

the Pavement

The *FREE* monthly for Scotland's homeless

November 2011



**TIME TO GET READY
FOR WINTER**



*"Honestly, I'd love to help, but they're going
to make life really difficult for us"*

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The Editor

The big chill

It's getting cold again. And that means that somewhere safe and warm to sleep is more important than ever. But as a recent incident at Edinburgh's Waverly Station – during which a homeless man looking for somewhere to sleep was electrocuted – highlights that's not something anyone can take for granted.

It's difficult to say how many people there are sleeping rough in Scotland at any one time – it's not the sort of question that comes up on the census. But when the Glasgow City Mission re-opened its disused homeless shelter last winter, the place filled up all too quickly as the temperatures plummeted.

In its recent report on the hidden homeless, even charity Crisis could only guess "there are countless thousands of hidden homeless people throughout Britain". So, if you are among them, keep an eye out for each other and make sure you stay safe – and warm.

We'll get any details of winter shelters up as we receive them, and if you know of any please forward them to thelist@thepavement.org.uk

Karin Goodwin

Editor

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Scottish news

All the homeless news from across the nation

Homeless charities: Don't risk rough sleeping

The risks of rough sleeping have been highlighted yet again after a homeless man was electrocuted while looking for a place to sleep last month.

The 28-year-old man climbed onto scaffolding at Edinburgh's Waverly Station (below) and received an electric shock from overhead lines. He was found with serious burns.

He was taken to Edinburgh Royal Infirmary and then transferred to St John's hospital in Livingston, where he received treatment for his non-life-threatening injuries.

Waverly Station was closed following the incident, but re-opened within a couple of hours.

Yet as the cold weather sets in charities warn rough sleepers

will continue to face risks while trying to find somewhere safe to put their head down.

Glenn Rogers of the Bethany Christian Trust said: "Rough sleepers face many dangers. If you sleep in a public space you are going to be vulnerable, particularly to assault and robbery.

"You're an easy target for people looking to take out their frustration and it's not uncommon for rough sleepers to be assaulted."

Winter will also take its toll, added Rogers. "Being exposed to freezing temperatures can cause long term medical problems particularly with circulation.

"When you're trying to find a place to sleep and avoid unwanted attention and cold weather you take risks you would never normally take."

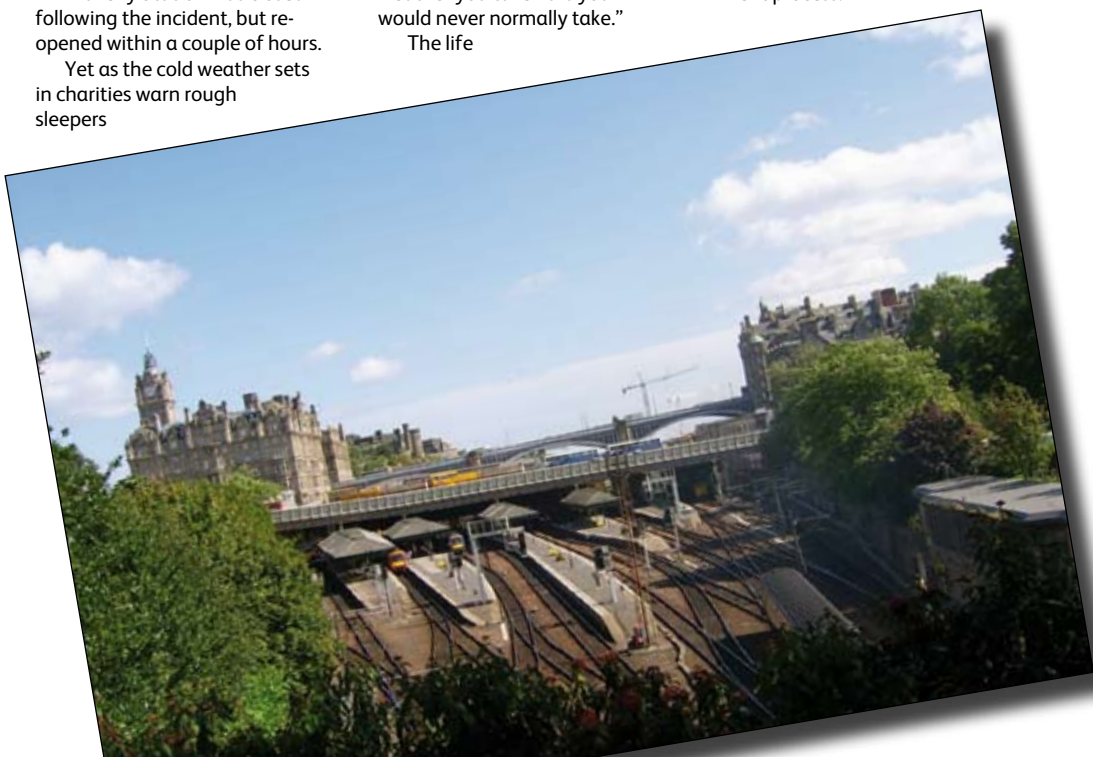
The life

expectancy and suicide rate for rough sleepers reflect the dangerous reality of life on the streets.

People who sleep rough are 35 times more likely to commit suicide than the average population.

A report from LSE and the homeless charity Crisis also reveals homeless people are 13 times more likely to experience violence and 47 times more likely to be victims of theft than the general population.

Glen Rogers of the Bethany Trust advised anyone facing homelessness or sleeping rough to seek support. "The best thing to do is access the support services available. The Bethany Trust for example offers a warm place to sleep and a hot meal throughout the winter months and there's no assessment process."



Crisis spokesman Duncan Shrubsole echoed this advice. He added: "We would always encourage rough sleepers to go to their local authority housing department and insist they are given proper advice."

"In Scotland, particularly since the passage of the Homelessness Act in 2003 which abolished the Priority Need distinction, all homeless people should be helped by their local authority and this should mean no one ends up with no option but to sleep rough."

Information on shelters can be found in *The Pavement* each month.

Mairi Gordon

- Have you strong views on sleeping rough and safety on the streets? Get in touch and tell us what you think at scotland@thepavement.org.uk

Homes reserved for armed forces

Ex-service men and women are to be given a priority route into affordable housing by a Scottish housing association.

The homes for members of the armed forces returning home are to be offered by Dumfries and Galloway Housing Partnership (DGHP) under a new scheme.

The move comes with growing awareness of the difficulties of those returning from duty to find housing for themselves and their families as they must apply to the council as homeless before being referred to a housing association.

In September *The Pavement* Scotland reported on a soldier who has served in Iraq and Afghanistan, but was facing homelessness on his return to Aberdeen because the council could not find him accommodation.

This move by DGHP aims to help to give those who have served

in the armed forces an easier route into finding a new home.

Billy Lockhart, chair of DGHP, said: "With nearly 5,000 applicants on our waiting lists, the armed forces personnel had to compete with others for accommodation and they could have to wait a long time. This way, we are directly offering them a number of our annual lets."

Archie Dryburgh, the Labour councillor who championed the project, said: "Most ex-service personnel end up either living with friends or family or are placed in temporary accommodation and can wait for long periods before they are offered a home."

"This change to DGHP's policy will make a real difference for those affected and I must congratulate the board on taking this decision to support these men and women."

Staff

Churches pile on the pressure over homelessness targets

Scottish churches have joined forces to call for a 'big push' to ensure local authorities and the Scottish Government meet their target to end street homelessness by 2012.

Scottish Churches Action launched their campaign last month meeting with representatives from local authorities and the Scottish Government.

At a joint seminar they set out to consider how much has been done to address the issue of homelessness in Scotland in the last decade.

The meeting was the first in a series planned with the Scottish Government. Their aim is to ensure this target is on track with the commitment to ensure all of those who have unintentionally found themselves homeless, will be provided with accommodation by the end of 2012.

While the target has yet to be met, Scottish Churches Action said there have been signs of improvement.

The homelessness statistics show that in 2010/11, 88 per cent of homeless applicant households were assessed as priority need.

In some cases – such as in Angus, Stirling, and Perth and Kinross councils – local authorities have already assessed 100 per cent of homeless people as a priority for settled accommodation. However with 2012 looming, other councils still have some way to go.

Scottish Churches Housing Action stressed that they are not purely concerned with meeting these targets, but more focused on using prevention methods to stop homelessness occurring in the first place.

Alistair Cameron, Chief Executive of the Scottish Churches Housing Action said: "In a wealthy Scotland, there is no need to make homelessness the painful and traumatic experience it is for so many."

"This means looking at why the individual has become homeless in the first place, and offering ways to help them find their way back into society."

Scottish Churches Housing Action will be reporting its findings to the Scottish Government by the end of the year and is aiming to ensure the authorities stay on course with tackling this issue.

Lyndsey McLaughlin



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!

Perfect storm brews for homelessness

Leading housing charity Shelter Scotland has warned that the current economic climate threatens to create the 'perfect storm' that will lead to a significant rise in the number of people who are homeless.

The charity has warned that the combined impact of cuts, job losses and reductions in housing benefit could lead to more and more people finding themselves unable to keep up payments on their homes.

Gordon MacRae, of Shelter Scotland, said: "As Scotland begins to feel the full impact of savage cuts to jobs and housing benefits, and as more people face even greater debt, the perfect storm is brewing for a rise in homelessness."

According to the charity over 200,000 people have used their credit card to pay their mortgage or rent in the last year.

MacRae added: "This reliance on high-interest options such as credit cards to pay rent or a mortgage is highly dangerous and can lead to people feeling overwhelmed by their financial struggle."

"It is crucial they face up to the facts and get advice sooner rather than later."

Last month the charity advised those struggling to make payments on their home to consider taking in a lodger.

It launched a new online advice guide giving potential landlords the lowdown on what to expect day-to-day after taking in a lodger or subletting their property.

It also gives advice about legal and tax implications and supplies a lodger agreement, which can be downloaded for free.

Staff

Plan to reclaim empty homes gets a boost

New powers have been introduced to help Scotland's 32 local authorities bring the country's 25,000 empty houses back in to use.

Earlier this year, *The Pavement* Scotland reported on the launch of the Empty Homes Initiative, a project developed by Shelter Scotland to encourage the public to report empty properties in their area via a website.

The hope was that councils would then take action to make the homes habitable once more, helping to free up more homes to contribute to easing Scotland's housing crisis.

Now, almost a year after the website's launch, the Scottish Government has introduced legislation which will allow councils to tax homes which are lying empty.

If councils chose to use these powers, the Government claim up to £30million could be raised to help build affordable homes.

The Council Tax and Empty Homes Bill will also help councils access information on unoccupied homes in their area, including who owns them. This has been a sticking point for councils who previously were not able to access information about ownership due to data protection laws.

Alex Neil, Cabinet Secretary for Infrastructure and Capital Investment, said: "Although the public purse is under huge financial strain the Scottish Government is doing all it can to increase the supply of affordable housing across the country."

"One way to do this is to tackle the problem of empty homes, which are a wasted resource and often also a blight on local communities as they attract vandalism."

With 156,000 households on the waiting list for a home here in Scotland, it is hoped that the

bill can be part of the solution to Scotland's housing needs.

Graeme Brown, Director of Shelter Scotland who facilitates the government-funded Scottish Empty Homes Partnership, welcomed the news. But we warned that this was not a quick fix solution.

"The ultimate measure of success will be the number of empty homes brought back in to use and the number of new affordable homes built using that income," he said. "This is not a quick win. The levy will provide several million in income for councils as part of a long term strategy."

Since the launch of the innovative website, 22 of Scotland's 32 local authorities have already signed up but it is hoped that the new powers will encourage all of the 32 local authorities to do more.

Kristen Miller, Shelter Scotland's empty homes co-ordinator, said: "Making use of empty homes has many benefits - it adds to the housing supply, contributes to local regeneration and supports rural communities and community safety. We urge councils to make the most of these new powers and to do all they can to utilise the houses they already have in their communities."

Laura Blakely

The Basement

We report on a ground-breaking alcohol detox that is helping drinkers in Liverpool

An innovative homeless charity has witnessed exceptional results from its pioneering alcohol detox programme. Originally established in Liverpool in 2000, The Basement reopened in March this year following a major refurbishment.

Offering useful services including wound dressing clinics, showers and laundry facilities, counselling sessions, interview training and even a holistic massage room, the organisation has established itself as a lifeline for the city's homeless population. Service users can drop in between 5.30pm and 9pm on a daily basis to seek therapy, companionship or medical treatment.

According to Project Manager Carol Hamlett, The Basement's ground-breaking alcohol detox residential programme has proved particularly successful. "We hire a cottage in Wales and take homeless and street drinkers away for a fortnight," she explains. "We work with severe addicts, many of whom are drinking up to 1,000 units per week."

The small groups, which are run by the organisation's staff operate under a non-medical model. "The people who come on these residential trips have decided to get help. The important thing is that they don't see us as medical experts. It's a crucial aspect of the programme because they don't think it's our responsibility to stop them drinking. They are here to get the support they need to do it themselves," Hamlett says.

Using a gradual weaning approach, rather than the 'zero tolerance cold turkey method,' drinkers are gently encouraged to address their relationship with the bottle before giving up. Operating with a staff to user ratio of 1:2, drinkers are able to make full use

of the educational and therapy sessions available to them.

"Many addicts have a deep emotional attachment to the bottle. We have to help people address their problems without it and this is a gradual process," she adds.

Whilst most conventional detox programmes do not permit any substance abuse, Hamlett's team allow the use of drugs and alcohol. "When you're drinking 1,000 units a week your body would go into shock if you just took it away. You'd end up having complications from the withdrawal such as seizures."

Approximately three quarters of The Basement staff are ex drinkers, all of whom feel they can offer helpful, non-patronising support to addicts. "We have one guy who delivers an exceptional workshop on what alcohol does to the body," says Hamlett. "We also discuss ambitions and future. My view is that everyone should have the chance to glimpse their potential. I want to create an environment to make that possible." As part of the ongoing services at the Liverpool based facilities, users are regularly given encouragement to break addiction habits, though never pushed to go on a residential detox before they feel ready. Of the 80 people that have embarked on the programme since its launch in 2008, only a handful have reverted to the bottle.

Recovering addicts in Liverpool can also visit the first alcohol free bar, The Brink, which opened at the end of September. The stylish venue boasts an excellent, reasonably priced menu of adult soft drinks, starters and main meals. As a social enterprise, the bar will pump all its profits back into recovery support. Addicts and those under the influence are not permitted in the

venue, though people in recovery programmes will have access to the organisation's extra services, including counselling and support. Run predominantly by ex addicts, The Brink is an inclusive establishment which will operate as a social venue for a varied clientele, hosting music, comedians and live entertainment.

For those who aren't ready to address drug and alcohol problems, The Basement runs excellent wound care and therapy sessions. Trained nurses from local GP Practice Brownlow health visit the Liverpool based clinic three times a week, administering compression dressings to homeless patients' wounds. From December the organisation aims to run five extra general sessions, as well as screenings for Tuberculosis, HIV and Hepatitis C.

Hamlett is also keen to encourage community spirit amongst Liverpool's homeless population. "People need to learn how to function; it's easy to get lost in a cycle of deprivation. We need to address issues such as loneliness and mental illness," she explains. "We have a TV and chill out area at The Basement but I'd like to see community kitchens run all across Liverpool. It would give people an environment where they feel able and can interact with others."

In addition to this, the organisation offers job interview training to recovered addicts. In partnership with national company Enterprise, The Basement runs confidence building workshops and recruitment drives to encourage people back into work.

Lizzie Cernik

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



www.thepavement.org.uk



David Findlay

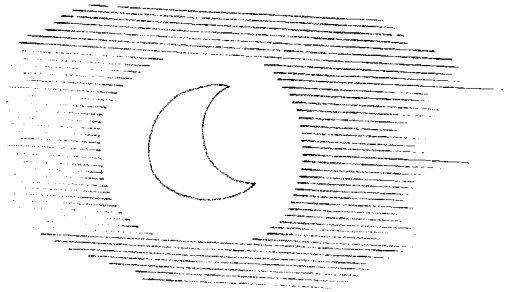
Age at disappearance: 67

David has been missing from Glasgow since 5 May 2008.

There is concern for David's safety and he is urged to call our confidential service **Message Home** on **Freefone 0800 700 740** for advice and support.

