

# thePavement

The *FREE* monthly for Scotland's homeless

May 2012

DID  
YOU  
VOTE?



*"This should help our finances – we've just sold the exhibits in their entirety to a Scandinavian businessman"*

[www.thepavement.org.uk](http://www.thepavement.org.uk)

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## *Time to vote... and be voted for*

May is the month of local elections in Scotland and we bring you a story of a homeless man who is standing as a candidate in Edinburgh's Leith ward. He's slept rough, and for the past four decades has lived without permanent accommodation.

His aim is to offer a different voice in the political process and try to engage with voters who are disillusioned with career politicians who have lost touch with the challenges of ordinary life.

Meanwhile, it seems that the 20 per cent drop in homelessness that the Scottish Government reported earlier this year, may not be all it seems. It's that old story of changing the way you record the problem, not the problem itself.

As always, get in touch and let us know what you think.

**Karin Goodwin**

Editor

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## 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** for advice and support.

Edward is 5ft 8in tall, 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](mailto:seensomeone@missingpeople.org.uk)

**missing  
people**

Registered Charity No. 1029416

# Scottish news

*All the homeless news from Edinburgh, Glasgow and beyond*

## Rough sleeper makes bid to become Edinburgh councillor

A rough sleeper with experience of homelessness spanning four decades is making a bid to become Scotland's first homeless councillor.

Irvine McMinn is standing in Leith as a candidate for the Liberal Party in the council elections this month, giving Edinburgh residents the chance to vote for his "Beggar's Manifesto" which promises tax reforms and a relaxation of the red tape affecting small businesses.

He believes that with his life experience, which includes sleeping rough on the streets of Edinburgh, and his party's radical ideas, he can offer something different to voters.

Irvine has been without permanent accommodation since the age of 16 and now at 56, believes his election would offer a break from what he sees as "stale" local politics. He is hoping the different perspective he brings will help to engage more voters. "The biggest single problem in politics today is that well over 40 per cent of the voting population never take part in the political process," he told The Pavement Scotland. "When I talk to ordinary people on the street, the common refrain is that politics is solely for the rich and people with vested interests."

The hopeful candidate believes that the causes of homelessness are so diverse, it's difficult to formulate magic bullet legislation. Rather than create preventative policies, Irvine suggests that local authorities would be better to invest further in street crisis workers who can offer advice and support during times of

hardship. He sees the police, particularly the "bobby on the beat", as having a crucial role in directing individuals to shelters and distributing cheap blankets and other necessities during extreme weather.

Although at times harrowing, his experience of being homeless has not been entirely negative and the Leith candidate says he has often been touched by the generosity of the public and has gained a strong sense of camaraderie with fellow rough sleepers. His aim has not been to court a potential "homeless vote", however, he proudly admits that he does attempt to convince as many rough sleepers as possible to register to vote, even if they don't vote for his party.

Irvine, who suffers from Asperger's syndrome, makes clear that it was his decision to sleep without permanent accommodation and that his choice came from uneasiness in social situations caused by his condition. He spent time travelling and living in France and on his return to Edinburgh, tried to set up a street stall, but was forced to abandon his business as licenses became prohibitively expensive. He has experience in the hotel trade, and studied Physics and Maths at University.

McMinn and his Liberal Party colleagues believe in scrapping benefits altogether and would see them replaced with a "progressive" form of taxation that would offer "tax rebates" to those below a threshold. With this in place, he is convinced that it would encourage many more wealth creators who could be tempted to dabble in entrepreneurialism.

Irvine said: "If elected, I would push to make it easier for people to create their own jobs. Even if I



don't get elected myself perhaps I can highlight the issues affecting people in my position."

*Sean Lafferty*

- Local elections took place throughout Scotland on 3 May and Irvine McMinn was standing for the Liberal Party in the Leith ward, Edinburgh. If you're not registered on the electoral roll – a home is not necessary – contact your local authority for details, or go online to: [www.electoralcommission.org.uk](http://www.electoralcommission.org.uk)
- Read about another rough sleeper's bid for office in news-in-brief – Bruce Shawen's campaign in Florida, USA, on page 13.

## Housing bills rings the changes

A £2 million loan fund is to be made available to bring empty homes back into use, the Scottish Government announced last month.

The new funding was announced as the Unoccupied Properties Bill, which will allow local authorities to charge extra Council Tax on houses that have been empty for more than a year, was introduced to the Scottish Parliament.

The new loan fund will be specifically targeted at projects to bring empty homes into use for affordable housing.

It is hoped that this will include council or housing association schemes offering loans to help owners renovate their homes in exchange for the properties being made available as affordable housing.

Business rates are also to be cut from 50 per cent to 10 per cent for empty high street properties as part of the bill, aiming to get shops back up and running.

Keith Brown, Housing Minister, said: "Long term empty homes

are a blight on communities. They often fall into disrepair, and become a focus for antisocial behaviour like vandalism or fly tipping.

"We will not simply stand by and let this continue to happen. That should be a strong incentive for owners who are simply ignoring empty homes to either sell or let the property to someone who needs it, or bring it back into use themselves."

Kristen Hubert, coordinator of the Scottish Empty Homes Partnership, co-ordinated by homeless charity Shelter Scotland and funded by the Scottish Government said: "This £2 million loan fund and new powers for councils is great news and a step in the right direction for tackling Scotland's private sector empty homes."

*Staff*

## Asylum seekers left out in the cold

Around 100 asylum seekers in Glasgow are facing homelessness following the transfer of a Home Office contract from the charity Ypeople which currently offers them housing, to private company Serco.

All those facing eviction are refused asylum seekers, who after getting a negative decision on their asylum claim, lose their right to the housing and support they previously received.

However, all say that they are unable to return to their countries of origin, which include Iraq, Iran, Afghanistan, Zimbabwe and Somalia, where their lives would be in immediate danger.

Until now, Ypeople has continued to house them. But since April, when they lost their contract with the UK Border Agency to house asylum seekers, they claim they must start evicting refused asylum seekers.

The transfer to Serco is due to be

complete by November this year.

When they are made homeless, the asylum seekers will not be entitled to hostel accommodation, or financial support and cannot work. They will find themselves completely destitute, forced to rely on friends, faith groups and charity for food and accommodation.

Ako Khalil Zada, a journalist and human rights campaigner from Iraq who is facing eviction, said: "We need to put pressure on the whole system to end destitution and allow people to live normal lives.

"If you can't work, sleep or even eat, then where is your human dignity?"

Scottish Refugee Council has expressed deep concern about the situation. The charity, which says there are already over 100 destitute asylum seekers in Glasgow, is calling for urgent action from the UK Government to change what it sees as inhumane policies.

John Wilkes, the chief executive of Scottish Refugee Council, said: "In the public debate, asylum seekers whose claims are refused are often perceived as having somehow abused the system.

"Yet, many would have qualified for some form of protection had they applied for asylum in another country or had they applied in the UK in the past.

"We need a UK asylum system that offers proper protection to those who need it rather than inhumanely forcing people into limbo."

Other pressure groups across the city have held protests outside the Home Office and in the city centre, with many calling for Ypeople to cease evictions until the transfer period is complete in November.

They also want the Scottish Government and Glasgow City Council to step up and find ways to support those affected.

Margaret Woods of Glasgow Campaign to Welcome Refugees



said: "Many of those being made destitute have been tortured.

"Some are reduced to finding food in rubbish bins. They are a shadow population who are offered no rights except to deportation."

Ypeople's chief executive, Joe Connolly, defended the charity's decision to evict.

He said: "Although Ypeople receives no funding for the cost of accommodating and supporting people whose asylum claims are rejected, we have, as a not-for-profit organisation, contributed in excess of £500,000 in the last year alone."

*Karin Goodwin*

## Homeless drop 'not credible'

The director of a major homeless charity believes that a 20 per cent drop in homelessness across Scotland, reported by the Scottish Government earlier this year, is "simply not credible".

Graeme Brown, director of Shelter Scotland, made the comments in an article for a national newspaper where he also claimed it would be virtually impossible to see a decline in homelessness whilst unemployment figures run high and benefits continue to be cut.

Scottish Government figures for homelessness applications, published in February this year, showed an average 20 per cent fall between April and September 2011 and that period in 2010 from 29,796 to 23,796.

Some councils saw falls by as much as 56 per cent.

Twenty of Scotland's 32 councils use a homelessness prevention service in which councils assess and re-house people instead of them applying as homeless.

Scottish Borders Council gave this approach as the reason

it recorded a 56 per cent fall. However, it confirmed that the number of households requesting homelessness advice was up more than 20 per cent between 2010/11 and 2011/12 from 870 to 1,070.

A spokesperson for Scottish Borders Council added: "Significantly fewer of the households who approach the service are choosing or needing to make use of the statutory assessment route.

"I am almost certain that changes in recording practice are the biggest single reason for the fall".

The Scottish Government, which is now only eight months away from its targeted deadline to end homelessness by 2012 commented: "Homelessness applications have dropped significantly in Scotland as local authorities are preventing homelessness happening in the first place.

"That demonstrates clearly that working hard on prevention does get to the root of ending homelessness."

Shelter's director remains sceptical and cautiously adds: "I really want to believe that homelessness has fallen by as much as 20 per cent. But I am almost certain that changes in recording practice are the biggest single reason.

"If we can demonstrate that people are getting a real service without being labelled homeless, then I'll raise a glass to real progress. Otherwise I suggest ministers and council leaders should leave the champagne on ice."

*Sean Lafferty*

## Homeless footballer transforms lives

A homeless football player who used the game to transform not only his life, but the lives of other young people, has been nominated for a Scottish newspaper award.

Matthew Ramsay from Dundee was jobless, homeless and had no confidence in himself or direction in his life when the charity Street Soccer spotted his passion and talent for the game.

Since then Matthew has gone on to play for Scotland in the Homeless World Cup in Paris last year, where he scored in every game, except the final.

Since returning from Paris, Matthew has used football as a way of reaching young people facing homelessness and exclusion by volunteering as a coach.

His efforts haven't gone unnoticed and he's since been nominated for the adult football category of the Sunday Mail Grassroots Awards.

Speaking to the Sunday Mail, Matthew said: "I just wanted to give something back after all that Street Soccer did for me. Before, I had no confidence and had lost motivation to do anything positive to improve my life."

After being made redundant two years after leaving school Matthew said he started to drift into bad habits, drinking too much and living between houses, sleeping on his sister's sofa or staying with friends.

Looking back on his time at the Homeless World Cup, Matthew said he had nearly backed out of the competition because he was the only player from Dundee and was nervous about going away with strangers.

But he said the experience of playing in front of 2,000 people and winning had made him a different person and he's now working hard to change his life for the

better, actively looking for work and hoping to get his own place.

For Matthew, it's not only his life he hopes to improve but those of other people facing homelessness and exclusion: "If I can help other people improve their situations too by working with Street Soccer, it will mean a lot to me," he added.

The Homeless World Cup Foundation operates through a network of 73 partner organisations around the world from Afghanistan to Zimbabwe and, closer to home, Street Soccer Scotland.

Scot Mel Young and Austrian Harald Schmied came up with the idea of a homeless world cup following a conference in 2001, and organised the first tournament in Graz in 2003.

Since then the tournament has grown to become a global event. Mexico City will host the next Homeless World Cup when 72 teams are expected to play.

*Mairi Gordon*

## ***The Pavement* pays tribute**

*The Pavement* reader, Donald Ramsay, pays tribute to Keith Maloney, Coordinator of Edinburgh's Consultancy and Advocacy Promotion Service (CAPS), who has just retired after fifteen committed years with the Edinburgh-based mental health organisation.

Keith Maloney's devotion to the advocacy in his job at CAPS is obvious as soon as we met – a day when ferocious winds batter the capital, Ramsay writes. Whilst most of the city's office workers were taking an early cut, Maloney was sticking it out.

"I'm here until the roof blows off!" He chuckled. However, it was clear that the business of CAPS is a very serious matter for Maloney

and his dedicated team of office staff and community volunteers.

The service works with people with mental health problems in need of support – including many people who have become homeless along the way.

"Advocacy is a means of enabling some particularly vulnerable members of society, including the homeless, to have a voice," explains Maloney. "Those with mental health problems often need support, and advocacy is how we represent their views to local authorities and health services."

CAPS gained independent status in 1998, shortly after Maloney joined the organisation.

Maloney is encouraged with the progress that has been made in the delivery of mental health services in and around Edinburgh since that time. He describes the Mental Health (Care and Treatment) (Scotland) Act 2003 as a "ground breaker that helped to give people affected a real voice in their treatment."

But he also leaves his post with concerns for the future in the current financial climate. "There's a real danger that the drive for efficiency savings will result in fewer advocacy service providers, and the concern from that is that people will become disempowered and marginalized," he says.

Despite his retirement, Maloney isn't about to disappear off the radar: "I'm looking at ways of staying connected to the movement nationally," he says firmly. For Keith Maloney, and his many colleagues who share his passion for the service, advocacy has always been more than a job – it's a vocation.

- CAPS: 5 Cadzow Place, Edinburgh  
**0131 538 7177**  
**[www.capsadvocacy.org](http://www.capsadvocacy.org)**



# News in brief

*The homeless news from across the UK and the World*

## Man in hole moves for Olympics

An Iranian, who has lived in a hole on Blackheath, London, for nearly four years, was housed in March.

The elderly gentleman lived in his camouflaged hole year-round, unseen by most of the local population. However, with work beginning for the Olympics at the heath, including a possible surface-to-air missile site nearby, his lonely life was interrupted.

Ward Councillor Chris Maines told the *Blackheath Bugle* in March: "The world's press will be descending on the area to cover the Olympic Games... People living rough in a bivouac is a poor reflection on Lewisham's homeless policies."

A spokesman for Lewisham Council announced later that "on March 26 he agreed to go into temporary accommodation in the borough and we are now working with him to find the most appropriate permanent housing solution to meet his needs."

*Staff*

## A night in the cells

On the 19 March this year a 55 year old man was arrested after allegedly urinating on the Cambridgeshire Constabulary sign in front of Park-side police station in Cambridge.

Peter Christopher had been spotted earlier in the day behaving strangely by the police. Christopher had been seen talking to himself, throwing items into the road and most worryingly jumping off the

kerb and into oncoming traffic.

So why was nothing done to assist the man, a rough sleeper who according to his legal defense claims no benefits and survive by eating food left in bins and on the street?

Cambridgeshire constabulary refused to comment on individual cases however local homelessness charity FLACK expressed concern that the issue wasn't dealt with sooner stating that "an intervention earlier in the day, when Peter was spotted behaving in a manner dangerous to himself and others, might have prevented his relieving himself on the police sign."

After spending a night in the cells Christopher was released with no further penalty. It is not known whether he was offered any further assistance, vital to deal with any mental health problems he may have been suffering from. Flack spokesperson Diane Morrison explained this would be key to preventing a reoccurrence of the events.

"It is unclear whether or not the police referred Mr Christopher to other services that may have been able to assess and help him but if not this is something that would be necessary and could prevent repeats of the incident."

*Jo O'Reilly*

## Florida homeless paper's editor dead

A man who created a newspaper to be sold by homeless and destitute people to protect them from harsh new laws against begging has committed suicide, leaving the future of the paper in doubt.

Bill Sharpe, of Tampa, Florida, established the *Tampa Epoch* at the end of 2011 after the city made begging in the street a crime six days a week, permitting people to beg only on a Sunday.

But the law did not forbid newspaper sales in the street – so Sharpe created the monthly publication which vendors could buy for 25 cents each and sell for a dollar, keeping 75 cents for each copy sold.

The paper succeeded in giving Tampa's homeless people a way to make a small income, and had gathered 300 vendors in only four months of publishing.

One vendor, Atiya Brown, 21, said she made about 35 dollars for about two hours of selling the paper.

"There's a lot of homeless people out there that need to be heard," she said. "This is the only way that we can survive."

There was uncertainty about the future of the paper following the death of Sharpe, 59, who had put his savings into establishing it.

However, Steven Sapp, who worked with Sharpe on the *Epoch*, said: "Not one single vendor needs to worry about the future of *Tampa Epoch*. Our staff and supporters don't want to see it die."

*Katharine Hibbert*

## Cornish man sparks air sea rescue

A homeless man sparked a search of a Cornish coast after leaving his belongings on a cliff top, raising fears that someone had fallen off.

A member of the public called the emergency services after spotting the unattended personal items near Whip-siderry Beach in Newquay.

Coastguards were sent to abseil down the cliff in search of an injured person while a police helicopter also arrived to help.

However, it was a false alarm - the man whose belongings were found, believed to be a rough sleeper, was spotted at a campsite later and then on the following day in the town centre.

Andrew MacCreadie, of the Newquay cliff rescue team, asked people to remember to take personal items with them when stopping for a break on cliffs.

He said: "Our message to people is please don't leave belongings unattended on cliff tops because this will trigger a response from the emergency services."

*Katharine Hibbert*

## Homeless residents sue US city

Homeless people in California are suing the government after their property was lost during the demolition of a tent city. Twelve former residents of a homeless encampment in the city of Fresno have filed lawsuits against the City on the grounds that personal property was unlawfully taken as the camp was levelled.

The settlement, home to around 1,000 people, was bulldozed in October and now a group of former residents have taken a stand.

One of the nine lawsuits filed in the U.S. District Court in Fresno said: "It may just be a tent or sleeping bag to you, but the reality is this was their shelter and it provided them safety, and privacy from the cold, rain and freezing temperatures.

"We're human beings and we feel just like everybody else does."

It is claimed that in addition to shelters and tents, warm clothing and irreplaceable personal items were also destroyed.

One of the suits also point out how the City chose to begin its demolition of tents and shelters just at the start of winter began.

In 2008 the City of Fresno paid a \$2.3million lawsuit for destroying the property of homeless people who had their belongings discarded in street sweeps.

The City, which cleared the encampment on the grounds that it was a health and safety hazard, say some property was stored.

Around 2,000 people are homeless in Fresno, a city with a population of half a million.

*Rebecca Evans*

## Croydon wasn't an isolated case

In a move similar to Croydon Council's plans to offer its residents housing in Hull, Yorkshire's East Riding, (see story February edition - online at [www.thepavement.org.uk/issues.php](http://www.thepavement.org.uk/issues.php)) Newham Council, East London, wrote to housing associations across the UK in April seeking accommodation for people on its housing waiting list.

Media condemnation of the situation was high, citing examples of Londoners being offered housing in, for example, Walsall, West Midlands. Allegations that this amounted to 'social cleansing' of the area were rebutted

by the council and others.

Keith Fennett, Director of Anchor House in East London, said, "We believe that the introduction and focusing on the concept of social cleansing to be both unhelpful and emotive. Such a radical proposal is a reflection upon the seriousness of the housing situation generally and especially in Newham."

However, as reported in *The Pavement*, we know the shortage nor the solution are not restricted to Newham Council. The BBC reported that Smart Housing Group, a private housing provider, had approached three other London authorities with a plan to purchase housing stock in cities such as Nottingham to house London families.

Regardless of what these moves suggest about the state of housing in London, there are genuine concerns about support services available in areas which appear to have ample housing, and whether local authorities can cope with the extra residences coming onto their books.

*Staff*

## Emmaus man walking to Paris

Francis, a former rough sleeper and resident of Emmaus Gloucestershire, is on a sponsored walk Paris to raise money for the charity that helped him.

On 1 June, Francis, with another Emmaus resident Billy (pictured opposite - Francis on the right), will set out on the 276 mile walk to the French capital. It's a gruelling task, but walking 15 miles a day they should reach their target in 20 days, using Emmaus communities along the way for support.

Francis, who ended up homeless after multiple personal tragedies,



# 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.

finally found support and peace with the Gloucester branch of the international charity.

Now he wants to give something back. Speaking on the charity's work, he said: "I initially found it very hard to integrate socially again, and sometimes still do despite the months I have been here, but working in Emmaus's Stroud shop has been my salvation. Praise should be heaped on the staff and residents at Emmaus Gloucester for the unstinting support they have given me throughout my stay."

## Staff

- Find out more at [www.emmaus.org.uk](http://www.emmaus.org.uk)

## Homeless soldiers' charity criticised for BNP links

A charity established by former members of the British National Party to help homeless ex-soldiers has been dogged by criticism because of its links to the controversial political party.

Soldiers off the Streets (SotS) was set up by Hugh William "Bill" Murray, the BNP's former Welsh secretary, and a handful of other senior BNP members. The charity, established in 2010, aims to provide social work in the form of clothing, food and advice to ex-servicemen.

However, anti-BNP campaigners have questioned the charities credentials, challenging its ability to deal with the complex problems soldiers. And homeless veterans who have been approached by SotS have also raised concern.

One rough sleeper reported that he was offered a place to stay in return for helping raise funds for the organisation. Another soldier who worked

with the charity described being subjected to an online hate campaign after he expressed disapproval of SotS activities.

The charity denies these claims. Murray is adamant that he has severed all ties with the BNP and denies that ex-soldiers approached by the charity are asked to raise funds for it.

Murray said that, if the charity continues to be questioned, he will close it down. He said: "And then all the lads on the street can suffer and I'll name everybody that made us close it down. Anybody that stops it will be attacked for it and it won't be nothing to do with us."

## Staff

## Homeless candidate steps down from Orlando election race

Homeless Florida resident Bruce Shawen was forced to pull out of the race for Orlando City Council after shelters such as The Salvation Army (which operates hundreds of shelters across North America) refused to back his candidacy.

Shawen told *The Pavement* that the Salvation Army provided the proof of residency documentation for his current Florida State and voter ID card but when asked to provide further documentation to help him qualify for the election, they refused.

"I ran for city council on the suggestion of an Orlando City Police detective, that was hoping that if I were to oust the current District 4 commissioner, I would once again allow the City Police to get back to the job of arresting bad guys, and stop harassing people that wanted to give a sandwich to someone that was hungry!"

The Salvation Army typically provides letters for long-term transitional residents but could

not confirm whether or not they had been involved with Shawen.

"The Salvation Army used the excuse that they did not want to get involved in the political arena, but my honest belief is that someone in the city government instructed their administrators to refuse to help," Shawen told *The Pavement*.

After being let down by the Salvation Army, Shawen then requested letters from other homeless and legal advocacy groups in order to verify that he lived in Orlando. Shortly after submission these were deemed 'unsatisfactory'.

In order to qualify for office in Orlando a candidate must have proof of residency in the form of a lease or mortgage document, utility bills and a Florida driver's licence registration.

Despite being a registered voter, Shawen was unable to qualify as a candidate in the Orlando City Commissioner ballot as he does not rent, lease or own his own property in Orlando and as a result is not considered to be a resident.

"Unless you can prove home ownership, a rental agreement, or a lease of some kind, you are not considered a resident. However, I do find it rather disturbing that one essentially can "buy" their way onto the ballot for the right price. In my case I even had the money, but couldn't get onto the ballot," Shawen told *The Pavement*.

"When I found that there was no agency or shelter that would back me in terms of helping me to prove my residency, I knew that the race was over and that there was no way that I would be able to qualify for the city ballot... therefore, I pulled out of the race."

Had Shawen been allowed run for office he said he would have voted to eradicate the anti-feeding policy in Orlando whereby someone is legally required to



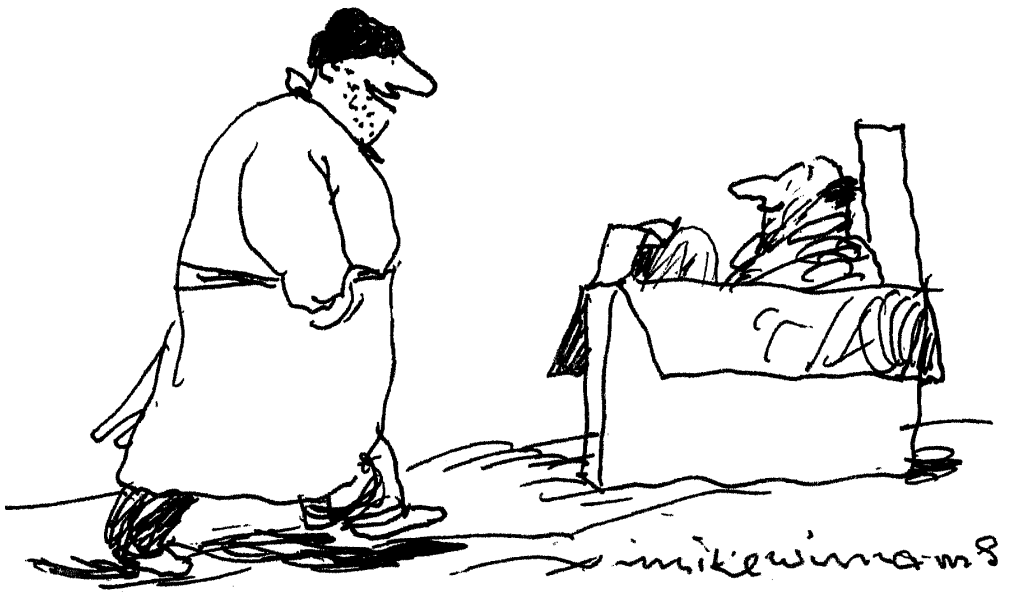
*The Pavement*, which operates without any funding from the state, has decided to try something new – asking readers to help support our operation. Not salaries or new kit, but our basic print operation.



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/thepavement](http://www.justgiving.com/thepavement)





*"Great news from the City! They're saying failure is  
the new success"*

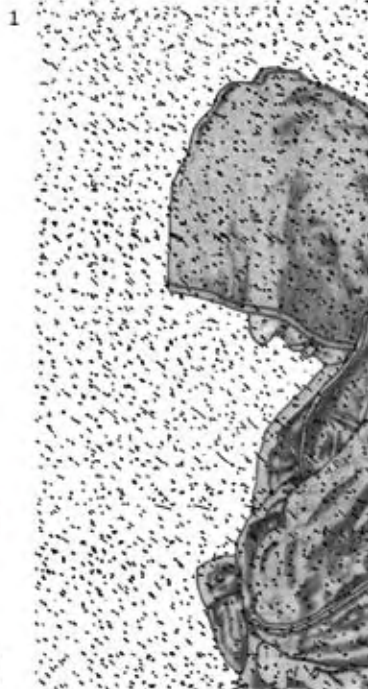
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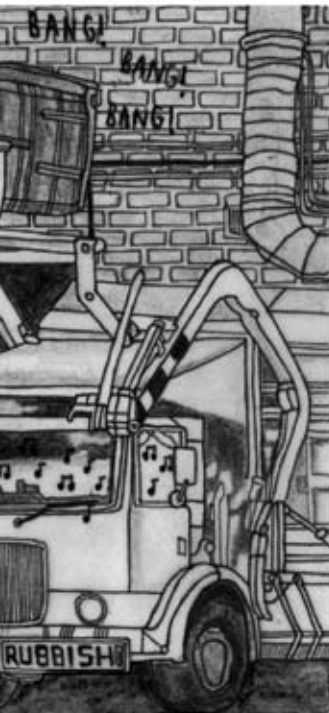
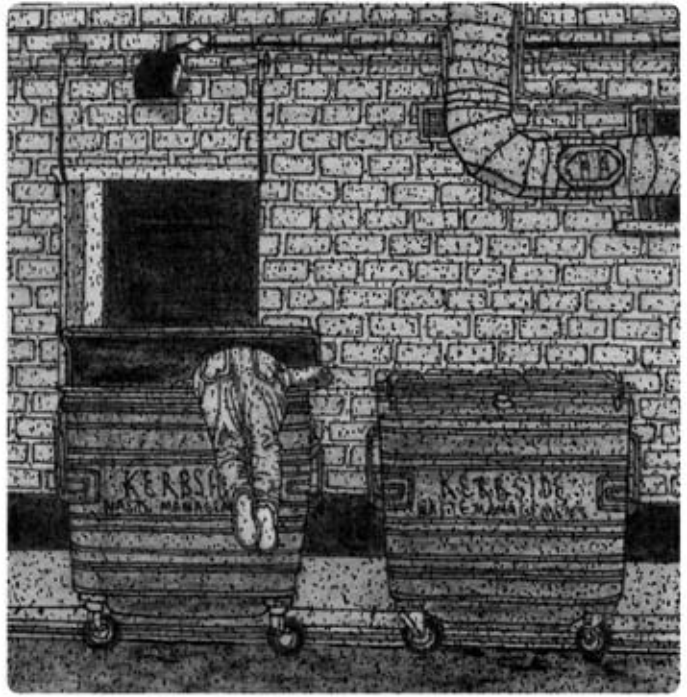
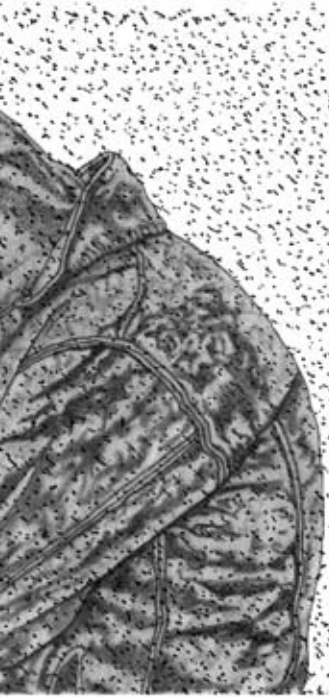
BIN DEATH IS A REAL PROBLEM FACING HOMELESS PEOPLE. EVERY YEAR, ACROSS THE COUNTRY, THERE ARE INJURIES AND EVEN DEATHS THAT RESULT FROM PEOPLE BEDDING DOWN IN BINS, SKIPS AND CLOTHING BANKS. BINS ARE OFTEN EMPTIED MECHANICALLY IN THE EARLY HOURS OF THE MORNING, THERE IS COMMONLY JUST ONE DRIVER WHO WOULD BE UNABLE TO HEAR OVER THE MACHINERY NOISE IF THERE WAS ANYONE INSIDE THE BIN.

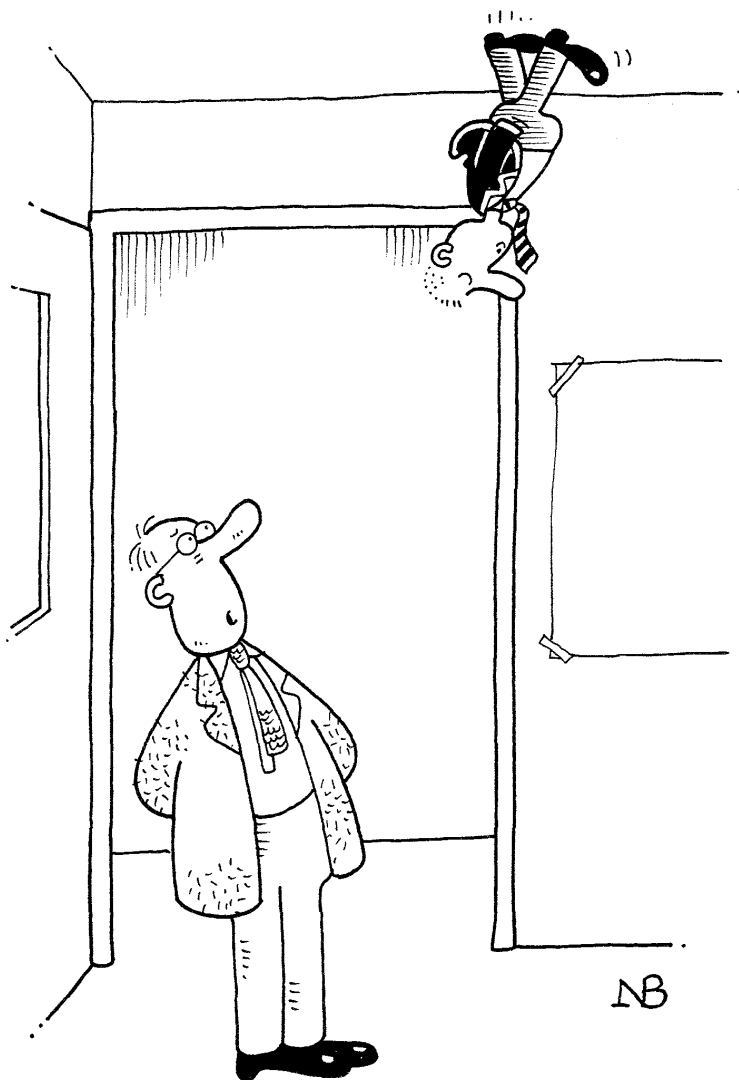
STAY OUT AND STAY SAFE!

*the***Pavement**

ILLUSTRATION BY  
LO PARKIN







*"I suppose you think that's clever, Atterwick?"*

hold a permit before they can feed a crowd of 25 people or more, with only two allowed per year for each of the city's parks.

He also said that he would have overturned the city's controversial program that allows for a homeless person to leave town via a pre-paid bus ticket courtesy of the City of Orlando, provided that the homeless person in question can supply a phone number of a contact person in their home town.

"What the city government fails to recognise is that many homeless people have lost many of their possessions, which usually includes phone numbers and addresses of friends and relatives," said Shawen.

"I would have pushed to allow individuals to leave regardless of the availability of a contact number, provided that they agree in writing not to return to Orlando as a homeless transient."

Shawen even raised the \$1,438 required to pay filing fees to run for office by responding to advertisements in the local newspaper. As a result, he is considering taking legal action against the city supported by former attorney for Food Not Bombs, Jacqueline Dowd, who signed his residency claim.

Orlando has been described as being the third meanest city with regards to its treatment of the homeless and Florida claims the number one spot for being the most violent towards homeless people. In 2009 alone, there were nearly 50,000 filings for foreclosure in Florida.

Part of the Florida's so-called 'underclass', Shawen has been homeless for over three years and lives in a camp in the woods, which he describes as "quite comfortable...with all of the luxuries of home, sans electricity".

Shawen's story is not unlike many in the US who have found themselves in debt as a result of the economic downturn. Shawen has a Bachelor's Degree from

Frostburg State University in Maryland but became homeless after he lost his job as a plumber and struggled to keep up with his rent. He claims it is nearly impossible for a homeless person to get a job in Orlando as an address is required by most employers.

"Unfortunately, the ranks of the homeless are growing every day at an alarming rate. Since the economic collapse during the G.W. Bush administration took place here in America, those that used to be considered the middle class are now considered the poor, and those that were once the poor are now the homeless. Foreclosures and unemployment are steadily growing concerns and little to nothing is being done to alleviate the situation."

*Dearbhla Crosse*

## US hotspots surveyed

The word 'hotspot', when used by local authorities across the UK, usually preceeds a council action to move on rough sleepers, but in a recent survey of US homeless population it had literal significance.

Using information from the National Alliance to End Homelessness, *Atlantic Monthly* mapped the numbers in the United States' large homeless population, specifically asking why some places had significantly higher levels of homelessness?

And their results? They concluded that a key reason for some cities having higher numbers is that they're warmer. The southern states, with their warmer climates, make life more comfortable, so people on the streets gravitate towards cities such as New Orleans.

*Staff*

# Health and wellbeing

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

## Take care of the pair

Try this simple foot check:

Do you have pain free feet?  
YES/NO

Can you reach your feet?  
YES/NO

Do you regularly inspect your feet?  
YES/NO

Is the skin on your feet smooth?  
YES/NO

Can you cut your toenails?  
YES/NO

Do you wash your feet daily?  
YES/NO

Do you dry your feet carefully?  
YES/NO

Do you moisturise your feet and heels?  
YES/NO

If you answered NO to any of the above, then you may want to change your habits. Routine foot examination helps you monitor foot health and by taking simple and effective action when things are not quite right you can save complications later.

If you are unable to cut your own nails or tend to hard skin, then you need to see your podiatrist.

Some foot problems are associated with persistently high blood glucose levels in the blood. This is called Diabetes Mellitus and is a medical condition very common in the 45 plus age group (Type II). Complications vary from mild

irritation like pins and needles in the feet and legs to ulceration and eventual amputation. Research confirms by keeping within the normal range of blood sugar levels, taking regular exercise and taking care of your feet, many of the more serious foot complications can be prevented.

Feet are made all the more vulnerable because diabetes and poor diet can affect the blood and the nerve supplies to the extremities. A good blood supply is very important for healthy tissues. Diets which consist of high cholesterol levels leave fatty deposits laid into the walls of the main arteries which cause them to narrow. This used to be called "hardening of the arteries" but blood passing through narrower arteries causes blood pressure levels to increase which slows down the blood supply to the toes.

More complication arise in the smaller blood vessels, especially in smokers. Damaged veins (which take de-oxygenated blood back to the heart) delay removal of carbon monoxide and other waste products increasing the risk of night cramps. Feet with poor blood supply cause delay in healing even with the simplest cuts and when combined with chronic high blood glucose levels, infections will follow. A reduced blood supply to the legs may result in cramps of the calf muscles and the feet may feel cold. The presence of high blood glucose levels also causes damage to the nerve supply the feet, starting with loss of protective sensation and leading to neuropathy. Common symptoms of neuropathy include: numbness or tingling, pins and needles, cold or sometimes hot

and burning discomfort. In severe cases there may be a complete lack of feeling which makes the feet extremely vulnerable. Persistent high blood glucose levels, high alcohol intake and smoking all contribute to peripheral neuropathy. A secondary complication of diabetes is the skin becomes dry. If you have any of these symptoms then please see your doctor or health professional as delay may result in serious damage.

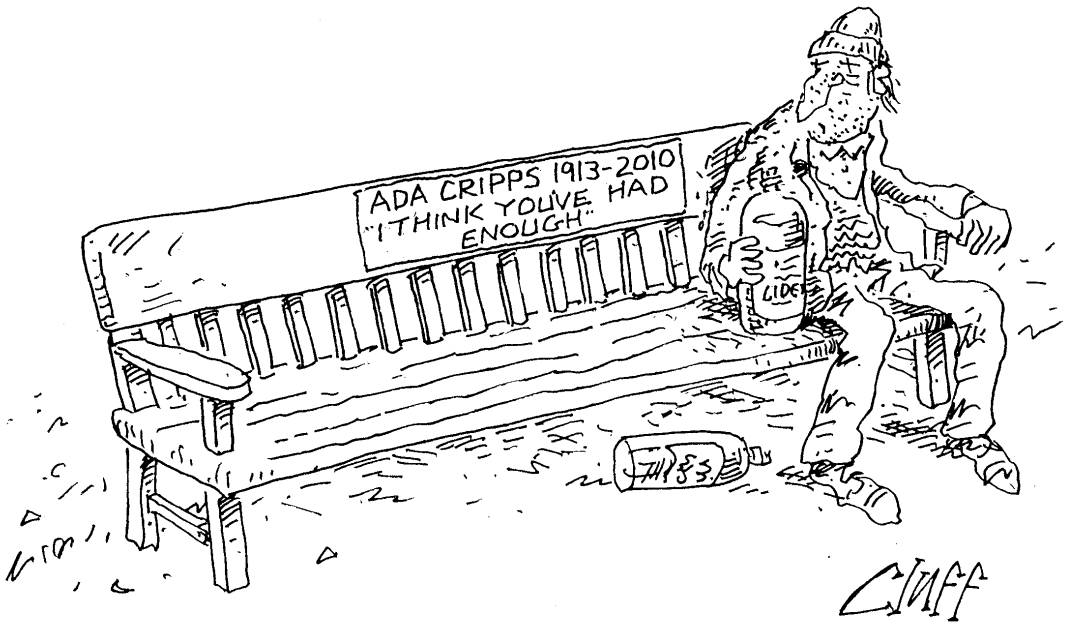
Here is some simple advice to improve your foot health.

Check your feet daily. Look for abnormal colour changes, swelling, blisters or cuts. If you have difficulty reaching your feet, use a mirror or have someone look at them for you. Always check the top and bottom of the foot; the nails and tips of the toes; in between the toes and the heels. Use a saline solution (salt water) to wash infected areas and cover with a clean, dry dressing. If the condition does not improve within a few days see the nurse, doctor or podiatrist. Never feel your problem is too small to seek attention.

Keep the feet clean and soft. Dissolve a handful of table salt in a basin of lukewarm/hand hot (46 C) water. Check the temperature with a thermometer and bathe your feet for no longer than ten minutes. Alternatively use mild soap and lukewarm water to wash the feet. Once wet, gently rub any areas of dry skin with a pumice stone to remove dead skin cells before patting at the skin dry with a fluffy towel taking care to dry in between the toes.

Do not hurt yourself with nail clippers or razors. A footbath or shower will soften the nail plate making it easier to trim the





toenails. Using toe nail clippers, cut them straight across the growing edge and following the natural curve of the nail before gently filing the rough edges. Avoid cutting down the side of the nails as this often leads to bleeding points and or ragged nail edges. Never cut calluses with sharp metal objects. If you cannot see or reach your feet then see your podiatrist.

Pamper your feet. Use moisturising cream all over making sure to apply to the heel area. This feeds the skin cells water which helps the old cell separate from the new. The gentle massage aids superficial circulation and giving a general feeling of well-being to the feet. Never put cream between the

toes but use a spirit solution to dry up the moist skin. Dust the feet with a light baby talc.

Take care of the pair, and as always stay healthy, happy and be safe.

*Toe Slayer*  
Registered Podiatrist  
& Shoe Historian

## Smoking

I've been writing this column for a while now and there's a subject I've shied away from for a long time. Smoking. I don't like writing about smoking for a couple of

reasons. Firstly because it gets enough discussion and people tend to switch off because all it really comes down to is this: smoking is bad for your health and you shouldn't do it. Consider for a moment the amount of time, effort and money expended over the past 50 years getting this message across.

Second reason is I am a smoker and telling folks not to do things I do myself makes me uncomfortable. Over the past 20 years I've been a non-smoker, a heavy smoker, a secret smoker, a social smoker



and an ex-smoker. But if I'm being honest I've mostly just been a smoker. In the words of Mark Twain "Quitting is easy, I've done it a hundred times."

I intend to keep trying until I succeed. For the record I stayed off the fags for most of last year before a stressful time last month and a well meaning offer of a draw of someone's cigarette tipped me back into smoking. I intend to avoid my smoking friends when stressed in

future. Being a serial quitter is not a bad thing because each time you fail you learn something. Most people require several

the weed if I can't? One thing I know for sure is you really have to want to quit. You have to not want to be a smoker any more. If you've had enough of smoking then read on and I'll share what I've learned from people who have quit for good.

NRT, or nicotine replacement therapy, is available on prescription from your GP. Research shows it is a very useful tool for getting off the cigarettes. It comes in a variety of forms such as patches, inhalers, gums and lozenges. The idea is the nicotine in the NRT controls your cravings while you get used to giving up the habit of smoking. People have preferences for different forms of NRT. Personally I like the lozenges as they seem to work most quickly and you can take one whenever you get a craving. Some people prefer a patch because they can just stick it on and forget about it. Discuss it with your pharmacist, nurse or doctor and if one type doesn't suit, try another.

If you don't want to try NRT, or you've tried it before and didn't like it, then there is an excellent book by Allen Carr (not the one on the telly) which talks you through the process of giving up smoking: "Allen Carr's Easy Way to Stop Smoking". I know of a few people who've read the book and never looked back. Allen Carr was an 100 a day smoker who managed to give up overnight and he went on to write a book about how he did it. It is recommended that you smoke whilst reading the book so if you can get hold of a copy, give it a read. What have you got to lose?

The above are the most common approaches but as with most things in life, having some support and encouragement can be a big help. Personally I don't like these very scary adverts on the TV and at the cinema because they remind me of what I already know at a time when I don't want to think about it. If you're a smoker you have to

forget about the damage you've already done to your body, believe you can give up and keep trying.

If you're a smoker who's not ready to quit then there are some things you can do to keep healthy. Eat as healthily as possible and take a multivitamin every day, as smoking decreases the vitamins in your body. Cut down as much as you can and ask yourself how many cigarettes you actually enjoy each day. Go to the dentist as they are good at spotting the early signs of mouth cancer. If you get a cough that lasts for more than two weeks then see a doctor about it.

Good luck! If you know anything about staying off the fags for good then please share with me.

Good health,

*Susie Rathie*  
Our Nurse Flo



attempts before they quit for good. So where am I going wrong and how can I help you to give up



*"There's a little italian and a greek 'round the corner!"*

0141 550 7140  
Mon-Thur: 9am-4pm; Fri: 9am-3pm  
AS, BA, C, H, IT, TS

## SAY Women Accommodation Project

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

Provides support and counselling to young women aged 16 – 25 who are homeless or threatened with homelessness and are survivors of rape or sexual abuse

AS, C, SH

## TELEPHONE SERVICES

### Community Legal Advice

0845 345 4 345

Nationwide

www.communitylegaladvice.org.uk  
Mon-Fri: 9am-8pm;  
Sat: 9am-12:30pm

AD, BA, DA, H

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

### Domestic Violence Helpline

0808 2000 247

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

### SANeline

6 – 11pm

0845 767 8000

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

### Shelter

0808 800 4444

Housing info and advice

8am-8pm daily

### UK Human Trafficking Centre

0114 252 3891

## TELEPHONE SERVICES EDINBURGH

### Edinburgh City Mission

0845 658 0045

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

## TELEPHONE SERVICES GLASGOW

### Glasgow Shelter Advice Service

Mon-Fri: 9am-5pm

0808 800 4444

### Glasgow Street Service

0800 027 7466

Mon-Thur: 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

### 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.referrata.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

## SPECIALIST SERVICES

## Support in Mind Scotland

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

SPECIALIST SERVICES  
EDINBURGH

## Edinburgh Women's Aid

4 Chaynue Street, EH4 1JB  
0131 315 8110  
Mon: 1-3pm; Tues, Wed & Fri: 10am-3pm; Thurs: 10am-7pm; Sat: 10am-1pm  
Information, support and refuge for women, and accompanying children, fleeing domestic abuse  
AS, AD, C, H, OL

## 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, AD, BA, DA, H, LA, OL, OB, TS

## Streetwork UK - Womens Services

4 Bellevue Street, Edinburgh  
0131 467 2023  
Mon, Tue & Thu: 1-4pm  
Drop in for women  
AD, AC, BA, CA, CL, DA, ET, LA, OL, OB, SH, TS

## SPECIALIST SERVICES GLASGOW

## GAMH Homeless Support Project

122 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

## Glasgow Rent Deposit and

Support Scheme  
3rd Floor, Crownsgate Business Centre, 117 Brook Street, G40 3AP

## 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 Thurs: 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, gardening and textiles 10am - 4pm)  
ET, FF

SOUP KITCHENS & SOUP  
RUNS GLASGOW

## Balvicar Street

G42 8QU  
Thurs: 7 - 9pm

## 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

## 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

## Rokpa Glasgow

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

## St. Columba's Church

St. Vincent Street, G2  
Sun: 7.30 - 9pm

## St. Patrick's Church

North Street, G3 7DA  
Thurs & Sun: 8pm - 9pm

## St. Simon's Church

Dunaskin Street, G11 6PG  
Sun: 1.30 - 2.30pm

## Jericho house

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

## 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

## Carubber's Christian Centre

65 High Street, EH1 1SR  
0131 556 2626  
Sun: 8 - 9am

## Care Van

Bethany Christian Trust's soup run in Edinburgh city centre  
364 evenings a year

## Barony Contact Point

101 High Rigg, EH3 9RP  
0871 700 7777 / 0131 622 1867  
Tue: 10.30am - 4pm; Thurs: 10am - 1pm,

SOUP KITCHENS & SOUP RUNS  
EDINBURGH

## A, D, FC, MH, MS, SH

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

## The Physical Health Care Team

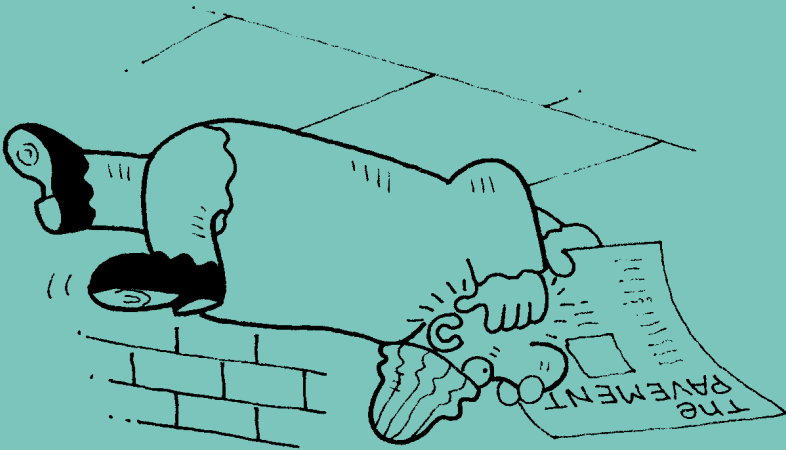
0141 553 2826  
55 Hunter St, G4 0UP

## MEDICAL SERVICES GLASGOW

Opticians services and spectacles (TAP clinic)  
20 Cowgate, EH1 1JX  
0131 240 2810  
Every Fri: 9-11am  
Free eye examinations and spectacles for all. NHS benefits not required for free appointment - drop in or make an appointment  
MS

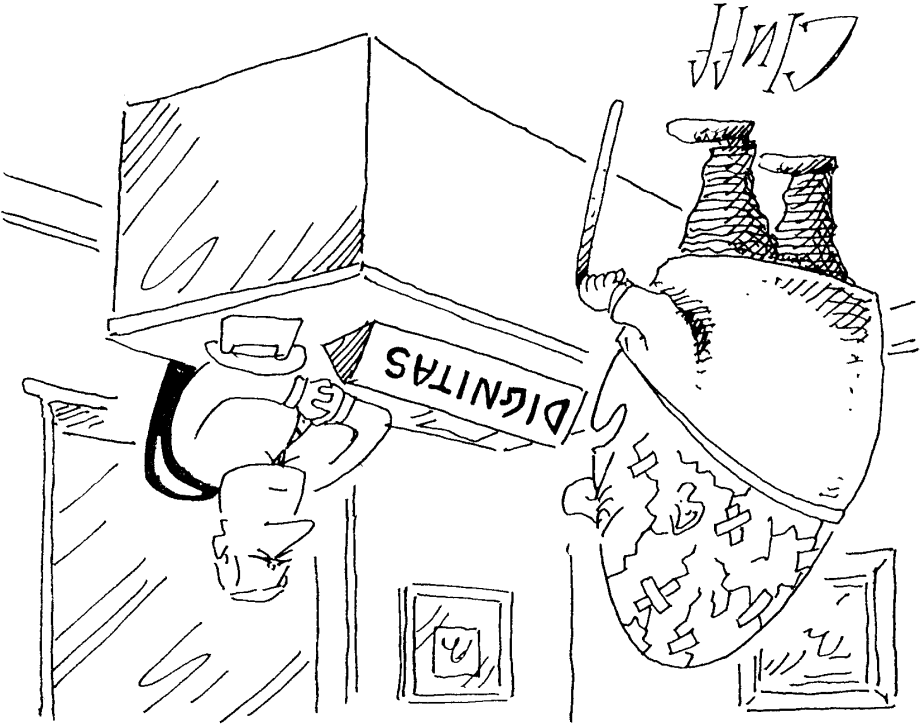


[www.thepavement.org.uk](http://www.thepavement.org.uk)



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

*"I don't want all the King's horse and all the King's men  
intervening this time"*



## DRUG / ALCOHOL SERVICES

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

## DRUG / ALCOHOL SERVICES EDINBURGH

**Castle Project**  
 2 Craigmillar Castle Road, EH16 4BX  
 0131 661 5294  
 Mon - Thurs: 9am - 4.30pm;  
 Fri: 9am - 4pm  
 D, NE, OL, OB, SH  
[www.castleproject.org.uk](http://www.castleproject.org.uk)  
**DRUG / ALCOHOL SERVICES GLASGOW**

**Glasgow Council on Alcohol**  
 7th Floor, Newton House, 457 Sauchiehall Street, G2 3LG  
 0141 353 1800  
[www.thegca.org.uk](http://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

## EMPLOYMENT AND TRAINING EDINBURGH

**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.bethanycct.com](http://www.bethanycct.com)  
 CA, ET

## 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](http://www.glasgowsimon.org.uk)  
 C, ET

**Cocaine Anonymous Scotland**  
 0141 956 6363  
[www.casccotland.org.uk](http://www.casccotland.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](http://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

**Emmas Glasgow**  
 101 Ellesmere Street, G22 5QT  
 0141 353 3912  
[www.emmasglasgow.org.uk](http://www.emmasglasgow.org.uk)  
 Provides accommodation and work for homeless people  
 AS, CL, ET, TS

## EX-FORCES

**AWOL?**  
 01380 738137  
 Call the 'Reclaim Your Life' scheme from SSAFA (Soldiers, Sailors, Airmen and Families Association): Mon - Fri: 9am - 10am  
**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](http://www.veterans-uk.info)

## EX-FORCES EDINBURGH

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

## 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 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, SH

**Turning Point Scotland – Link Up**  
112 Commerce Street, G5 9NT  
0141 420 1929  
A direct access service for homeless people in crisis as a result of mental health, drug, or alcohol problems  
A,AS,AD,C,D,FC,MS  
[www.turningpointscotland.com](http://www.turningpointscotland.com)

**Women**

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

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

**Young people**

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

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

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

**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](http://www.rocktrust.org)

**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,B5,F

**Laureston Centre**  
39 South Portland Street, G1 9JL  
0141 429 6533  
Open office hours only  
A,AS,B5,F

**Simon Community – Castlemill Men's Accommodation Project**  
86-88 Arnprior Road, Castlemill, 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  
[www.glasgowsimon.org](http://www.glasgowsimon.org)

**Talbot Association – Kingston Halls Direct Access Hostel**  
344 Paisley Road, G5 8RE  
0141 418 0955  
Referral by Glasgow City Council only  
B5,C,DT,ET,F,H,L,MS,MH,SH

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

**Randolph Crescent Hostel**  
2 Randolph Crescent, EH3 7TH  
Supported accommodation for single men and women from Lothian and Edinburgh Abstinence Programme (LEAP)  
0131 220 1607  
Referral from LEAP on:  
0131 456 0221

**Salvation Army – Ashbrook**  
492 Ferry Road, EH5 2DL  
0131 552 5705  
Single homeless people who are eligible for housing benefit  
[www.salvationarmy.org.uk](http://www.salvationarmy.org.uk)

**Men**

**Gowrie Care – Caledonia House**  
Gillmore's Close, Grassmarket, EH1 2HD  
0131 220 5078  
[www.homelessedinburgh.org](http://www.homelessedinburgh.org)

**Women**

**Cranstoun Street Hostel**  
2 Cranstoun 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](http://www.homelessedinburgh.org)

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

**Young people (16-25)**

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

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  
Aberdalgie Road, G34 9HJ

0141 771 6161  
Advice and support for 16-24 year  
olds seeking accommodation

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

## Glasgow Shelter Advice Service

First Floor Suite 2, Breckendridge  
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

## 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

AS, BA, C, DA, H, TS

www.glasgow.gov.uk

## Glasgow City Council

Homeless Person's Team  
Hamish Allan Centre, 180  
Centre Street, G5 8EE

0141 287 1800  
Mon-Thur: 8.45am-4.45pm;  
Fri: 8.45am-3.55pm

AS, BA, C, DA, H, 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: 11am-2pm (women  
only); Sun: 11am-4pm  
C, MH

## Bethany Christian Trust

Leith Acorn Centre YMCA,  
Junction Place, EH6 5JA  
Tue: 12.30-2.30pm (women  
only drop in); Thu: 1-3pm  
(men only drop in)

## Cowgate Day Centre

see Streetwork Crisis Centre

## Crossreach – Church of Scotland

Social Care Council  
Charis House, 47 Milton Road  
East, Edinburgh, EH15 2SR

0131 657 2000

Mon-Thur: 8.45am-4.45pm;

Fri: 8.45am-3.45pm  
www.crossreach.org.uk

## Four Square

67a Logie Green Road,  
Canonmills, EH7 4HF

0131 557 7930

www.foursquare.org.uk  
AS, ET, TS

## 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

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

## 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 café, posi-

tive activity, learning and out-  
reach for people affected by

## Bethany Christian Trust

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

## Salvation Army – The Laurieston

Centre

39 South Portland Street, G5 9JL

0141 429 6533

AS, A, AD, BA, C, DA, ET, FF, F,

H, IT, LF, MS, 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, L, LA

## Bethany Supported Housing

65 Bonnington Road, EH6 5JD

0131 553 1119

Ring First

## Castlecliff Hostel

25 Johnston Terrace, EH1 2NH

For homeless people aged

16 and over; accepts couples  
and people with pets

0131 225 1643

AS, BS, BE, H, L, 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

## Dunedin House

4 Parliament St, Leith, EH6 6EB

0131 624 5800

www.dunedin-harbour.org.uk

# the **OTHER** list

The directory of Scotland's homeless services

Updated 30 April 2012

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

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](mailto: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](http://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

### 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

### Homeless Outreach Project

65/5 Niddrie Mains

Terrace, EH16 4NX

0131 661 7137

Mon – Fri: 9.30am – 5pm

Outreach service for home-

less people experiencing dif-

ficulties with their mental

health and/or addictions.

AS, AD, A, BA, CA, C, D,

ET, H, MH, 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,

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

[www.streetwork.org.uk](http://www.streetwork.org.uk)

### The Access Point

17-23 Leith Street, EH1 3AT

0131 529 7438

Services for people 16 years or over

who do not have care of children

Mon, Wed, Thu: 9am–5pm;

Tue 10am–5pm; Fri: 9am–4pm

(drop-in services only): Mon–Thu: