing cuts in the months ahead, with its largest hostel in Lambeth at risk of closure. Its homeless prevention service in London prisons is another of 28 services facing loss of funding as London councils plan a potential £3.2 million in cuts, it said.

The organisation's concerns were mirrored by London charity The Simon Community. Allan Cole, a trustee, said: "We're definitely seeing more people on the streets and the situation is going to get worse before it starts to get better." The charity said that it was "making changes" to the way that it conducted its street counts of the capital's rough sleepers, so did not have up-to-date figures, but said that the situation was "definitely getting worse".

Garnet Roach

Red tape leaves half of London's homeless without shelter

A snapshot survey by the Simon Community in London found that half of rough sleepers had not been offered emergency cold weather shelter – even in sub-zero temperatures.

The Simon Community was carrying out its annual survey of 90 people who use its services when it found the worrying trend and decided to do a smaller, follow-up questionnaire. This second survey was carried out in the London Borough of Westminster between 8pm and 10pm on 3 December. The 32 people surveyed were asked 'Have you been offered

emergency shelter in the last three days?'. Nearly half replied 'no'.

That night, the temperature was -5C, with similarly sub-zero temperatures recorded on preceding nights. Under Severe Weather Emergency Protocols, local authorities are required to "take prompt action to ensure all rough sleepers have access to shelter if someone is at risk due to sleeping rough during the extreme cold weather". Extreme cold weather is classified as zero or sub-zero temperatures over three consecutive nights.

However, according to the Simon Community, the evidence from its survey suggests that action by local authorities is failing to reach people and putting lives at risk. Simon Community trustee Dave Clark said: "We've seen evidence of poor coordination, of unclear messages about who is entitled, and unnecessary bureaucracy. What we should be seeing, instead, is a major humanitarian effort to get people – no matter their background – in out of the cold."

The survey also found that of those who were offered a place, nearly 31 per cent chose to stay outside. "Many have felt that emergency shelters would be too busy or have problems with drink or drugs," explained the Simon Community press release, though it pointed out: "Those who have used the shelters report a broadly positive experience despite concerns about the numbers using them."

Carinya Sharples

- We're conducting our own 'street count' using numbers in London winter shelters on a set date – we're still making calls, but should have a rough figure for March.

The long run

A London-based, rough-sleeping blogger is running the Dublin marathon to raise money for a rural homeless charity.

Despite having no connection with Chippenham, where the Doorway Project is based, elusive social networker 'Tom', 35, decided to raise money for the charity after making contact with their "fierce" manager, Lisa Lewis, on the social networking site Twitter.

"About 14 months ago I ran a 10k, which went quite well, and I always intended to do a marathon," she told *The Pavement* via email. "I just decided that being homeless didn't have to prevent me from achieving this goal."

Tom fits in training on top of holding down a full-time agency job in the civil service. She has been on the streets since last May following an illegal eviction and has been Tweeting and blogging about her experiences ever since.

Juggling life on the streets, writing, work and training is no mean feat, though, and marathon preparation is slow; luckily, the event is not until 31 October. "I have the most the most useless training programme ever!" she confessed. "But I have deliberately chosen the Dublin Marathon because if all else fails, I can walk it!"

She's already paid for the running entry and travel by credit card, a luxury left over from a more settled life before she lost her second job, ran short of rent and was evicted. She is now provides insight into life on the streets and homeless services from an anti-begging standpoint.

Housing Minister Grant Shapps is among her 354 Twitter followers, as are many of the country's big homeless charities and trade journalists. Despite articles in the *Guardian*, *Inside Housing* and *Connect*, a magazine written by and for homelessness professionals, she

has maintained her anonymity.

"I can't be open about my identity because it will exist forever on the Internet linked to my name. I am intelligent enough and have enough forethought not to do that."

Although her insights fuel online debate about the way current policy is affecting homelessness, she is clear her writing is "absolutely not a political statement". It is more a diary incentivised by having an audience.

Katy Taylor

Free booze cure

A scheme in Canada to give free alcohol to rough sleepers has been "spectacularly successful", according to researchers. Under the scheme, a small amount of alcohol is given every few hours to people with alcohol problems. The idea is to get them to drink less by encouraging moderate drinking in a controlled environment.

A team in British Columbia recommended raising tax on most alcohol to discourage people from buying potentially harmful drinks. At the same time, they worried that some who could no longer afford those drinks would turn to products such as mouthwash and antifreeze, which are far more dangerous than normal alcoholic drinks.

Lead researcher Tim Stockwell said: "People think this is crazy, spending taxpayers money giving alcohol to this population, but we do it for methadone, for heroin addicts, why not for alcohol addicts?"

Stockwell added that alcohol should be viewed the same way as hard drugs, though many more people die from alcohol abuse than from drugs like heroin and crack cocaine.

Jeremy Swain, of homeless charity Thames Reach, said there needed to be more projects aimed at getting people to stop

drinking completely. He told *The Pavement*: "Broadly speaking, I go with the view that the majority of the homeless seem to have, which is that there now need to be more abstinence projects.

"The closest we have come at Thames Reach to buying alcohol for people is at one of our hostels where, for a small number of residents, we will go to the off-licence and buy them alcohol. We do this to regulate their intake. We buy them weaker lager than they would buy if they were going themselves – premium lagers rather than super-strength. The overall aim remains to move people, by stages, to complete abstinence, but the reality is that for some this cannot be done in one 'bound'."

John Ashmore

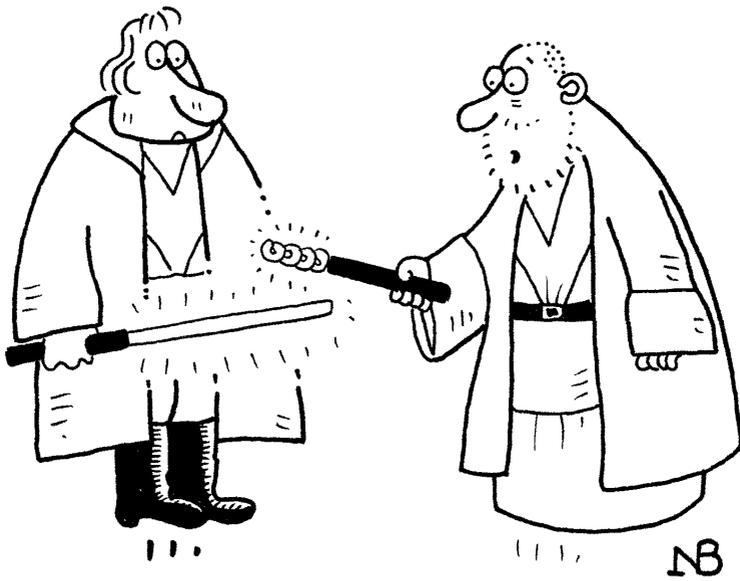
Golden voice of NBA

A former homeless man has become a TV star in the US, all thanks to his "golden voice". Ted Williams (pictured over the page) first came to the public's attention when a reporter from a newspaper in the city of Columbus, Ohio, posted a video of him on file-sharing site YouTube. In it, Ted makes a radio-style announcement in a deep, rich voice while holding a sign saying "God-given gift of voice". Ted, it transpired, had worked as DJ in New York and Columbus before losing his job due to drug and alcohol problems.

What happened next is a testament to the influence of social media. Ted became a 'YouTube phenomenon' when his video notched up an amazing 13 million views in the space of 48 hours. The mainstream media got wind of the online sensation and catapulted Ted to nationwide fame and a series of opportunities he might never have thought possible. Within two days of the clip being posted,



“Fortunately, ‘the banker’ as a species are still being headhunted”



"These energy-saving light sabres take ages to warm up"

Ted was offered a job by his local basketball team, the Cleveland Cavaliers, and there were rumours of TV work coming his way. With a new haircut and a new lease on life, Ted travelled to New York to appear on the *Today* show. He was also reunited with his mother, Julia, after 10 years apart. Conscious of his chequered past, she told him, "Don't disappoint me".

With his new fame came certain drawbacks. That tearful reunion with his long-lost mother was delayed due to TV networks arguing over which of them would get the chance to film – and cash in on – the meeting. Ted also admitted he thought he would have prob-

lems dealing with his new-found celebrity, and resolved to see a therapist to help him cope. That Ted has some serious problems to deal with in his personal life became clear when he was arrested for apparently fighting with his 29-year old daughter.

Ted also had to play out his personal traumas in public in front of a huge audience when he appeared on the popular *Dr Phil* programme. On the show he discussed his previous addiction problems with TV psychologist Phil McGraw. In front of a national audience, Ted was forced to admit to previous violent behaviour and stealing cars. A day after his first appearance on *Dr Phil*, Ted returned to announce he was going back

into rehab to kick his alcohol and drug habits for good. As we go to press, Ted is rumoured to have left rehab in Texas after two weeks in.

Let's hope he gets a chance to catch his breath soon.

John Ashmore

Sikh help

According to the Sikh Welfare Awareness Team (Swat), at least 200 people are living rough in Southall, reports the *Ealing Gazette*.

The volunteer group, which provides support for the homeless, including medicine, clean clothing, sleeping bags and drugs advice, reports that men and women from the Punjab and other parts of

India are sleeping in graveyards, alleyways and even rubbish bins.

Swat volunteer Suneeta Dohil said: "The problem is worse than a lot of people realise. Because they don't speak English or trust local authorities, a lot of these homeless people are scared to come forward, so they get forgotten about."

Ealing Council's cabinet member for housing, Hitesh Tailor, countered: "All our work in Southall has shown most of those outside at night do have a place that they could go to sleep, albeit not a permanent home. Outreach workers constantly visit areas where there are known problems, but one issue is that many of the people are fearful of being approached



by officers, possibly because of concerns they may have about their immigration status.”

He added that the council would continue to work with the UK Border Agency and the police, as well as outreach charities such as St Mungo’s and Thames Reach to tackle the problems of rough sleepers.

Tracey Kiddle

US libraries welcome rough sleepers

A number of American libraries are embracing the homeless by hosting social service agencies, providing IT tutors and even redesigning their facilities to make them friendlier to those on the streets.

In San Francisco, where the downtown library has a full-time social worker, city librarian Luis Herrera told *USA Today*: “Libraries are becoming our community living rooms”.

Although libraries can enforce “reasonable rules”, the federal court decided in 1992 that the First Amendment allowed everyone the right of access to information. And across the country there has been a growing trend in libraries doing more to welcome homeless users. The homeless “go to libraries because they don’t have anywhere else to go, and that’s a shame,” Audra Caplan, president of the Public Library Association, told *USA Today*.

So instead of trying to put homeless users off using libraries, an increasing number of libraries have begun welcoming them, with the Central Library in Madison, Wisconsin, even rearranging its seating and moving bathrooms in a bid to make its facilities more comfortable for the homeless. The

move is part of a \$29.5 million (£18.4m) redesign which will see the needs of those users who live on the streets as key to the renovation.

Councils in London said that although the trend was interesting, there were no plans to replicate them in the capital. A spokesman for Westminster Council told *The Pavement*: “Rough sleepers are, of course, welcome to use our libraries, but they are clearly not equipped or suited to host social services.

“We also have no plans to turn them into ‘community living rooms’ for rough sleepers, many of whom have complex needs. We are, however, committed to helping people off the streets and have an extensive range of services to help long-term rough sleepers back towards independent living.”

Garnet Roach

Three charged over Swansea murder

Two men have been charged with the murder of another homeless man in Swansea, and their case will begin in April. A further man was charged with assisting in the crime, having swapped a pair of his shoes for a bloodstained pair from one of the accused.

David Williams, known as ‘Little Dai’, was 26 years old when he was found in the centre of Swansea just before 4am on 7 January. He had received multiple injuries to his face. Darren Rigdon, 33, and Christopher Hart, 37, both of no fixed abode, have pleaded not guilty to his murder. Although they have different surnames, the two accused are brothers. Christopher Hughes, 31, was also charged in assisting, having changed shoes with Rigdon.

Williams was a regular at the Swansea Cyrenians drop-in centre. The centre manager, Christine Skelton told the South

Wales Evening Post: “He was a really nice, kind guy, and he had a great sense of humour. We can’t believe what has happened.”

Staff

Suspicious US bin death

An investigation has been launched in the US into the death of a homeless man in Chicago at the end of December. The man, believed to be in his mid-50s, was discovered near large rubbish bins in the city’s so-called ‘Magnificent Mile’, one of the city’s most exclusive areas.

Police originally believed the man had died after being crushed by the trash compacter that he frequently used to sleep in during cold weather – a hazard which annually claims the lives of several rough sleepers in the US and Britain. Temperatures in Chicago can frequently drop as low as -15 degrees Celsius in the winter, and the city’s homeless population has frequently suffered from deaths and accidents from sheltering in bins and waste disposal units. Workers in an office building nearby had often seen the man camped out near the bins, which led to early reports that he had been crushed to death.

“He was always hanging out back here,” said Mary Glick, a worker in the building. “Last week, when it was so cold, we saw him out here with no coat on. Our dock girl ended up finding him gloves and a coat. A few days later, he was back here, with no coat.”

Another worker said that the man had been shooed away from the area many times, but always seemed to return. Area detectives have now launched an investigation into his death, after their initial reports revealed that crushing was not the cause.

James O’Reilly





"Whinge drinkers"

Fear in Stroud

Fear of violence is leading rough sleepers to avoid bedding down in Stroud town centre, according to the Marah Trust, a homeless charity, reports the *Gloucestershire Echo*.

The Marah Trust is a Christian charity that supports marginalised people in Stroud. It caters for 80 people at a time and offers, food, warmth, company and advice. Client care co-ordinator, David Guy, who volunteers for the Marah Trust, said: "They don't, as a rule, sleep out in Stroud town centre.

"They live in the woods, garden sheds, old caravans, and cars. The main problem is with people who have no understanding of what mental health issues and addiction mean. A couple of years ago, there was a guy in his 50s who was sleeping in his car. He wasn't in it at the time but it was set alight.

He added that it is not easy to quantify how many homeless people there are in Stroud, but it's higher than the council figures report. "The official figures the council works on is between one and six," he said. "It's a lot higher than that."

Of course, crime against readers is not a problem confined to rural Gloucestershire. According 'Living Places: Powers, Rights and Responsibilities', a report published by the homeless charity, Crisis, nearly four in five of rough sleepers have been victims of crime, compared to one in five young men, the group most at risk of crime in the general population.

Overall, rough sleepers are 15 times more likely to experience assault than the general population.

Tracey Kiddle

Aspire to work

Homeless people in London are being offered training to help them start their own businesses. The Aspire Foundation is working with a network of the capital's homeless charities in a bid to offer an "alternative way out of poverty". The organisation is offering six-week courses in various locations across the city to help teach people the skills they need to get started in business.

Since its launch in October, the Aspire Foundation says the project, which includes covers topics such as start-up ideas or finding your market, has been an "overnight success" with dozens of homeless people already signed up to attend. They are hopeful that many businesses will soon start up, ranging from window cleaning through to West Indian food outlets and advice services.

Trainer Paul Funnell, a self-made entrepreneur, said: "Running these courses, I have been really inspired by the untapped talent available.

"My passion is to see people fulfil their potential and ambitions. Many of the people we are working with are used to incredibly long days full of hard work and hardship. Whilst some may not suit a traditional 9-5, they have the dedication and determination they'll need to succeed as their own boss."

The charity says the project's success is due to its emphasis on practical and realistic business plans, and that people respond better to straightforward advice than complicated diagrams, business models and theoretical studies.

Felix Fry, from the homeless charity Connections at St Martins near London's Trafalgar Square, said: "I can see Aspire's work has got our clients seriously thinking about the possibilities of starting their own business. Their courses and experience make the proc-

esses and bureaucracy all seem less impersonal and forbidding."

Rebecca Evans

- For more information call 02079214446 or visit www.aspire-foundation.com

Houston has a problem

The Texan city of Houston has begun enforcing ordinance that restricts provision of food to those on the street by requiring anyone serving food for public consumption, whether it's given away or sold, to have a permit. The permit requires that the food is prepared in a certified kitchen with a certified food manager.

Kathy Barton, a spokeswoman for the city's health and human services department, told the *Houston Chronicle* that "poor people are the most vulnerable to foodborne illness and also are the least likely to have access to health care."

Some local organizations and councillors are opposing this action.

Staff

Arrests in Leeds

Police in Leeds are increasing their drive to move homeless people out of the city centre by prosecuting rough sleepers.

The controversial initiative, known as 'rough sleeper sweeps', sees officers patrol the city in the early hours of the morning to catch people asleep on the streets. Anyone found sleeping rough is given a caution under the Vagrancy Act and referred to the council's Street Outreach Team in a bid to help them find accommodation. But if they are found again, they are arrested and prosecuted.

Chief Inspector Vernon Francis said: "Rough sleepers are a serious issue in the city centre, not just because they cause antisocial behaviour but also because these people need help to turn their lives around.

"Moving them on is only a temporary solution, which is why we're committed to working with partners to help find them a home, particularly in the run-up to Christmas when temperatures regularly drop below freezing.

"By helping them find permanent accommodation, we're putting a stop to the antisocial behaviour problems and helping them get their lives back on track."

The tactic has provoked criticism from some homeless groups, however, with many believing it to be too heavy-handed and not properly addressing the issue. Simon Community trustee David Clark said: "In London, we have seen police tactics such as Operation Poncho, where rough sleepers were hosed down and moved on. This kind of policy is not addressing the root causes of why people are sleeping rough and simply displaces them elsewhere.

"Using the law to deal with rough sleepers is just one of the many, many tools available and it should not be the first."

The 'sweeps' first started in August but were intensified over the Christmas period, when temperatures in the Yorkshire city plummeted below zero. It is a joint operation with the City Neighbourhood Policing Team, Leeds City Council's Street Outreach Team and Safer Leeds. Officers and police community support officers visit known haunts of rough sleepers at 6am each weekday.

Police have hailed the policy a success, saying that when it was first launched in August, 50 people were found sleeping rough on the city's streets. But their daily patrols have been reduced to every other

day and officers say they now rarely find anyone sleeping rough.

From August to December, 28 people received warnings for sleeping rough; and of these, 13 were arrested after being found sleeping rough for a second time. Chief Inspector Francis added: "We've taken action after listening to the concerns of residents and businesses, and we're keen to hear if any rough sleepers return to the city.

"By reporting these people, we can find them as soon as possible, and help them off the streets."

Police have also released a video of them moving people on. Council-run shelter St George's Crypt, which looks after homeless people, said beds were available for homeless people in the city and that they had 21 a night after a recent refurbishment. And they said the city council's 'Severe Weather Protocol', which runs when temperatures drop, meant there would always be somewhere for homeless people to sleep during the night.

Rob McCartney, Leeds City Council's housing strategy and commissioning manager, also said there were emergency bed spaces in the city during extreme weather.

Rebecca Evans

Domestic violence ruling

On 26 January, the Supreme Court extended the meaning of domestic violence (DV) in homelessness cases to include psychological violence, and brought homelessness law into line with family law.

Housing officers for the London Borough of Hounslow had decided that a woman who fled her home with her two children was not homeless because her husband had not assaulted her, though she was afraid he would. It was not unreasonable for her, they thought, to remain in the family home.

The Supreme Court disagreed.

Much funding for DV advice came from the Supporting People pot, which was ring-fenced but is now being much reduced by local authorities; the performance indicator which required councils to pay lip-service to dealing with it was abolished in 2008, so Devon County Council, for instance, can legally cut its entire DV services, as it has announced it will.

Women are most likely to be DV victims, but it also affects men. Broken Rainbow, the country's specialist LGBT domestic violence group, is losing a tenth of its income.

DV is one of the major reasons given for becoming homeless and in 2008-09 accounted for 13 per cent of all priority-need homelessness assessments.

Under Section 177(1) of the Housing Act 1996, a person at risk of DV is automatically treated as unintentionally homeless. As we reported in December 2010 ('Cut for revenge?'), failure to provide emergency accommodation in some cases can lead to councils being found guilty of maladministration.

Staff



Ken Pyne

DESIGN A FEMALE SUPERHERO!

**STREET
SHIELD
COMPETITION
TIME!**

READ ON
TO FIND
OUT HOW TO
ENTER!

WELCOME!
AND TO START
THIS YEAR
I NEED
YOUR HELP!



I'VE HEARD RUMOUR
THAT SOME OF MY
ENEMIES ARE OPERATING
IN OTHER CITIES.



AND EVEN WITH THE
HELP OF THE CARDBOARD
SHIELD, GOLDEN BLANK
AND ROUGH DIAMOND
IT'LL BE A TOUGH FIGHT

AND YOU MIGHT'VE
NOTICED THAT ALL MY
FELLOW HEROES
ON THE STREET
ARE MEN!

SO I'M
LOOKING FOR
A FEMALE HERO
TO FIGHT
ALONGSIDE!

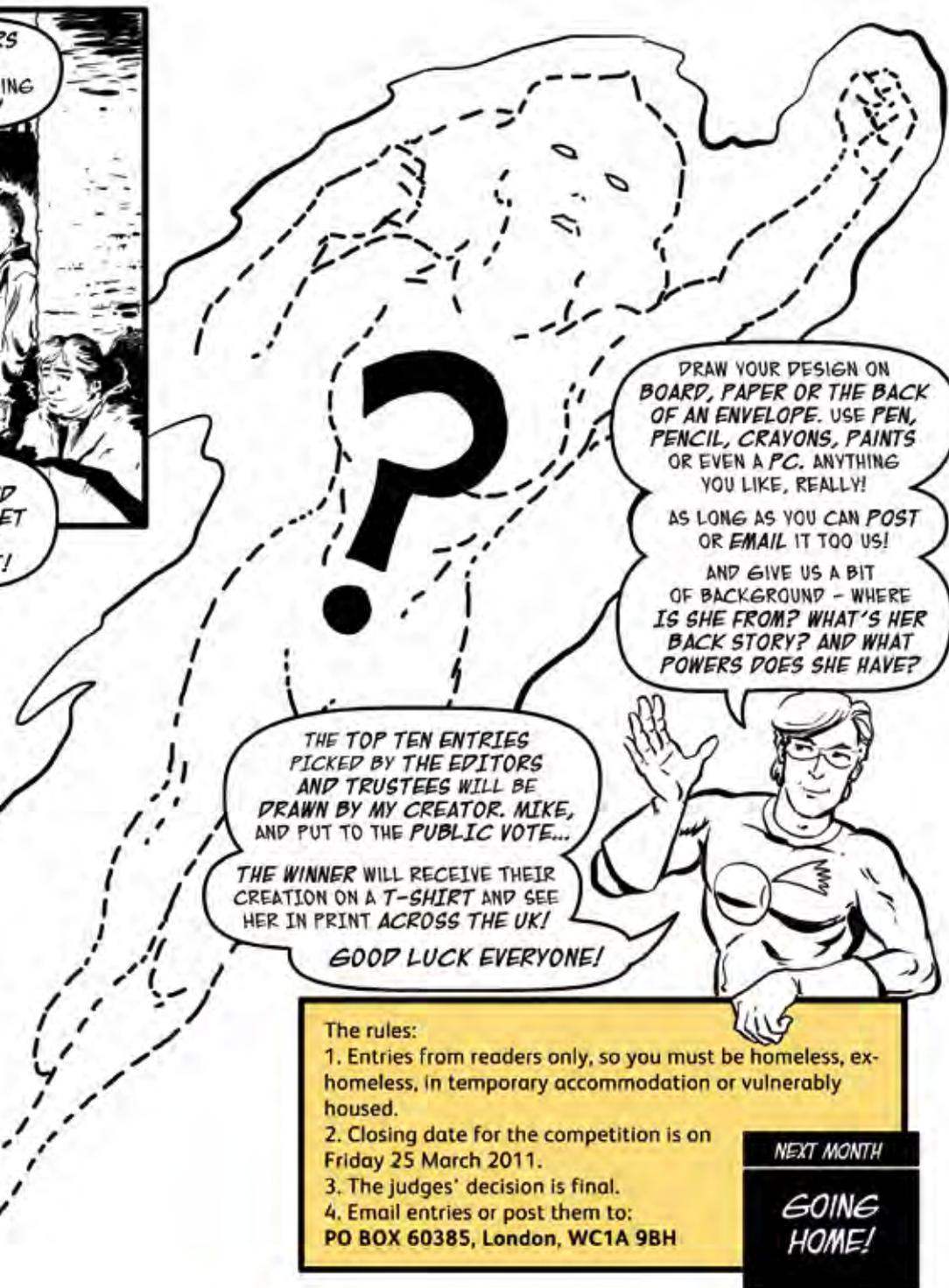
AND YOU CAN
HELP ME BY
DESIGNING
A FANTASTIC
SUPER-HEROINE!





PS
ING

D
ET
!



DRAW YOUR DESIGN ON BOARD, PAPER OR THE BACK OF AN ENVELOPE. USE PEN, PENCIL, CRAYONS, PAINTS OR EVEN A PC. ANYTHING YOU LIKE, REALLY!

AS LONG AS YOU CAN POST OR EMAIL IT TOO US!

AND GIVE US A BIT OF BACKGROUND - WHERE IS SHE FROM? WHAT'S HER BACK STORY? AND WHAT POWERS DOES SHE HAVE?

THE TOP TEN ENTRIES PICKED BY THE EDITORS AND TRUSTEES WILL BE DRAWN BY MY CREATOR, MIKE, AND PUT TO THE PUBLIC VOTE...

THE WINNER WILL RECEIVE THEIR CREATION ON A T-SHIRT AND SEE HER IN PRINT ACROSS THE UK!

GOOD LUCK EVERYONE!

The rules:

1. Entries from readers only, so you must be homeless, ex-homeless, in temporary accommodation or vulnerably housed.
2. Closing date for the competition is on Friday 25 March 2011.
3. The judges' decision is final.
4. Email entries or post them to:
PO BOX 60385, London, WC1A 9BH

NEXT MONTH
GOING HOME!

Health and wellbeing

The Pavement's health team – a podiatrist and a nurse – aim to help keep you well



Cracked heels

Old skin cells account for 90 per cent of the dust in buildings.

You may not know that you have dry skin around your heels, and it's often not a problem. But if you have diabetes, check your feet regularly – a vanity or inspection mirror lets you see those out-of-the-way places! A lack of feeling in your hands and feet is a common complication of high blood sugar levels, and you may be unaware your skin is damaged. Normally, the outer skin can cope with moderate shearing stresses (rubbing against another surface), but when it is damaged, callus (thickened skin) replaces the normal, soft skin.

Thickened skin can crack, which

exposes the lower layer of skin (the dermis), and often leads to bleeding and infection. Cracked heels are often blamed on going barefoot or walking in flip-flops, but the condition is frequently triggered by not wearing a closed-in shoe that supports your heels and by dehydrated skin. If you have severe cracking, see your doctor or podiatrist – the hard skin needs to be carefully removed.

Fortunately, you can improve dry skin with some simple steps. Rehydrating the cells encourages the old cells to separate from the new ones, leaving a more pliable surface which can cope with the external stresses around the surface of the foot.

However, hard skin always returns – a chemical enzyme in the blood

determines how quickly the skin reproduces itself.

- Wash your feet in warm water (hand hot, 46° C).

- Dissolve a handful of table salt in a basinful of water and bathe the feet for no longer than 10 minutes before patting them dry.

(The saline solution is antiseptic and will clean out deeper fissures.) If your cracks are severe, repeat the footbaths every four hours.

- Use an antiseptic cream to cover the cracks. If these do not heal within a few days, then report them to your doctor.

Skin cells quickly take up water from bathing, and old cells can be removed easily by rubbing gently across the skin with a pumice stone or clean, plastic (not metal!) pot

scourer. Regular foot baths and rubbing keeps mild to moderate heel callus at bay. Rubbing cream into the skin is also recommended – anything that is good for the hands and face is good for the feet! Barrier creams are recommended for moderate to severe heel cracks. They are greasier and form a temporary film that traps microscopic water on the skin's surface and helps it rehydrate. Cream containing urea can be very good for severe heel callus but can also irritate the skin, so should be used only under direction. The doctor can prescribe other medicated creams.

Toe Slayer

Registered podiatrist/shoe historian

TB – a disease worth banging on about

Before antibiotics, TB (tuberculosis) claimed many lives. By the 1970s, it seemed the end was nigh for this dreadful illness, thanks to effective treatment and public health campaigns. In other parts of the world, it poses a serious risk: the World Health Organisation estimates that a third of the world's population is infected by the TB bacteria. It is relatively uncommon in the UK; but sadly, homeless people are one of the groups at risk of contracting it.

TB is spread by inhaling droplets of saliva (or spit) from the coughs and sneezes of an infected person. Most people who come into contact with the bacteria that causes TB will not develop the illness – their immune system will kill it off before it does any harm. Some will have the infection in their system but not develop

the illness for months or years – this is known as 'latent TB'. Others will develop the illness. It usually spreads to the lungs, where it is known as 'pulmonary TB'. TB can travel to other parts of the body, but the lungs are the most common.

If you are worried about TB, there are a number of things you can do to protect yourself. First, know the most common symptoms: a persistent cough, coughing up blood, fevers, chest pain, night sweats and weight loss. Because TB is spread by droplets of saliva, being in close contact with someone who has the disease means you could be at risk. So if you've been living closely with someone who has TB or you think may have TB, see a doctor.

People from sub-Saharan Africa, Asia (particularly India, Pakistan, Indonesia and Bangladesh), Eastern

Europe, Russia and Central America do not necessarily have TB, but there is more of it going around, so they run at a higher risk of contracting it. People with HIV are at more risk of contracting TB because the virus weakens the immune system. If you are HIV-positive, you probably know this, but it's worth discussing it with your doctor or nurse. People who inject drugs are also at higher risk of contracting TB. Be aware of your risk factors and the symptoms, and if you suspect you have TB, get tested as soon as possible.

In Britain, most adults will have received the BCG vaccination – look for the scar on your upper arm. The vaccination protects 70–80 per cent of the people who have it, but don't depend on it to protect you – there are tests to check whether you are still immune. Children are no longer automatically given the BCG vaccination, so if you are worried your kids may be at risk, talk to your doctor or health visitor.

If you have symptoms, still see a doctor. TB is not the death sentence it once was, but if you don't treat it, your lungs will become so damaged that breathing becomes impossible.

The good news is that TB can be treated, and most people will make a full recovery.

Sorry if that wasn't my cheeriest column, but best you are aware so you can take care of yourself.

Good health,

Susie Rathie
The Pavement's nurse



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

0808 800 7070
Free line for under-18s who have left home

SAY Women Accommodation Project

3rd Floor, 30 Bell St, G1 1LG
0141 552 5803

SANLINE

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

TELEPHONE SERVICES

0808 800 4444
Shelter

Community Legal Advice

0845 345 4345
Nationwide
www.communitylegaladvice.org.uk
Mon-Fri: 9am-8pm;
Sat: 9am-12:30pm
AD, BA, DA, H

TELEPHONE SERVICES EDINBURGH

Edinburgh City Mission

Free, confidential service, offering specialist advice on housing, benefits, tax credits, debt etc.

Domestic Violence Helpline

0808 2000 247
Free 24-hr drug helpline
0800 776 600

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

Glasgow Home Helpline

0845 608 8661
For the Pensions Service
0845 60 60 265

National Debtline

0800 700 740
24 hrs daily
0808 808 4000

WEBSITES

Mental Fight Club

A creative/arts site for those with mental illness:
uk.geocities.com/gabriele-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

Sock Book

Previously *Everyone's Home* 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

TELEPHONE SERVICES GLASGOW

Glasgow Shelter Advice Service

0808 800 4444
Mon-Fri: 9am-5pm

Glasgow Street Service

0800 027 7466
Mon-Thu: 8am-11pm; Fri: 8am-5pm; Sat: 8am-3pm; Sun: 4-11pm
Street outreach team partnership 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 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

WEBSITES GLASGOW

Homeless Information Pages

Lots of useful information
Glasgow
www.hippinglasgow.com

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"You can't expect everything handed to you on a plate... how about a family bucket?"



SOUP KITCHENS & SOUP RUNS
EDINBURGH

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, F, C, M, H, M, S, P, S, H

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
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

Carubber'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
4/3 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:

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
Kagyu 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

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

Waterloo Street
G2
Thurs: 10pm - 12am
FF, P

SPECIALIST SERVICES

Support in Mind Scotland
(formerly the National
Schizophrenic Fellowship)
6 Newington Business
Centre, Dalkeith Road Mews,

SPECIALIST SERVICES
EDINBURGH

Edinburgh, EH16 5DU
0131 662 4359
Mon-Fri: 9am-4pm

Support and action for people
affected by mental illness
(including friends and carers)
MH
www.supportinmindscotland.org.uk

SPECIALIST SERVICES
EDINBURGH

Edinburgh Women's Aid
4 Cheyne Street, EH4 1JB
0131 315 8110
Mon: 1-3pm; Tues, Wed &
Thurs: 10am-3pm; Fri: 10am-
7pm; Sat: 10am-1pm
Information, support and refuge

Streetwork UK - Out of the Cold
2 New Street, Edinburgh
0131 556 9756
Working with people over 50
years who are or have been
homeless / housing crisis
AS, AD, C, H, OL, P

Streetwork UK - Womens Services
4 Bellevue Street, Edinburgh
0131 467 2023
Mon, Tue & Thu: 1-4pm
Drop in for women
AD, A, C, B, A, C, A, C, L, D, A, E, T
LA, OL, OB, P, SH, TS

SPECIALIST SERVICES GLASGOW

GAMH Homeless Support Project
123 West Street, G40 1DN
0141 554 6200
Mon - Fri: 9am - 5pm

Practical support and advice
for homeless people in Glasgow
with mental health problems.
Phone, write or just drop in
C, M, H, P

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

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

Castle Project
2 Craigmillar Castle Road, EH16 4BX
0131 661 5294
Mon - Thurs: 9am - 4.30pm;
Fri: 9am - 4pm
D, NE, OL, OB, P, SH
www.castleproject.org.uk

DRUG / ALCOHOL SERVICES

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.cacostand.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 information and advice to those who abuse drugs. Also residential drug rehab program. Family support unit operates on this site. D, NE, P

EDINBURGH

EMPLOYMENT AND TRAINING

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 - 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

Emmaus Glasgow

101 Ellesmere Street, G22 5QT
0141 353 3912
www.emmausglasgow.org.uk
Provides accommodation and work for homeless people
AS, CL, ET, P, TS

ENTERTAINMENT & SOCIAL EVENTS

tbcb

EX-FORCES

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

MEDICAL SERVICES GLASGOW

The Physical Health Care Team
55 Hunter St, G4 OUP
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. Appointment not necessary. They also

Edinburgh Access Practice (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

MEDICAL SERVICES EDINBURGH

See Telephone Services for helplines

JOB CENTRE PLUS

Can accept married couples including ex-merchant mariners.
ex-service men and women,
Accommodation for homeless
Mon - Fri: 7am - 5pm
Ring first

EX-FORCES EDINBURGH

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

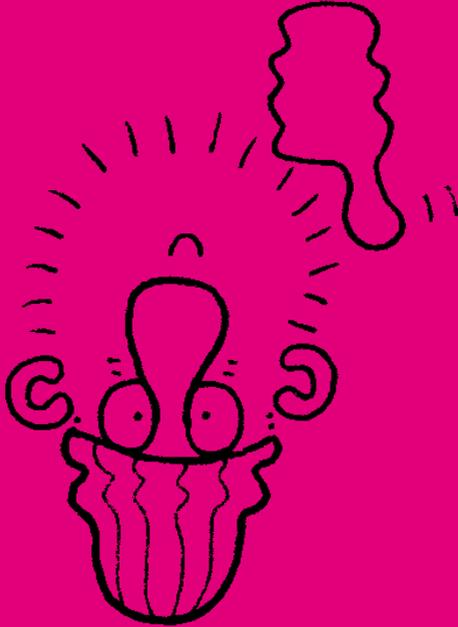
Royal British Legion

08457 725 725
Ring the Legionline to see how they can help ex-service men and ex-servicewomen

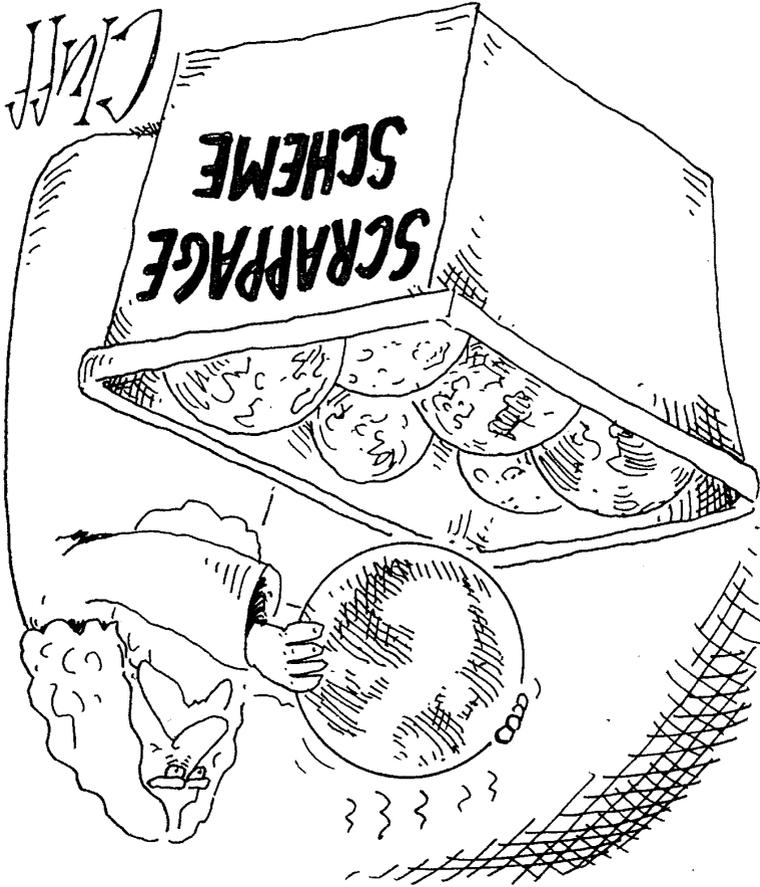
Veterans UK

0800 169 2277
Free help and advice for veterans and access to dedicated one-to-one welfare service
www.veterans-uk.info

www.thepavement.org.uk



**You can read the news,
keep informed & search
our directory of services
@ online**



Rock Trust
55 Albany St, EH1 3QY
0131 557 4059
Various activities and services

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

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)

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

Women
www.homelessedinburgh.org
0131 220 5078
market, EH1 2HD
Gilmore's Close, Grass-

Men
www.salvationarmy.org.uk
0131 552 5705
492 Ferry Road, EH5 2DL
Salvation Army - Ashbrook

Salvation Army - Ashbrook
492 Ferry Road, EH5 2DL
0131 220 1607
Referral from LEAP on:
0131 456 0221

Turning Point Scotland - Link Up
112 Commerce Street, G5 9NT
0141 420 1929

Halls Direct Access Hostel - Kingston
344 Paisley Road, G5 8RE
0141 418 0955
Referral by Glasgow
City Council only
BS, C, D, T, F, H, L, MS, MH, P, SH

Men's Accommodation Project
86-88 Anprior Road, Cas-
temilk, G45 9HE
Offers a group-living model of
supported accommodation to
men who have experience of long
term homelessness and are com-
mitted 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
www.glasgowswsimon.org

Simon Community - Castlemilk
39 South Portland Street, G1 9JL
0141 429 6533
Open office hours only
A, AS, BS, F, P
Details at
0141 945 3003
171 Wilton Street, G20 6DF

Salvation Army - Hope House
14 Clyde Street, G1 5JW
0141 552 0537
Referral by Glasgow
City Council only
A, AS, BS, F, P

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

**Drop-ins, one-to-one sessions and
Night Stop on referral.**
www.rocktrust.org
Referral from LEAP on:
0131 456 0221

The Mungo Foundation - London
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

Quarriers Stopover
189 Pollockshaws Road, G41 1PS
0141 420 3121
For young people 16-25. Accom-
modation 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

**Council for Homeless Young
People (CHYP)**
171 Wilton Street, G20 6DF
0141 945 3003
Details at
www.queenscrossha.org.uk
Residential support for youngsters
and young, single homeless people

Rachel House
503 Baitic Street, G40 45G
0141 556 5465
Provides supported accom-
modation for single/pregnant
mothers aged 16 to 25 and
children up to ten years old

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 accom-
modated with a partner or with
children in their care. Ring first

Women
www.turningpointscotland.com
A direct access service for homeless
people in crisis as a result of mental
health, drug, or alcohol problems
A, AS, AD, C, D, FC, MS, P

**DIRECT ACCESS HOSTELS/
NIGHTSHELTERS GLASGOW**
All with low-support needs

Young people

Bethany Christian Trust
 Letih Acom Centre YMCA,
 Junction Place, EH6 5JA
 Tue: 12.30-2.30pm (women
 only drop in); Thu: 1-3pm
 (men only drop in)
 FF
 specialist services at specified times
 as health, addiction and other
 women and rough sleepers as well
 There are specific services for
 4pm; 7.30-10pm; Sat 1-4pm
 Mon-Fri: 10-11.30am; 12.30-
 0141 221 0166

**DIRECT ACCESS HOSTELS/
 NIGHTSHELLTERS 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

Streetwork UK - Womens Services
 www.foursquare.org.uk
 AS, ET, TS, 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, P, TS

Glasgow Shelter Advice Service
 First Floor Suite 2, Breckennridge
 House, 274 Sauchiehall Street
 0808 800 4444 Mon-Fri: 9am-5pm
 Emergency surgery at office
 Thu 2-4pm, at all other times
 call the helpline above
 AD, C, H, P

Social Care Council
 AS, AD, BA, C, DA, H, P, TS
 olds seeking accommodation
 Advice and support for 16-24 year
 Mon-Fri: 9am-5pm

Crossreach - Church of Scotland
 0141 771 6161
 see **Streetwork Crisis Centre**

Cowgate Day Centre
 0141 771 6161
 see **Streetwork Crisis Centre**

Bethany House
 East, Edinburgh, EH15 2SR
 0131 657 2000
 Mon-Thu: 8.45am-4.45pm;
 Fri: 8.45am-3.45pm
 www.crossreach.org.uk

Four Square
 67a Logie Green Road,
 Canonmills, EH7 4HF
 0131 557 7930
 www.foursquare.org.uk

Glasgow City Council
 AS, BA, C, DA, H, P, TS
 Homeless Person's Team
 Hamish Allan Centre, 180
 Centre Street, G5 8EE
 0141 287 1800
 Mon-Thu: 8.45am-4.45pm;
 Fri: 8.45am-3.55pm
 AS, BA, C, DA, H, P, TS

Glasgow Street Service
 See **Telephone Services Glasgow**

DAY CENTRES AND DROP-INS
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

**Salvation Army - The Laurieston
 Centre**
 39 South Portland Street, G5 9JL
 0141 429 6533
 AS, A, BA, C, DA, ET, FF, F,
 H, IT, LF, MS, P, SH, TS

Wayside Day Centre
 32 Midland Street, G1 4PR

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

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

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

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
 AS, BA, P, S
 www.crossreach.org.uk

Glasgow City Council
 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

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 www.glasgowcitymission.com
 AS, AD, AC, B, BS, BE, C, CL, ET,
 FF, H, IT, LA, MC, MS, OB, P

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

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 AS, AD, AC, B, BS, BE, C, CL, ET,
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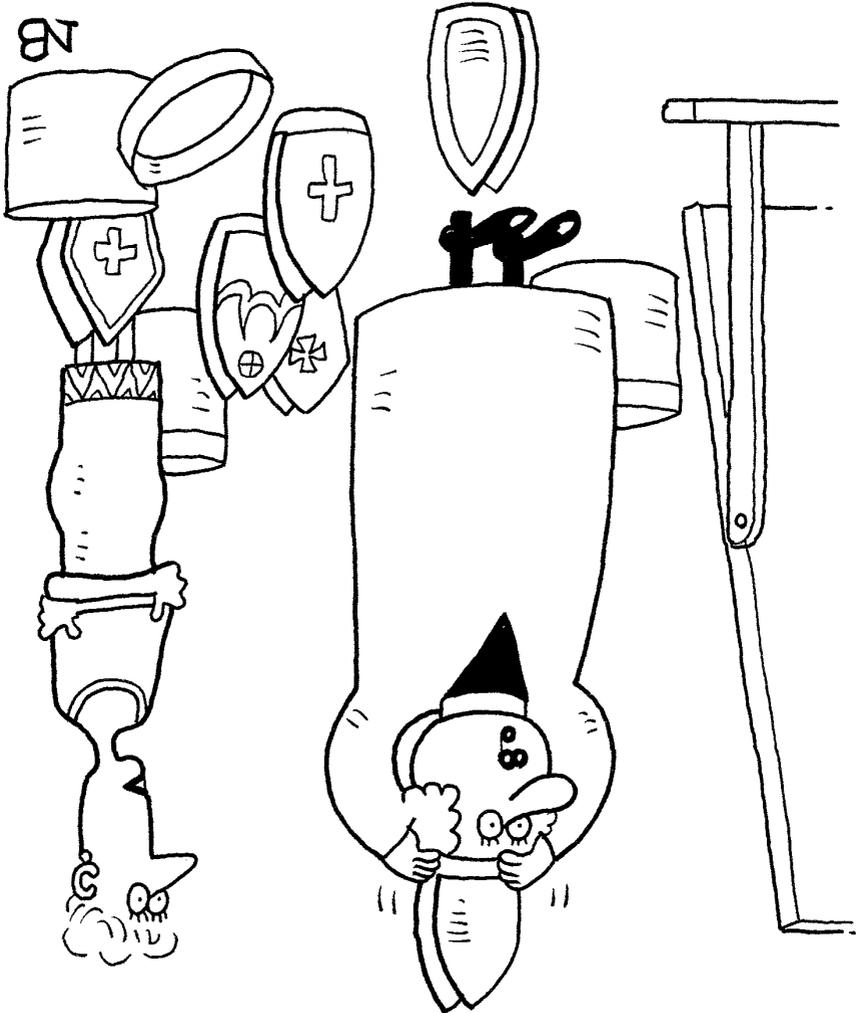
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 AS, BS, BE, H, L, P, TS

ADVANCE SERVICES GLASGOW
 Emergency assistance outwith
 office hours phone 0800 731 6969
 1.30-4pm; Fri: 1.30-3pm

GENR8 Action for Children (16-24)
 Westwood Business Centre, 69
 Aberdalgie 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

"This is more my colouring"



the **OTHER** list

The directory of Scotland's homeless services

Updated 30 January 2011

Key to this list:

Accom. assistance – AS

Advocacy – AD

Alcohol workers – A

Art classes – AC

Barber – B

Benefits advice – BA

Bathroom/showers – BS

Bedding available – BE

Careers advice – CA

Clothing – CL

Counselling – C

Debt advice – DA

Dentist – DT

Drugs workers – D

Education/training – ET

Free food – FF

Food – F

Foot care – FC

Housing/accom advice – H

Internet access – IT

Laundry – L

Leisure activities – LA

Leisure facilities – LF

Luggage storage – LS

Medical services – MS

Mental health – MH

Music classes – MC

Needle exchange – NE

Outreach worker links – OL

Outreach workers – OB

Pavement stockist – P

Safe keeping – SK

Sexual health advice – SH

SSAFA – SS

Tenancy support – TS

If you've any changes or sug-

gestions write to us at the

address on page 3, or email:

thelist@thepavement.org.uk

Updated entries: 2

Services added: 0

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 7368

Mon, Wed, Thurs 8.30am

- 5pm; Tues 10am - 5pm;

Fri 8.30am - 3.40pm

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

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

Streetwork UK - Crisis Centre

22 Holyrood Road, Edinburgh

0131 557 6055

Free phone 0800 178 2323

24/7 crisis centre for people in

housing crisis or at risk of sleep-

ing rough. Includes outreach

service / needle exchange.

AS, AD, A, BA, BS, CA, CL, D, DA, ET, F,

F, H, IT, L, LS, MH, NE, OL, OB, P, SH

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

(drop-in services only): Mon–Thu:

Tue 10am–5pm; Fri: 9am–4pm