David is 5ft 4in tall, of slim build, and receding grey hair. When last seen he was wearing gold-rimmed glasses, grey trousers, a brown suede jacket and black shoes.

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



"...organic newt and free-range toad..."

**missing
people**

Registered Charity No. 1029416

News in brief

The homeless news from across the UK and the World

Bad behaviour out of control at Cambridge hostel

Aggressive behaviour, prostitution and theft are just some of the problems at a Cambridge hostel to have recently attracted police attention.

Run by Riverside ECHG, the 72-bed hostel at 222 Victoria Road has seen approximately 30 people evicted in the past year for bad behaviour.

The hostel has been branded "out of control" by local councillor Paul Sales and has been the subject of many complaints by the local community.

Repeated disturbances led to a meeting between the police, local residents and the management of the hostel to discuss how the anti-social behaviour can be tackled, and how the hostel should continue to operate.

This ECHG hostel is one of the country's largest and its residents are referred by outreach teams, probation services and council housing services.

Service users arrive with a range of support needs. Some have been referred to the hostel directly from prison and much of the reported anti-social behaviour has been alcohol related.

The hostel houses over 70 people. Staff levels have been between 10 and 12, although the hostel has also experienced high staff turnover, as well as changes in management.

Talks have recently taken place to decide whether to reduce the number of rooms available, so that staff can better meet the needs of the residents.

Visits by the police to tackle the increased levels of anti-social behaviour have now become a daily occurrence. The increased police presence perhaps indicates that extra support is needed. It may also lead to some of residents feeling less able to integrate with the community and may cause some to re-offend.

Emma Batrick

Unemployed pushed to back of housing queue

Unemployed people will be pushed down the housing register under a new proposal from London's Westminster Council, introduced to "discourage a benefits culture."

Under the council's new housing allocation policy, which will come into force on 30 January 2012, applicants who have been working for more than two years will receive 50 extra 'points', moving them closer to gaining a council home.

To qualify, the applicant (be it an individual or the main applicant form a family) must have been working at least 16 hours per week under a written contract for at least two years. Applicants with temporary contracts, meanwhile, must have been employed continuously, with no more than one month's gap between contracts.

Successful applicants will keep their bonus employment points until they have been re-housed or their application is closed. If they lose their job the points will not be removed, as long as there is a "realistic prospect of re-employment."

Those who have been looking for work for more than two years

will also receive 50 extra points, as long as they have been "actively engaged" with the council's Homeless Employment Learning Project, which aims to help those in temporary accommodation into work or further education.

According to Westminster Council's cabinet member for housing and corporate property, Councillor Jonathan Glanz, "These changes ensure that not only do we prioritise the most vulnerable, including those living in overcrowded properties and those with medical needs, but we also reward those who are doing their best not to be dependent on the state by working or actively seeking work."

The council is also hoping that the employed people they house will later move out of their council home into private accommodation, leaving their former property available for other people on the housing list.

The plans have met opposition and criticisms from a number of homeless groups and MPs. Alastair Murray, deputy director for Housing Justice, told the *Evening Standard* many people would find it difficult to provide the required paperwork, adding: "Quite a lot of homeless people do work but the kind of work they are able to do is quite unstable so they may not be eligible."

For Kay Boycott, Shelter's director of campaigns, policy and communications, the real issue is not the allocation of social housing but the amount of it: "Britain's desperate shortage of social housing makes decisions around how to allocate it incredibly difficult. What we really need is to build more truly affordable homes for families across the country so we do not find ourselves in this difficult position

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

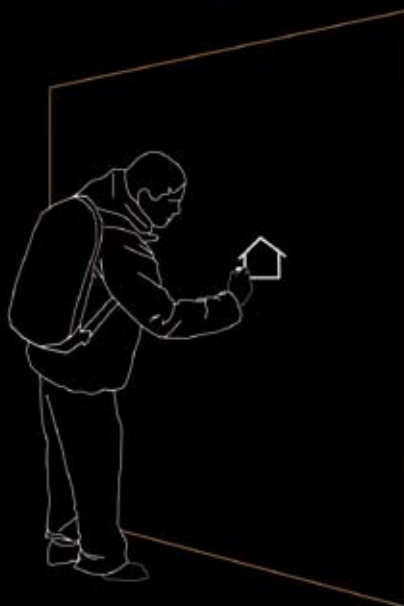


you'll get moved on here

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.

McLACHLAN



Vlad the Inhaler



*“The streets of London are paved with
articles about gold”*

of having to judge who is most worthy of this scarce resource."

Earlier this year, Councillor Guthrie McKie, Labour's Housing spokesperson, described the proposal as "very unfair and extremely divisive." However Councillor McKie may find scant support higher up in her own party. At the annual Labour Party conference, Ed Miliband declared: "When we have a housing shortage, choices have to be made. Do we treat the person who contributes to their community the same as the person who doesn't? My answer is 'no'. Our first duty should be to help the person who shows responsibility."

Additional priority will also be given to applicants who have lived in Westminster continuously for ten years. While priority is already given to applicants with young children, who are homeless or have special medical needs.

Westminster's plans are just one example of a wider trend, which is seeing unemployed social housing applicants penalised across the country.

Similar policies have already been introduced or proposed in Manchester, Wandsworth and Newham. While in its recent Housing Allocations Consultation, Hammersmith & Fulham stated: "The council is proposing to provide a fixed number of new lettings each year for people who have taken part in specific council supported programmes to get back into training or employment."

On a national scale, the minister for housing, Grant Shapps, has pledged to give local authorities the freedom to draw up their own social housing priorities list. In an article for *Inside Housing*, Shapps wrote: "I believe that many councils will use their new powers to reward and acknowledge those actively working and contributing to their local area, as Westminster and others have done. And rightly so."

Shapps insisted that "we will retain the 'reasonable preference' criteria, establishing proper priority for those in greatest need", however the vulnerable are not immune from the shifts in policy. Under the new Localism Bill, homeless applicants would be forced to accept offers of "suitable private accommodation" – or face a penalty. This shift, it is explained in the Department for Communities and Local Government's (CLG) Localism Bill Impact Assessment will allow local authorities to "discharge the duty they owe to homeless households."

If passed, the law would also allow local authorities to operate closed waiting lists, removing the right for anyone (without restriction) to apply for social housing. According to the CLG's impact assessment, "Under this option, the rules determining which categories of applicants qualify to be considered for social housing would be decided at the local level," although "the rules determining which applicants receive priority for social housing would continue to be set centrally via the statutory 'reasonable preference' categories."

Shelter issued a briefing for the second reading of the bill, in which it expressed concern over the "undermining" of the legal duty to homeless people: "The proposed changes sever the link between homelessness and recognising the need for a settled home by allowing councils to discharge homeless households into the insecure PRS [Private Rented Sector] rather than find them a settled home... there is a distinct lack of good quality housing at the bottom end of the PRS market meaning that many of the most vulnerable households will be placed in unsuitable accommodation."

Another proposal Shelter has requested to be removed from the bill is the removing of tenancy lease security, which would allow councils to reassess tenants after a minimum of two years

and evict them if they no longer met the criteria, in terms of for example income and benefits.

The Localism Bill is to have its third reading in the House of Lords on 31 October.

Carinya Sharples

Strike action still threatened at Centrepont

The dispute at homeless charity Centrepont continues, with a second ballot being called, which will be completed by 3 November.

The charity, which has HRH Prince William as its patron, is involved in an increasingly bitter dispute over cuts to staff pay, and faces allegations that the cuts don't affect senior executives at the charity.

The first ballot in September resulted in 69 per cent of trade union Unite members at Centrepont voting for strike action, although only 36 of the 88 Unite members at Centrepont actually voted. This led to Centrepont declaring this "a flawed ballot process."

The second ballot took place from 26 October to 3 November, with Unite saying a strike could commence from 10 November.

Matt Smith, Unite regional officer, has stated the dispute revolves around cuts, "which could see staff losing thousands of pounds a year in pay, although senior executives will have their pay ring-fenced from cuts."

When asked whether it was true that pay for senior staff was from exempt from cuts, a spokesman for the charity told *The Pavement*: "The number of Centrepont staff earning more than £60,000 p.a. has fallen from seven in 2007 to four in 2011. During the last two years, nobody in that bracket

has either requested or received a salary increase or any form of additional performance related pay. The Board of Trustees set executive pay and review this annually based on market rates.”

Unite have further accused Centrepont of ignoring the use of conciliation service Acas, and instead of commissioning international law firm Eversheds to intervene. In a press release Matt Smith of Unite said: “Even though pleading poverty, [Centrepont] has managed to hire one of the largest and richest law firms to threaten us with a costly injunction.”

Although Centrepont said in a statement, itself a response to questions about the dispute, that it “has a long tradition of using pro bono legal support to ensure that funds raised from donations are directly used to help homeless young people,” when pushed on whether they have hired Eversheds to act in the dispute, they told us: “I’m afraid it’s not our policy to comment directly on legal matters.”

Centrepont claims that Unite has been unhelpful in resolving the dispute. A spokesman from the charity said: “During five months of negotiation with Unite, Centrepont made two improved proposals, resulting in a maximum salary reduction of 10 per cent for any member of staff, with the majority receiving a five per cent reduction. Unite failed to produce any counter proposals and its representatives left a conciliation meeting with ACAS before its conclusion.”

Unfortunately for the charity, this dispute follows bad publicity in the summer, when it was revealed its Chief Executive Seyi Obakin had traveled to America to join the Duke and Duchess of Cambridge on their official visit. This trip was taken after pay negotiations had already begun.

Staff

Homeless campers evicted from Ipswich graveyard

Homeless campers at an Ipswich graveyard are to be evicted over concerns that a recent rise in the number of rough sleepers is disrupting worshippers.

Up to eleven people have been camping out at St Margaret’s Church in Ipswich but, due to a lack of facilities and the recent escalation in activity and noise, the church can no longer accommodate the campers.

The Diocese of St Edmundsbury and Ipswich are working with Ipswich Borough Council to resolve the situation and said that a solution would be reached to ensure that more suitable facilities are made available.

Although the Ipswich Borough Council maintains that homelessness has not been increasing, there are concerns over a lack of night shelters in the area.

John Howard, Press Officer for the St Edmundsbury and Ipswich Diocese told *The Pavement*; “I think a there is a need for a night centre in the town. There are no facilities in the churchyard for those sleeping rough like Oskar, who is one of those who has been staying here, and there are no toilets or washing facilities.”

At present there are 318 beds for homeless persons provided by hostels in Ipswich and the council are hoping to open a facility that provides support for independent living in 2012.

Mr Howard maintains that eviction was the last resort and that those camping there would be given time to leave.

“I feel really sad that anyone needs to sleep rough in Ipswich, particularly as the weather deteriorates, but this is not an appropriate place to house people - or the right use for a churchyard

- and the numbers of people setting up camp has grown,” he said.

“Those with loved ones buried in the churchyard need to be able to visit their family’s graves in complete peace. Having people camp within the churchyard is not conducive to that.”

Mr Howard added that the vicar of St Margaret’s, Reverend David Cutts has “visited those living in tents within the churchyard and explained to them that they will have to move on, and they have accepted this.”

A spokesperson from The Salvation Army said that despite the current problem they have not seen an influx in homeless men to their men-only 39 bed centre in Ipswich.

“Most people tend to stay for a year but we have not been oversubscribed recently. We have a night team but there is always a need for more shelters, especially coming up to winter.”

Ipswich Borough Council told *The Pavement* it provides emergency beds all year round and is working with agencies to provide appropriate accommodation for those in the event of severe weather.

Ipswich Borough Council spokesperson, Pete Whittall, told us: “The Council is mindful of the current economic climate and the changes to the Housing Benefit system and is closely monitoring the situation as regards to people becoming threatened with homelessness.

“A number of facilities are provided for homeless people in the area, such as the community resource centre, soup kitchens, health outreach surgeries and substance misuse programmes.”

Dearbhla Crosse

The Pavement, which operates without any funding from the state, has decided to try something new – asking readers to help support our operation. Not salaries or new kit, but our basic print operation.



If you have a mobile, and can spare a few pounds, please text **PAVE11** followed by **the amount in pounds*** (max £10) to **70070**

*all this money will go to *The Pavement* (registered charity no. 1110656), the charges being met by Vodafone. Find out more at www.justgiving.com/the pavement



mskewinang -

"Oh, and this is Dr Snodgrass, Head of Transplant Repossession"

Growing demand for food hand-outs

The demand for hand-outs from food donation charities has drastically increased, new figures suggest.

Fareshare, an organisation which redirects food surpluses to those in need, said it was now delivering food to 35,000 people a day – a substantial increase from last year's 29,000.

The charity said there has been a year-on-year increase as more low-income families struggle to meet rising food prices. It also said that one in three of the charities surveyed was now facing government cuts.

Fareshare, which has 17 locations across the UK, redistributes food to organisations including homeless hostels, women's refuges, after-school clubs and day centres.

In the past, its donations mainly went to homeless people, but now there are more "destitute families" among its recipients after an "increase in people and the types of people" seeking food.

Fareshare Chief Executive Lindsay Boswell said: "At a time of unprecedented demand we want the food industry and the general public to increase their support."

He added: "This research supports the growing anecdotal evidence we've seen in recent months - more people are getting in touch with Fareshare asking for help to access food.

"Demand for food is increasing as many of the charities we support are facing spending cuts and are slashing their food budgets in an effort to stay afloat. These charities are having their ability to provide food tested, as rising inflation, unemployment and changes to the benefits system are forcing more people to seek their help and support. It's this combination of problems that is causing a sharp increase in hunger

in communities all over the UK."

The organisation, which works with more than 100 companies in the food and drink industry, said 42 per cent of the charities it surveyed reported an increase in demand for food in the past year.

And according to 150 of the 700 organisations Fareshare supplies, 65 per cent said they were slashing food budgets in order to stay afloat.

Last year, Fareshare provided a total of 8.6million meals to 600 groups, but is now facing unprecedented demand from 700.

Rebecca Evans

Homeless man accused of murder cover-up

The trial of a homeless man accused of assisting in the cover-up of a murder continues in Swansea. Christopher Hughes, 32 years old, was charged with changing shoes with one of a pair accused of murder, in order to impede the police investigation.

Hughes is accused of assisting brothers, Darren Rigdon, 33, and Christopher Hart, 37, who were charged with the murder of another homeless man, David 'Little Dai' Williams, in January this year (see *The Pavement* February 2011). Hughes changed his shoes for a bloody pair belonging to Rigdon, after Williams had been murdered outside the Iceland in Swansea.

Hughes told the prosecution that it had been done "but not to cover up the fact that a crime had been committed," and that when he saw Williams lying on the floor near his assailants, he thought he was sleeping. The trial continues.

Staff

It beggars belief: US man mugged in astonishing circumstances

A man and a woman in the USA have been charged with robbery after pulling a gun on a homeless man – moments after giving him \$5. Meghan Fleming, 26, and Timothy Fleming, 19, both appeared in court at the beginning of October after the incident in the car park of a popular chain of pet shops.

The court in Salem, Oregon heard that Meghan Fleming was leaving the branch of PetSmart when she was approached by a homeless man who asked her for money. She gave him a five dollar note before returning to her car and apparently changing her mind. "She felt like she'd been scammed, so she went to get her money back," said police officer Steve Birr.

According to police, Fleming drove up to the man and pulled out a gun – later revealed to be a BB pellet gun – demanding that he return the money. Timothy Fleming is also accused of being involved in the altercation, with police sources saying that he was annoyed that the homeless man "had been getting a lot of money from passersby."

The homeless man, who is not named in police reports, did not want to press charges, but the local district attorney's office is pursuing the case. Both Meghan and Timothy Fleming are being held on charges of robbery, with the case due to be heard on 7 November.

Jim O'Reilly

Hollywood star reveals homeless past

Thomas Jane, the actor and current star of HBO series 'Hung', has revealed for the first time that he worked as prostitute while he was homeless in his late teens.

Jane, 42, who has also starred in films such as 'Deep Blue Sea' and 'The Punisher', lived in his car when he first moved to Hollywood at the age of 18 to pursue his acting career. In a recent interview with the *Los Angeles Times*, he said that during this period he worked as a prostitute for both male and female clients at a time when he was experimenting with his sexuality.

"Hey, you grow up as an artist in a big city, as James Dean said, you're going to have one arm tied behind your back if you don't accept people's sexual flavours" he said. "You know, when I was a kid out here in L.A., I was homeless, I didn't have any money and I was living in my car. I was 18. I wasn't averse to going down to Santa Monica Boulevard and letting a guy buy me a sandwich. Know what I mean?"

Jane said his experiences on the streets had moulded his character, and made a key development to his development as both a person and an actor.

"You're a lot more open to experimentation as a young man," he said. "And for me, being a young artist and broke in Los Angeles, I was exploring my sexual identity. It blew the doors off of my conventional upbringing and thinking and opened up possibilities for me that were akin to World War III."

Jim O'Reilly

Australian city sweeps homelessness under the carpet

Politicians in the Western Australian city of Perth have been accused of trying to hide the town's homeless population during a major international conference.

During the Commonwealth Heads of Government meeting – where leaders from former British colonies were meeting – the city's government provided a number of extra beds and services for rough sleepers. However, the leader of the opposition Labour Party, Sue Ellery, said the move was just a cynical attempt to mask the extent of the city's homeless problem.

"There's absolutely no doubt this is just about getting them off the street and giving them a false sense of hope while the dignitaries are in town," Ellery said.

Under the authorities' plan, a special 24-hour mental health, drug and alcohol service was provided during the conference, which was at the end of October. Rough sleepers were also moved away from Perth's Central Business District. Ms Ellery criticised this as well, saying that the services ought to be provided all the time, not just while foreign visitors were in town.

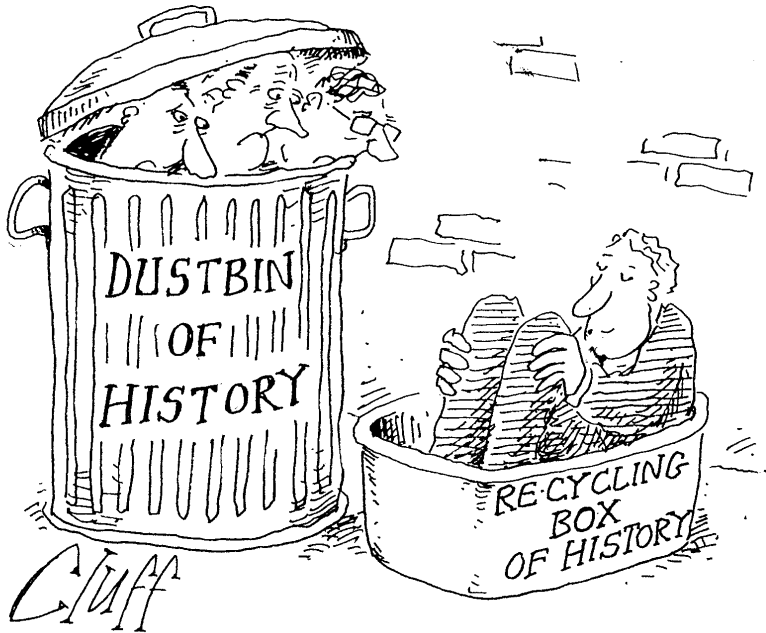
"I think it is absolutely cruel that for three days, this is where we can put you [homeless people] and show the dignitaries we're providing these services, but then after that, you're on your own," Ellery said.

Similar tactics have been used before during major international events. Before the 2010 Winter Olympics in Vancouver *The Pavement* reported the authorities' efforts to forcibly remove rough sleepers from the 'Olympic Zones' set up for the tournament. The Olympics has been shown to have a particularly bad effect on the lives of homeless people. A 2007 study by the Centre on Housing

Rights and Evictions found that, in every city it examined, the Olympic Games had helped make the poorest people poorer and speed up the number of evictions.

Londoners will be concerned that, ahead of our own Olympics next summer, a similar pattern might emerge among the capital's rough sleepers. Police in the UK have already been accused of heavy-handed tactics – particularly in light of recent projects like Operation Poncho, which was attacked for harassing rough sleepers in the City of London.

John Ashmore



STREET SHIELD

EPISODE 25

MORNING ON
THE STEPS
OF ST. ANON...

MORNING ALL!
RISE AND
SHINE...

AND THEN
QUICKLY
BUGGER OFF!

GOOD MORNING
TO YOU TOO,
SERGEANT.

IT'S TOO EARLY
FOR THIS, AND IT'S
DRY UNDER HERE.

BESIDES, WE'VE
GOT PERMISSION
TO STAY!

WELL, I'VE BEEN
TOLD YOU'RE TO MOVE
ON. THE CHURCH
DOESN'T WANT YOU
ON IT'S STEPS.

COME ON, GIRL!
TIME TO MOVE ON!

IF YOU ASK AT
THE CHURCH OFFICE
THEY'LL CONFIRM
THE CHURCH GAVE
US PERMISSION!

AND I
BELIEVE
I'M NOT
TO THE
CHURCH
AND I'M
AWAY FROM
YOU

ERR..SARGE!



Health and wellbeing

The Pavement's health team aim to help keep you healthier, if not happier



Fake medicines

Recent reports of millions of pounds' worth of fake medicines being sold over the Internet indicate that people in the UK are buying medications online as an alternative to having them prescribed by their GP. Seizures of unlicensed medications have increased six-fold in the last year, according to the Medicines and Healthcare Regulatory Agency.

Alarmingly, an Interpol-led investigation following the hospitalisation of two schoolgirls has discovered supplies of dodgy drugs all over Britain. During a

recent crackdown on websites selling drugs to cure everything from epilepsy to cancer, about 1.2 million suspect doses were found.

What is so wrong with buying drugs over the Internet? We do just about everything else online these days, so why not source our medications this way?

There is a lot wrong with buying medications over the Internet.

The first thing you need to know about self-medicating via the Internet is that it's easy to manufacture a few pills that look like the real thing, but there's no way you – the buyer – can be sure you're getting what you've paid for. People who

sell drugs over the Internet are in it to make money and have no interest in your health or wellbeing; if they did, they wouldn't sell medications over the Internet. It is dangerous on every level.

It's also largely unnecessary in the UK, as we have modest prescription charges and none at all if you live in Scotland. The small financial gain from buying drugs over the Internet is outweighed by the risks of buying possibly fake or inappropriate medication.

Drugs are complex, getting the right medication to cure or alleviate symptoms isn't as easy as most people think. What works

for one person won't work for everyone, so even if you know someone with the same symptoms, you can't always take the same medication. We are all different.

If you want, you can think of drugs as a doctor's toolbox. When you go to the doctor, s/he will listen to what you have to say, examine you, maybe run some tests and then choose the best tool to cure or alleviate your symptoms. Maybe the right tool isn't even a drug at all – it could be physiotherapy or counselling. Then there are potential allergies, adverse reactions, your medical history and the side-effects of the medication. You wouldn't use a pneumatic drill to put up a picture, but that's what you could be doing if you get your medication without seeing a doctor and getting a prescription.

Medications go through years of stringent research before they are deemed safe to be used on people, and most drugs are licensed only to do specific things to ensure they are used safely. Buying medications from the Internet means you bypass all these levels of safety monitoring and are taking a risk with putting an unknown substance into your body. Don't risk it; see your GP or pharmacist instead.

Susie Rathie

The Pavement's nurse

Nail it!

You might have wondered why we have nails on our toes. Anatomy and evolutionary experts have many different theories, but the one common view is that toenails are there to protect the vulnerable 'end' bits on the upper side of our toes. Left to their own devices, though, they can present more problems than solutions.

Unlike their fingernail cousins, toenails don't, at first, seem to have an obvious purpose. Fingernails help us peel an orange or pick up coins from a flat surface, and are useful for personal grooming – scratching, squeezing, picking (ugh...). Long fingernails can be considered beautiful: long toenails are generally viewed as hideous and claw-like.

They are generally painful, as pressure builds up on the tender skin of the nail bed below the nail. Long toenails serve no purpose, so the ideal place to cut them is just beyond the point where the pink bit (where the nail bed is still attached to the nail) becomes the white bit (the free edge of the nail that would grow on forever if we let it). Cut them short and straight across, not with a 'v' in the middle (that just weakens the nail plate). Don't cut off the corners – it just encourages the nail to dig in to the soft skin of the sulcus (the skin around the nail). Poking down the sides of the nails can introduce infection and irritate the skin around the nails, possibly leading to ingrown toenails. Also, be sure to use scissors for the job – picking, pulling, tearing or biting toenails (more common than you might think, especially in young people who still have the flexibility to reach that far!) also run the risk of ripping into the nail bed and introducing infection, and may allow the toenails to become ingrown.

Leaving nails long also may result in them splitting lengthways, exposing the vulnerable nail bed and allowing in bacterial or

fungal infection. As we get older, our nails get thicker. If you have trouble cutting your nails because of this, soak them in warm water first. Really thickened nails, or thick nails with a yellow tinge or crumbly appearance, may have a fungal infection. Fungal infections of nail are notoriously difficult to treat – there are paints and medicines available, but treatment takes time and perseverance. If you are concerned by the look or thickness of your toenails, see a doctor or a podiatrist – your nearest drop-in centre should have details.

Toenails are there for protection, so if you get some trauma to your toes (a heavy object falls on your toes, or they get squashed and bashed by a pair of shoes or boots that are too short or shallow for your foot), you may find that the nail takes the strain and eventually falls off. If this happens, you can rest assured that a new nail will grow, but it could take a while, depending on a number of factors including our health, the quality of circulation to our feet, and our age. Toenails take about nine to 18 months to grow from the matrix of the nail to the end of your toes.

So even though they may appear to have no clear purpose (well, other than scratching the shin of your other leg when in bed), toenails need to be looked after, kept short and clean in a pair of shoes and boots that leave enough room for the toes to wiggle free... And if in doubt, get them checked out.

Evelyn Weir

Lecturer in podiatry
Queen Margaret University
Edinburgh



Alice in Poundland

TELEPHONE SERVICES GLASGOW

Glasgow Shelter Advice Service
0808 800 4444
Mon-Fri: 9am-5pm

Glasgow Street Service
0800 027 7466

Mon-Thurs: 8am-1pm; Fri: 8am-5pm; Sat: 8am-3pm; Sun: 4-1pm
Street outreach team partner-ship between Simon Community and Barnardos 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

LGBT Youth

Advice for LGBT people
<http://www.lgbtyouth.org.uk>

The Pavement online

Regularly updated online version of *The List*

www.thepavement.org.uk/services.htm

Sock Book
sockbook.refdata.com

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 Glasgow

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

Frank
0800 776 600
Free 24-hr drug helpline

Get Connected
0808 808 4994

Free advice for young people
(1pm - 7pm daily)

Job Centre Plus (benefits agency)

To make a claim
0800 055 6688

For queries about existing claims for Income Support, Jobseekers Allowance or Incapacity Benefit

0845 377 6001

For Social Fund enquiries
0845 608 8661

For the Pensions Service
0845 60 60 265

Message Home Helpline
0800 700 740

24 hrs daily

National Debtline
0808 808 4000

Runaway Helpline
0808 800 7070

Free line for under-18s who have left home

The Samaritans
08457 90 9090

SANALINE
6 - 11pm
0845 767 8000

Out-of-hours helpline for those affected by mental health

Shelter
0808 800 4444

Housing info and advice
8am-8pm daily

UK Human Trafficking Centre
0114 252 3891

TELEPHONE SERVICES EDINBURGH

Edinburgh City Mission
Counselling and crossline helpline
0845 658 0045

Providing a listening service for anyone in emotional crisis. Also offers face-to-face counselling by appointment

0131 556 9756
Working with people over 50 years who are or have been homeless / housing crisis
ASAD,BA,DAH,LA,OL,OB,P,TS

Streetwork UK - Womens Services
4 Bellevue Street, Edinburgh
0131 467 2023

Mon, Tue & Thurs: 1-4pm

AD,AC,BA,CA,CL,DA,ET
LA,OL,OB,P,SH,TS

GAMH Homeless Support Project
123 West Street, G40 1DN
0141 554 6200

Mon - Fri: 9am - 5pm
(4:30pm on Friday)

Practical support and advice 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, 117 Brook Street, G40 3AP
0141 550 7140

AS, BA, C, H, IT, TS
Mon-Thurs: 9am-4pm; Fri: 9am-3pm

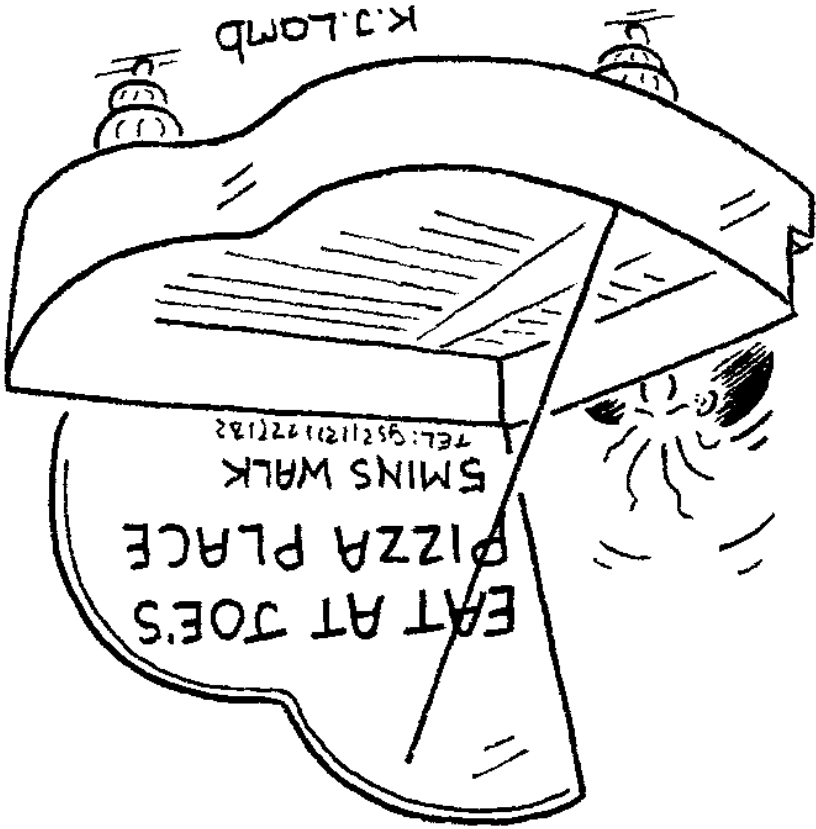
SAY Women Accommodation
3rd Floor, 30 Bell St, G1 1LG
0141 552 5803

Provides support and counselling to young women aged 16 - 25 who are homeless or threatened with homelessness and are survivors of rape or sexual abuse
AS, C, SH

TELEPHONE SERVICES
0845 345 4345
Nationwide
www.communitylegaladvice.org.uk

Community Legal Advice
Mon-Fri: 9am-8pm; Sat: 9am-12:30pm
AD, BA, DA, H

Domestic Violence Helpline
0808 2000 247
Free, confidential service, offering specialist advice on housing, benefits, tax credits, debt etc.



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

Opticians services and spectacles

20 Cowgate, EH1 1JX
(TAP clinic)

Free eye examinations and
spectacles for all. NHS benefits
not required for free spectacles
- drop in or make an appointment
MS

MEDICAL SERVICES GLASGOW

The Physical Health Care Team

55 Hunter St, G4 0UP
0141 553 2826
Mon - Fri: 1 - 5pm
Has two GPs and a team of nurses
and office staff who also run
clinics at some hostels. Appoint-
ments not necessary. They also
provide support for people who
have hospital appointments
and want someone to go along
with them. There is also an
addiction and mental health
team based at this address
A, D, FC, MH, MS, P, SH

SOUP KITCHENS & SOUP RUNS

EDINBURGH

Barony Contact Point
101 High Rigg, EH3 9RP
0871 700 777 / 0131 622 1867
Tue: 10.30am - 4pm;
Thur: 10am - 1pm,

Calton Centre
121 Montgomey Street, EH7 5EP
0131 661 5252
Tues: 6 - 8.30pm
Care Van
Bethany Christian Trust's soup
run in Edinburgh city centre
364 evenings a year

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

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

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

Little Sisters of the Poor
43 Gilmore Place, EH3 9NG
0131 229 5672

Every day 1 - 2pm and 6 - 7pm

Missionaries of Charity
18 Hopeoun Crescent, EH7 4AY
0131 557 8219

Every day except Thur:

3.45 - 4.30pm

Soup Van

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

SOUP KITCHENS & SOUP

RUNS GLASGOW

Balvicar Street
G42 8QU
Thurs: 7 - 9pm

Cadogan Street

Runs at these times:
Sun: 9 - 10pm; Mon: 7.30 -
9pm; Tues: 8.45pm - 12.30am;
Wed: 9 - 10pm; Fri: 8 - 9pm

Queen's Park Parish Church

170 Queen's Drive, G42 8QZ
Tue: 12noon-2pm (low cost
meal); Thu: 10am-12pm (low
cost tea/coffee); Sun: 5-6pm
(free meal and clothing)
F, CL, FF

Streetwork UK - Out of the Cold

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

SPECIALIST SERVICES

EDINBURGH

Support and action for people
affected by mental illness (includ-
ing friends and carers), MH
www.supportinmindscotland.org.uk

SPECIALIST SERVICES

Support in Mind Scotland

(formerly the National
Schizophrenic Fellowship)
6 Newington Business
Centre, Dalkeith Road Mews,
Edinburgh, EH16 5DU
Mon-Fri: 9am-4pm
0131 662 4359

0131 662 4359

Run by Glasgow City
Mission, Glasgow Homeless
Network, Turning point, the
Marie Trust and others

Glasgow's Winter Initiative

The Shieling, 24 McAlpine
Street, Glasgow, G2 8PT
Dec - Mar: 10pm - 8am
Details TBC

Run by Glasgow City
Mission, Glasgow Homeless
Network, Turning point, the
Marie Trust and others

SEASONAL SHELTERS GLASGOW

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

Thur & Sun: 8pm - 9pm

St. Patrick's Church

Sun: 7.30 - 9pm

St. Columba's Church

Sun: 7.30 - 9pm

The Tibetan Buddhist Centre
Kagyü Samye Dzong
7 Ashley Street, G3 6DR
0141 332 9950

Rokpa Glasgow

The Mungo Foundation – London
Road Project
 1920 London Road, G32 8XG
 01471 778 1184
 Works with 16-25 year olds who cannot access mainstream accommodation. (Open 24 hrs) www.themungofoundation.org.uk

Drinkline 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

GLASGOW

Alcohol Focus Scotland
 166 Buchanan St, Glasgow
 01471 5722 6700
 Call-in, phone or email: Mon - Thurs: 9am - 4:30pm; Fri: 9am - 4pm
 D, NE, OL, OB, P, SH

Breakthrough
 James Duncan House, 331 Bell Street, G4 0TJ
 01471 5522 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
 01471 959 6363
 www.cascotland.org.uk
 Helpline offering help and support to those with or recovering from an addiction. Also offer meetings and literature on addictions
 A, AD, C, D

Drug Crisis Centre
 The West Street Centre, 123 West Street, G5 8BA
 01471 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

Glasgow Council on Alcohol
 7th Floor, Newton House, 457 Southshield Street, G2 3LG
 01471 353 1800
 www.thegca.org.uk
 Mon - Fri: 9am - 9pm
 Offers help and support to anyone experiencing problems related to alcohol consumption.
 A, AS, AD, BA, DA, ET, H, LA, OB, TS

Glasgow Council on Alcohol (Community) Alcohol Support Service)
 26 Orr Street, G40 2AR
 01471 554 5368
 www.thegca.org.uk
 Mon - Fri: 8.45am - 4.45pm
 Supports people who are homeless or at risk of being homeless as a result of alcohol misuse.
 A, AS, AD, BA, DA, ET, H, LA, OB, TS

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 Simon Community – Resettlement Training Service
 12 Commercial Road, G5 0PQ

Emmaus Glasgow
 101 Ellesmere Street, G22 5QT
 01471 353 3912
 www.emmausglasgow.org.uk
 Provides accommodation and work for homeless people
 AS, CL, ET, P, TS

EX-FORCES

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

Royal British Legion
 08457 725 725
 Ring the Legion line to see how they can help ex-service men and ex-service women

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

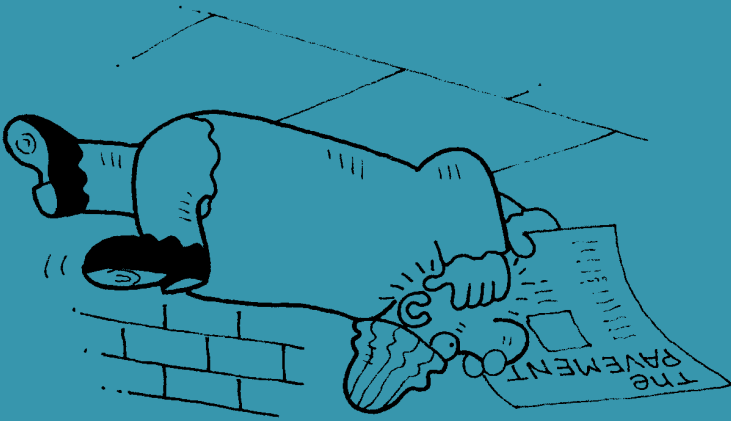
EX-FORCES EDINBURGH

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

MEDICAL SERVICES EDINBURGH

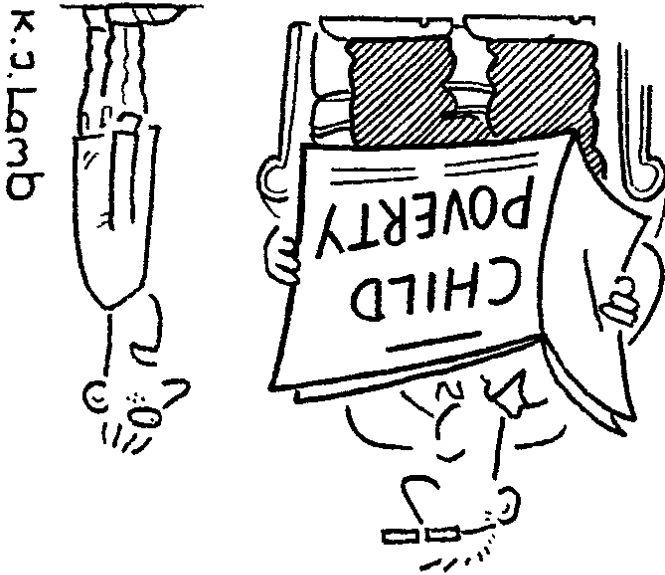
Edinburgh Access Practice (Cowgate Clinic)
 20 Cowgate, EH1 1JX
 0131 240 2810
 Mon, Wed - Fri (closed on the morning of the third Wednesday)

**Or email corrections to
thelists@thepavement.org.uk**



**If you know a service that
isn't listed here, get them
to submit their service @
our website:
www.thepavement.org.uk**

*"I'm experiencing the grinding poverty
of not owning an iPad"*



K.J. Lamb

Gowrie Care – St John's Hill

1 St John's Hill, EH8 9TS
Ring first (8am - 8pm daily)
www.odap.org.uk
P

Randolph Crescent Hostel

2 Randolph Crescent, EH3 7TH
Supported accommodation for single men and women from tenance Programme (LEAP)
0131 220 1607
Referral from LEAP on:
0131 456 0221, P

Salvation Army – Ashbrook

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

Men

Gowrie Care – Caledonia House
Gillmore's Close, Grass-market, EH1 2HD
0131 220 5078
www.homelessedinburgh.org
P

Women

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

Young people (16-25)

Number Twenty
20 Broughton Place, EH1 3RX
0131 557 1739
Young single homeless women aged first (8am - 1.30pm every day)

Open Door Accommodation

Project
7-12 Adelaide Street, Livingston, EH54 5HG
01506 430221
Young single homeless people aged 16-21 with a local con-

Rock Trust

55 Albany St, EH1 3QY
0131 557 4059
Various activities and services for 16-25 year olds, including drop-ins, one-to-one sessions and Night Stop on referral.
www.rocktrust.org
P

Stopover (Edinburgh)

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

DIRECT ACCESS HOSTELS/ NIGHTSHELTERS GLASGOW

All with low-support needs

Salvation Army – Hope House

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

Laureston Centre

39 South Portland Street, G1 9JL
0141 429 6533
Open office hours only
A, AS, BS, F, P

Men's Accommodation Project

86-88 Arnprior Road, Castlemilk, G45 9HE
Offers a group-living model of supported accommodation to men who have experience of long term homelessness and are committed to addressing addiction issues. Possibility of continuing support after moving into own home. Referral from social work or similar agency is required, accepts men from all over Glasgow
0141 631 1798
www.glasgowshim.org

Talbot Association – Kingston

344 Paisley Road, G5 8RE
0141 418 0955
Referral by Glasgow City Council only
BS, C, DT, ET, F, H, L, MS, MH, P, SH

Halls Direct Access Hostel

112 Commerce Street, G5 9NT
0141 420 1929
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
www.turningpointscotland.com

Women

Govanhill Women's Project

14 Polmadie Street, G42 0PQ
0141 423 5599
Works with single homeless women aged over 25 from the Glasgow area. The project is not suitable for women under 25 or those wanting to be accommodated with a partner or with children in their care. Ring first
0141 556 5465
Provides supported accommodation for single/pregnant mothers aged 16 to 25 and children up to ten years old

Young people

Council for Homeless Young People (CHYP)

171 Wilton Street, G20 6DF
0141 945 3003
Details at
www.queenscrossh.org.uk
Residential support for youngsters and young, single homeless people
P

Quarriers Stopover

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

homelessness and poverty
AS, AD, AC, BA, BS, CA, CL,
ET, F, FC, H, IT, L, OL

**Salvation Army – The Laureston
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

0141 221 0169 (option 1)

Mon–Fri: 7.30–10pm; Sat: 1–4pm

AS, AD, BS, CL, FF

Wayside Day Centre

See The Marie Trust

**DIRECT ACCESS HOSTELS/
NIGHTSHELTERS EDINBURGH**

All with low support needs

Bethany House

12 Couper St, Leith, EH6 6HH

Emergency accommodation

for single homeless people

0131 467 1010

AS, AD, A, BS, BE, D, F, H, LA, P

Bethany Supported Housing

65 Bonnington Road, EH6 5JQ

0131 553 1119

Ring First

Castlecliff Hostel

25 Johnston Terrace, EH1 1NH

For homeless people aged

16 and over; accepts couples

and people with pets

0131 225 1643

AS, BS, BE, H, L, P, TS

Cunningham House

205 Cowgate, EH1 1JH

For homeless people with addi-

tional support needs around

alcohol, drugs, mental health

and learning difficulties.

0131 225 4795

www.crossreach.org.uk

AS, BA, P, S

Dunedin House

4 Parliament St, Leith, EH6 6EB

0131 624 5800

www.dunedin-harbour.org.uk

Bethany Christian Trust

Leith Acorn Centre YMCA,

Junction Place, EH6 5JA

(men only drop in)

Tue: 12.30–2.30pm (women

only drop in); Thu: 1–3pm

Cowgate Day Centre

see Streetwork Crisis Centre

Crossreach – Church of Scotland

Social Care Council

Charis House, 47 Milton Road

East, Edinburgh, EH15 2SR

0131 657 2000

Mon–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

AS, ET, TS, P

Streetwork UK - Womens Services

See Specialist Services

DAY CENTRES AND DROP-INS

GLASGOW

Glasgow City Mission – The

Shieling

20 Crimea Street, Glasgow, G2 8PW

0141 221 2630

Mon, Tues, Wed & Fri: 10am

4pm (drop in); Thur: 1–5pm;

Mon, Tues, Wed & Fri: 6.30–11pm

www.glasgowcitymission.com

AS, AD, AC, B, BS, BE, C, CL, ET,

FF, H, IT, LA, MC, MS, OB, P

www.glasgowcitymission.com

Lodging House Mission

35 East Campbell St, G1 5DT

0141 552 0285

Mon, Tue, Thu: 8am–3pm; Wed,

Fri: 8am–2pm; Sun: 4–6.30pm

BS, CL, E, F, IT, P

The Marie Trust

32 Midland Street, G1 4PR

0141 221 0169 (option 2)

Mon–Fri: 10–11.30am; 12.30–4pm;

7.30–10pm (Thu closes 3pm)

Drop-in advice and support.

non-profit making cafe, posi-

tive activity, learning and out-

reach for people affected by

1.30–4pm; Fri: 1.30–3pm
Emergency assistance outwith
office hours phone 0800 731 6969

ADVICE SERVICES GLASGOW

GENR8 Action for Children (16–24)

Westwood Business Centre, 69

Aberdale Road, G34 9HJ

0141 771 6161

Mon–Fri: 9am–5pm

Advice and support for 16–24 year

olds seeking accommodation

AS, AD, BA, C, DA, H, P, TS

Glasgow Shelter Advice Service

First Floor Suite 2, Breckennridge

House, 274 Southchiall 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

Glasgow City Council

For anyone who is homeless,

threatened with homelessness, or

in need of advice about homeless-

ness issues. Staff will be pleased

to discuss your circumstances

with you in a private interview

room and provide advice on what

can be done next to help you

www.glasgow.gov.uk

AS, BA, C, DA, H, TS

Glasgow City Council

Homeless Person's Team

Hamish Allan Centre, 180

Centre Street, G5 8EE

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 Rigg, EH3 9RP

0871 700 7777

Mon: 6.30–9pm; Tue: 10.30am–

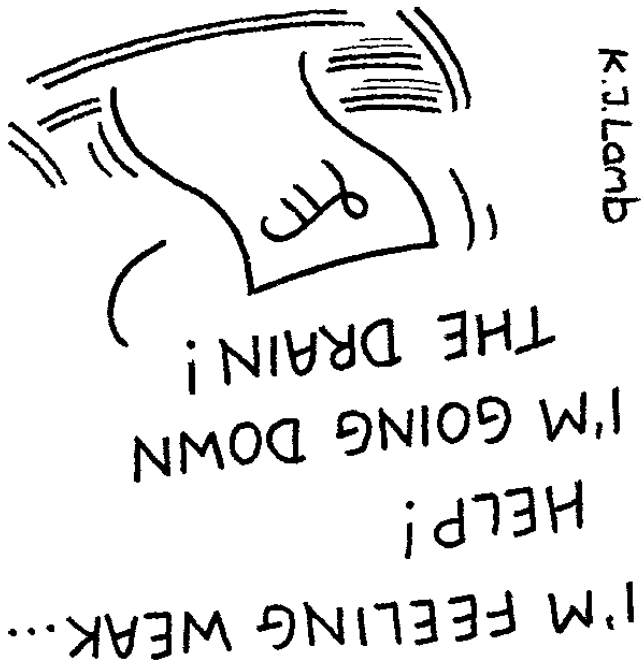
4pm; Thu: 3.30–7.30pm;

Fri: 1am–2pm (women

only); Sun: 1am–4pm

C, MH, P

Money talks



the **OTHER** list

The directory of Scotland's homeless services

Updated 31 October 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

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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 suggestions 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 7584 / 7368

Mon, Wed, Thurs 8.30am

– 5pm; Tues 10am – 5pm;

Fri 8.30am – 3.40pm

Advice and information on

housing options for homeless people, including assessment of priority need for housing. Out-of-hours emergencies phone 0800 032 5968, AS, H, P

Edinburgh Cyrenians

57 Albion Rd, EH7 5QY

0131 475 2556

Mon – Fri 10am – 4pm

Advice, information and support for people who are homeless or threatened with homelessness AS, ET, H, P

Homeless Outreach Project

65/5 Niddrie Mains

Terrace, EH16 4NX

0131 661 7137

Mon – Fri: 9.30am – 5pm

Outreach service for homeless people experiencing difficulties with their mental

health and/or addictions. AS, AD, A, BA, CA, C, D, ET, H, MH, P, OB, SH, TS

Streetwork UK – Crisis Centre

22 Holyrood Road, Edinburgh

0131 557 6055

Free phone 0808 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, 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

Mon, Wed, Thurs: 9am–5pm;

Tue 10am–5pm; Fri: 9am–4pm

(drop-in services only): Mon–Thu: