



the Pavement

The FREE monthly for Scotland's homeless

December 2012

THIS MAGAZINE IS
NOT JUST FOR
CHRISTMAS

IT HAS TO LAST
YOU 'TIL FEBRUARY



*"We used to be joined to France before people like
you started messing up the environment"*

www.thepavement.org.uk

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Merry Christmas, a Happy New Year, and keeping safe

Taking the wording on our cover from the famous advert from the late seventies and eighties – a dog's not just for Christmas – we're asking for readers to keep this issue until the New Year.

Although we've only been back in print for two months, we always take a break in January with our volunteers needing a break as much as anybody.

While we're away, keep warm as best you can, particularly if you're outside. If you're not taking advantage of winter shelters, at least be aware of Severe Weather Emergency Protocol (SWEP), which guides the actions of local authorities and groups when the weather gets dangerously cold. Be aware of how it will be initiated in your area and where you might go. Don't get caught out.

Richard Burdett

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Contents

News

Pages

Missing People

4

Bin death – stay out and stay safe

5–7

News-in-brief

8–19

Homeless city guide

12

Street Life

Street Shield – Merry Christmas

20–21

Foot care – care for your pair

20

See the nurse – Nurse Flo is in

22

The List (incorporating soup runs)

32–23

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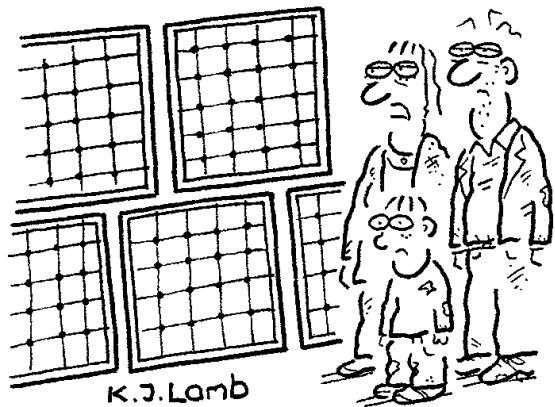


Matthew Dyet
Age at disappearance: 58

Matthew has been missing from Eyemouth since 17 February 2009.

If you think you can help the search please call Missing People.

Matthew, we would love to hear from you. **Call. Text. Anytime. Free. Confidential.** The number is **116 000**



“These are our solar panels – if only we could afford a roof to put them on”





BIN DEATH

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

STAY OUT AND STAY SAFE!

the Pavement

ILLUSTRATION BY
BO HARRIS



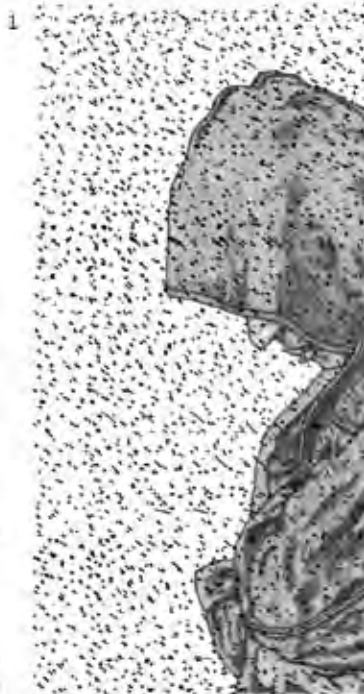
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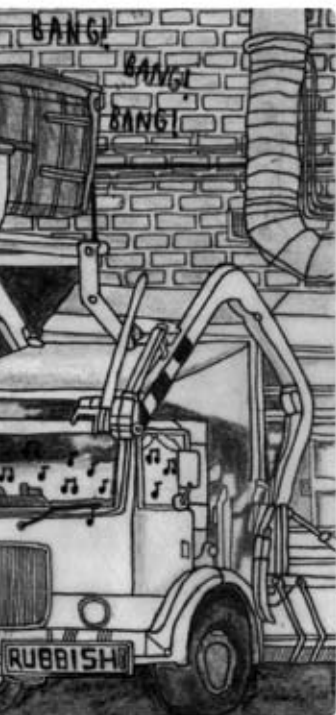
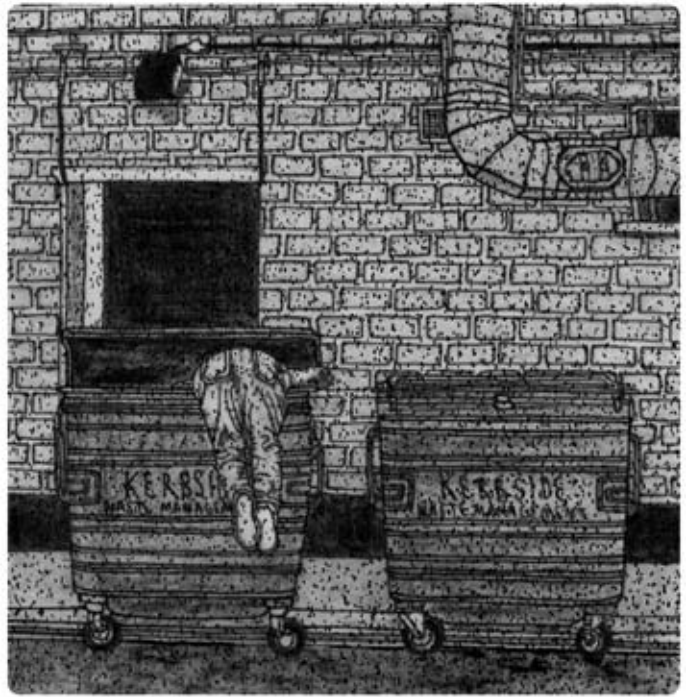
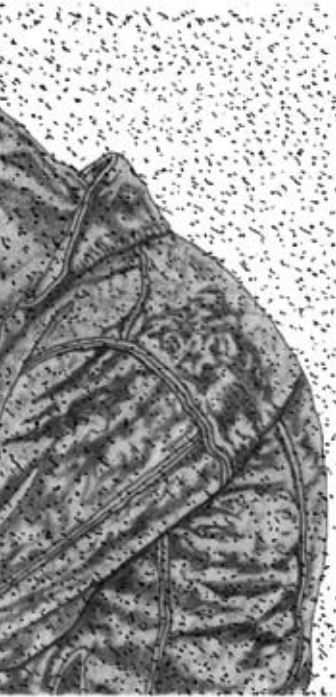
BIN DEATH IS A REAL PROBLEM FACING HOMELESS PEOPLE. EVERY YEAR, ACROSS THE COUNTRY, THERE ARE INJURIES AND EVEN DEATHS THAT RESULT FROM PEOPLE BEDDING DOWN IN BINS, SKIPS AND CLOTHING BANKS. BINS ARE OFTEN EMPTIED MECHANICALLY IN THE EARLY HOURS OF THE MORNING, THERE IS COMMONLY JUST ONE DRIVER WHO WOULD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





A round-up of the news

The homeless news from across the UK and the World

Streatham blaze claims three lives

A fire that claimed the lives of three rough sleepers in Streatham, London, earlier this month remains under investigation by local police and fire services.

The bodies of one man and one woman – both believed to be Polish – were found in the early hours of 15 December by the fire service but are yet to be formally identified.

A 54-year-old Polish man was admitted to hospital with burns and smoke inhalation but later died from his injuries.

Police said there have been “no further developments on

the case” but expect confirmation of the victims’ identities during the course of next week.

The blaze took place on a small patch of wasteland off Streatham High Road at the junction with Lewin Road. It was believed to have been started by a small camp fire.

Locals say the spot was often occupied by a number of homeless Polish people.

Amanda Addo, the director of local homeless day centre Spires, has paid tribute to the three victims, who she says were frequent visitors of the centre on Tooting Bec Road.

She said: “We were completely shocked. This was a tragic and completely unnecessary waste of life.

“The three victims were very well known to us, both friends and staff were devastated.

“Having supported them at Spires for a few months we will miss them and our thoughts are with their families so far away.

“Nobody should die on the streets.”

Sarah Cox

London fails in target

London mayor’s target to end homelessness by the end of 2012 has failed – but some progress is being made.

It was always an ambitious target, and one which many



What a waste

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

For years we've worked with registered charities helping the homeless by offering our unsold sandwiches to them at the end of each day.

Unfortunately, some still get chucked away.
(And that really upsets us.)

If you know of a charity in need of good food,
please tell them to call Giovanna Pasini
on 020 7932 5425.

★ PRET A MANGER ★

doubted was ever possible. With the economy in the toilet, it is perhaps even less surprising that it could not be achieved.

The Pavement has followed its progress since 2008, and although at points it looked as though it was within grasping distance, the various initiatives launched could not get to everyone.

According to CHAIN, 5,678 people slept rough at some point in London during 2011/12, an increase of 43 per cent on the previous year's total of 3,975.

But some initiatives, such as No Second Night Out, have seen success – with 60 per cent of people moving “into some form of accommodation”.

NSNO director Petra Salva said this showed agencies were heading in the right direction, but argued services must redouble their efforts if they are ever to reach the target.

“The number of people living on the street has hugely declined because of efforts of all agencies involved,” she told *The Pavement*. “Our commitment must not dwindle. If anything I think we need to double our efforts.”

Salva said work must focus “upstream”, preventing people from rough sleeping in the first place. Initiatives like NSNO must also work hard not to “create an incentive for people to come to the street to get a service,” she added.

But the real challenge was the “patchy” responses from the multi-agency approach across the city.

“A real issue for NSNO is that many agencies do not work to our time-frame and systems that exist take far too long,” she explained. “Challenges exist with speedy and timely access into PRS. It takes time to find housing and to set it up.

“Boroughs need coordinated services, good advice and prevention, local assessment beds etc,” Salva added. “Developing these locally will

ensure we are more likely to achieve a higher success rate.”

Of course, NSNO has not been the only initiative aimed at reducing the number of people sleeping rough during the year of the Olympics and Jubilee.

Rough Sleeping 205 (RS205) is one of the London Delivery Board's longer-term projects to reduce the number of “entrenched” rough sleepers. Set up in 2009, it now encompasses 349 people who are seen as needing particular focus to get off the streets.

Most recent figures from the Mayor's Office show that the number has been reduced by around three-quarters – with only 78 of the individuals being seen rough sleeping in the last reporting period.

Acknowledging that the target had not been reached, a spokesperson for Boris Johnson's office said the Mayor was “absolutely committed to ending rough sleeping” and would continue to work on the issue for “as long as it is necessary”.

“There has been considerable success in tackling rough sleeping in London,” the spokesperson added, highlighting the results of NSNO and RS205.

“NSNO will continue its groundbreaking work, complementing the initiatives of boroughs and other agencies who are the primary providers of services to rough sleepers in the capital.”

Outside of London, the picture is arguably even worse. While authorities in the capital can claim to have kept a lid on the rise of homelessness, figures published by the Department for Communities and Local Government show the number of people classified as “priority homeless” has risen to 50,000 – 25 % more than in 2009-10.

This has coincided with cuts to homeless services, meaning that just at the point when people need more help, less is on offer. As reported in last month's

issue, research agency Ssentif has highlighted a direct correlation between the two factors – which managing director Judy Aldred described as “shocking”.

With the government announcing more austerity measures as part of the Autumn Statement at the start of this month, it seems that those services still aiming for an end to homelessness any time soon are being unrealistically optimistic.

Catherine Nilan & Garnet Roach

Mark Horvath's return

Mark Horvath, the US founder of Invisible People, returned to the UK in the end of November. *The Pavement* covered his first visit in July – search for his name on the website.

The InvisiblePeople.tv project – the internationally recognised non-profit that tackles poverty and homelessness by using the power of social media – returned to London on flights donated by British Airways, and teamed up with the charity Broadway.

“Invisible People connects people to the face of homelessness in a direct and meaningful way that humanizes the subject and builds empathy in the viewer. This is much more important and impactful than simple awareness” said Horvath, who was himself homeless in America.

“As I have done across the United States and Canada, I want to give the people experiencing homelessness in England a chance to tell their stories. Once we know our neighbours it's not as easy to ignore them, and that's where real positive change starts”

Howard Sinclair, chief executive of Broadway, said: “We are delighted to welcome Mark to the UK and to the team at

Broadway. Everything we do at Broadway is geared towards offering homeless people not only a route away from the streets but also a voice to tell their story. Mark's visit will empower both us and them to tell their story."

Horvath flew back to the US on 4 December

Staff

- If you're interested in seeing more on Invisible People go to <http://invisiblepeople.tv> Or you can follow and chat to Mark on Twitter @hardlynormal

Charging on the move

Earlier this month a homeless man in Florida, 28-year-old Darren Kersey, was jailed after being caught charging his phone at a local charging station in a park picnic shelter.

The arresting officer informed him he should be charging his phone at local homeless shelters, noting in his arrest report that "theft of city utilities will not be tolerated during this bad economy".

After spending a night in the cells, Kersey was released the next day after the judge threw the case out of court on the grounds there was no legal justification.

For most of us our mobiles are a lifeline to the world, but keeping the battery charged is not always easy.

We took a straw poll among coffee shops and fast food restaurants in London, and the general consensus appears to be is that if you are a paying customer you can use their electricity and Wifi. However, out of a broad selection of day centres we spoke to across the country, only three confirmed they always allow visitors to charge their phones: West London Day Centre, Whitechapel Mission and Glasgow City Mission. Many

others said that it would depend on individual circumstances.

Jo O'Reilly

Death in the storms

One of the few people killed during the heaving flooding in November was sleeping rough.

21 year old Michelle Conroy was sleeping in a tent when she was crushed by a tree felled by strong winds in Exeter, Devon. Two other people in the tent were injured, one of whom was her boyfriend, who she had gone onto the streets to join.

Staff

Get fit in the New Year

ExP2A, a new leisure-focused charity, is getting ready to launch in the New Year.

The charity, which is run by former and current homeless service users, was due to lift off in October but that has been postponed until the start of 2013.

Marketing and communications manager James MacPherson told *The Pavement*: "Unfortunately we have come to the decision to temporarily suspend our Peer Fitness Group due to a staff shortage. The group will recommence in the New Year".

The London-based charity intends to encourage homeless users to independently and actively change their own lives, through peer support, group activities and social enterprise.

It plans to introduce fitness and walking groups, with homeless service users (or "associates") acting as motivators for members of the public.

In return they will receive experience and work experience, while the money raised in fees will

be flowed back into the charity to pay for future projects, such as an affordable programme of leisure activities for homeless people. ExP2A has also set up a Twitter account that will offer desk-based workout tips for those chained to their computer terminals (@DeskWorkout).

We'll be interviewing exP2A director Alex Ireland (better known on Twitter as @aibaihe) about the charity for the next issue. If you'd like to find out about sponsorship or how you can get involved email info@exp2a.org.uk.

Carinya Sharples

Is this the future?

A homelessness campaign group in America is taking a high-tech approach to helping people off the streets.

The 100,000 Homes campaign has launched an app for users of modern 'smart' mobile phones that enable volunteers to register rough sleepers in their area and help them get access to medical treatment and housing.

The campaign has already had some success with volunteers registering rough sleepers with pen and paper, but the mobile phone version makes collecting information and responding to it quicker and easier for outreach workers.

However, there may be concern that even if volunteers have the best of intentions, they may not be properly trained to deal with vulnerable people.

There is a clear set of guidelines for volunteers, although the rules include very general instructions such as "be yourself" and "be sincere".

There may also be questions about the how accurately non-professional volunteers will be able to assess somebody with mental or physical health

problems. One of the questions on the form is “Do you have a mental illness?”, for example.

The app lets volunteers record rough sleepers’ age, health problems, how long they have been on the streets and whether they have spent any time in institutions such as prison, hospitals or the Army.

“Everyone has their own story about a homeless neighbour in their community, and this app finally gives people a concrete way to do something about it,” said 100,000 Homes campaign director Becky Kanis.

Kanis said the point of the app is not for volunteers to take over the job of professionals, but to help in

alerting them to where people in need are living.

“Too often, we walk by folks on the street and assume there’s no solution, but the truth is that local professionals know what to do. Homeless Connector is about making sure those professionals know everyone on their streets by name, and it enlists community members in helping them achieve that goal,” she added.

Closer to home, a similar scheme has launched in Wigan with the aim of alerting a charity to rough sleepers in the Lancashire town.

The app, from charity Riverside, enables local people to tell outreach workers where rough sleepers are living in the area. It

remains to be seen whether this is a scheme which can be replicated on a bigger scale.

It is also not clear whether or not rough sleepers will feel comfortable with members of the public reporting where they are to local authority staff.

A government website called streetlink.org.uk has also launched, where people can report a rough sleeper in their area. Rough sleepers can also fill in the form themselves to tell their local council where they are bedding down.

John Ashmore

Homeless dead are commemorated in London

Homeless and formerly homeless people who died in London during the last year were remembered in a service at St Martin-in-the-Fields on the 8 November (pictured left).

The Commemorative Service to Remember Homeless People started over 20 years ago; this year it was organised by The Connection at St Martin-in-the-Fields (Tralfalgar Square) and Housing Justice.

A list of 154 names was read out and candles were lit.

The Choir with no Name (pictured over the page) sang *Stairway to Heaven* and the Streetwise Opera performed *You’ll Never Walk Alone*. Hymns, prayers, poems and readings also marked the occasion.

More than 250 people attended. Alastair Murray of Housing Justice said: “The service is important because it brings together people who work in the field, those who are or have been homeless themselves, to remember and give thanks for the lives of people who are or have been homeless – often people who are known to us.

“And it draws attention to



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

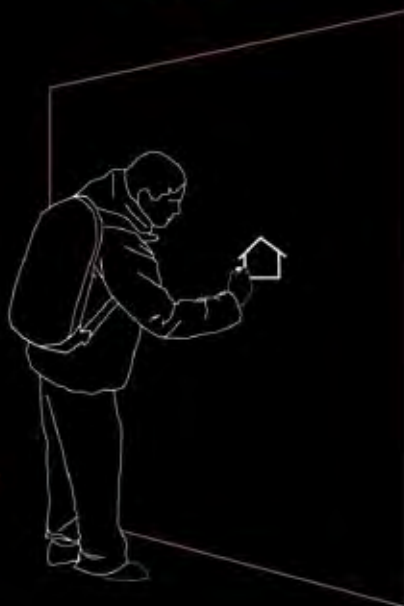


you'll get moved on here

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.

the continuing fact that many people's lives are cut short by the experience of homelessness."

Reverend Richard Carter, who led the service, explained that this year's theme, 'Welcoming Angels Unaware', made him consider "the welcome that we provide, or fail to provide, for visitors, strangers, refugees, and neighbours".

He said: "It is one of the most moving and important services that takes place at St Martin's each year. The list of those who have died is frighteningly long. This service, we pray, gives a sense of dignity to all those who have died, many who never found a home and felt lost and excluded."

Ken, who was formerly homeless, said it was "very emotional".

"I've cried every year – that's natural for us. I always have a lump in my throat, especially when it's somebody you've known for a long while. You always look back at the good but also the bad times you spent together," he added.

Tony, who had

also experienced homelessness, said: "Without a family you don't have a safety net to fall back on, and perhaps no one to come to your funeral. When I go to this service I always think it would be so sad to have no one to remember you, to think that no-one cares. I think it's really important we remember people in this way- I mean perhaps they were somebody's angel in their lives."

Jane Evans

- We looked at other places that have similar services of commemoration – Bradford, Cambridge in the UK and San Francisco, Austin, Minneapolis in the US, to name a few – and will look at whether a unified day of commemoration would be appropriate.

The names: Mohamed Abukar, Carol Adio, Rashid Ahmed, Michal Andrzejewski, Anthony Archer, Arik Arnista,

Silver Aymes, Marilyn Barrett, James Bower, Colin Bowles, Jonathan Briggs, Lindsey Brown, Mark Bruton, William 'Billy' Buck, Michael Buckley, Dave Bullard, Ozell Buntin, Justin Burton, Jules Caesar, Nigel Carter, Ernest Chappell, Terry Chappell, Marcin Checiak, Mick Christy, Florin Cirnu, Brendan Clarke, Tyrone Collins, Kevin Conway, Denise Coward, Gareth Cowen, John Crofts, George Crooks, Hugh Davison, Algirdas Degutis, Thomas Delaney, Alvin Denny, John Dickens, Stanislaw Diller, Vincent Docherty, Ian Donoghue, Richard Donohoe, Keith Doran, William Duncan, Darren Durbridge, Kenneth Elliott, Frederick Ellis, Richard Evatt, Thomas Fallon, Niall Farrell, Tracey Faulkner, Michael Feeney, Christopher Flaherty, Kadri Folarin, Georgina French, Churchill Fullerton, Antonio Gandara, Gerald Gault, Michael George, Michael Geraghty, Leon Gibbons, James Glover,

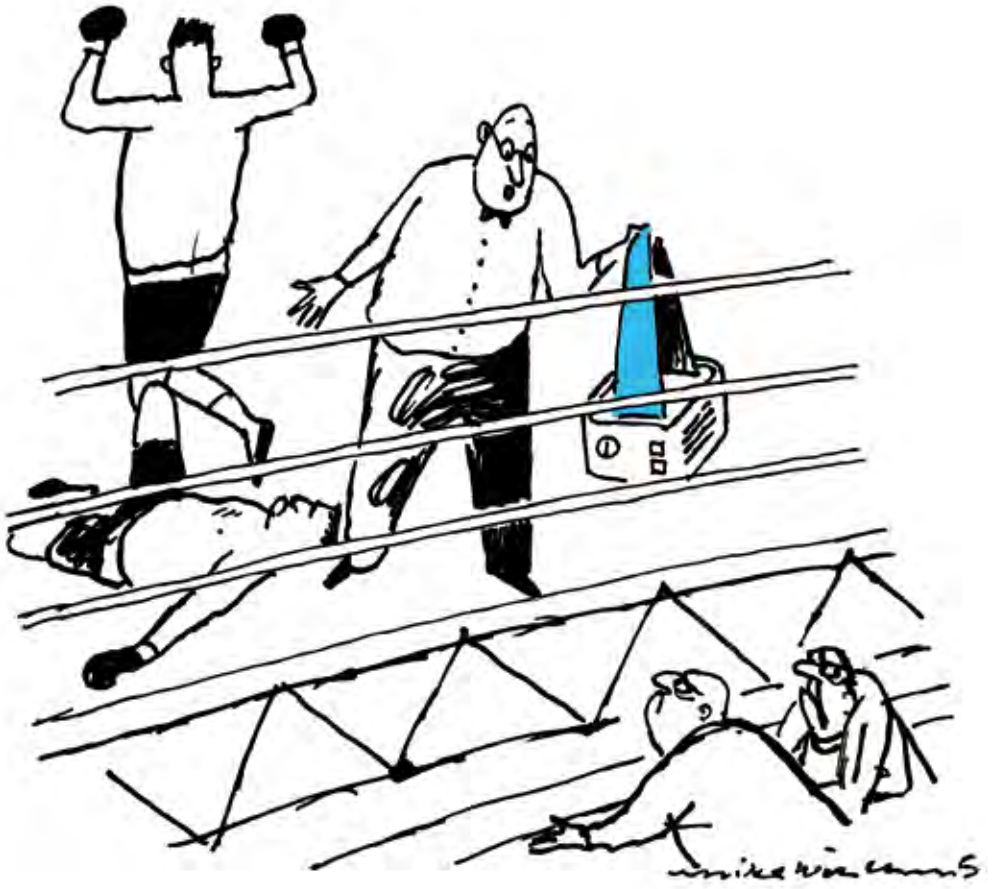


The Pavement, which operates without any funding from the state, has decided to try something new – asking readers to help support our operation. Not salaries or new kit, but our basic print operation.



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



"An ordinary towel would have sufficed Mr Angelo"

Martyn Goodhew, Joseph Gusmin, Richard (John) Hamilton, Christine Harvey, Jennifer Hatahet, Natalie Heck, Marina Hegarty, James Henderson, John Hill, John Hodgson, Harry Hogben, Paul Holdstock, Adrian Horler, June Houghton, Emil Hudici, Bernard Hukwa, Kasey Humphries, Joanna Ibidun, Jason Ismail, Jay Jorite, Orhan Kartari, James Kearney, Sean Kelly, Mark Kerwin, Damrat Ketwong, Paul Kirwan, John Langley, Oscar Lazurka, Oriestas Leigus, Aaron Lofters, Luis Lopes, Nigel Lovelock, Omar Lundy, Denise Lutchmusing, Michael Mansfield, Emile Marciny, Eugene Mariam, Thomas Maughan, Maysam Maydernejad, Simon McAndrew, Gary McCann, Amanda McFarlane, Enda McLoughlin, Steven McMillan, Dominick Meginley, George Mercieca, Michael Meshane, Sadik Miah, John Millward, Bill Moore, Mark Morrison, Kevin Mullins, Stacey Niles, Christopher O'Connor, Edward O'Donnell, Sandra Own, Charlie Parker, Jineth Peters, Naran Rainford, Santosh Rani, Carmel Reid, Carl Rice, Robert Riggs, Julian Safo, Yamadu Sanneth, Christine Santell, Stephen Scully, Michael Silk, Karen Sivitar, David Slowey, Patrick D Smith, Steve Smith, Dusan Soltes, Ursula Spiegel, Gillian Stevens, Arthur Stockton, Bill Taylor, Surenthiram Thankgevelu, Christopher Thomson, David Townsend, Thomas Ray Tully, David Walsh, Louis Wedge, Michaela Westerman, Alan Wheeler, Susan White, Michael Wilkinson, Paul Williams

Aiming at the Christmas No. 1

This Christmas a group from Crisis in Newcastle will release a single, the profits of which will go to Crisis and Streetwise Opera.

The single, which features a choir, strings and sleigh bells, was composed by Alan Robson, who

came up with the idea after taking an art course at Crisis Newcastle.

Robson, who has a keen interest in art, painting and music, was fully supported by Crisis at every stage of the work, from penning the lyrics to record the vocals and guitar. Now a self-employed artist and musician, a portion of the proceeds will go to Robson to help him develop his artistic ambitions.

June Grimes, director of Crisis Skylight Newcastle, said: "We are delighted Alan has come so far because of the support he has received at Crisis and are very grateful to him for donating the proceeds of his brilliant, festive single to Crisis. We hope everyone gets behind it and that it is a huge success."

Staff

Moving them out of area

Thousands of homeless families are set to be moved out of London into temporary accommodation outside the capital – despite government advice that families should be housed in their own areas wherever possible.

More than 20 London councils have rented properties as far away as Cornwall, Newcastle and Blackpool to house families they say they cannot accommodate within their home boroughs.

Housing minister Mark Prisk has called a meeting with London councils to discuss these measures, which he described as "unacceptable and avoidable".

Government guidance issued in May says that councils must "as far as is reasonably practicable" offer accommodation to homeless families within the borough.

However, several councils argue that their decision to move homeless families out of the borough is the result of government policy, claiming that capping

housing benefits at £400 per week and pegging them to the bottom third of rents has made most of Greater London unaffordable for families who depend on benefits.

The situation is expected to get worse in April when an overall benefit cap of £500 a week comes into force – meaning that no family can claim more than this sum regardless of how many children they have or where they live.

The result is a growing number of families face being moved out of London by councils which have a duty to house them – often away from children's schools and local ties.

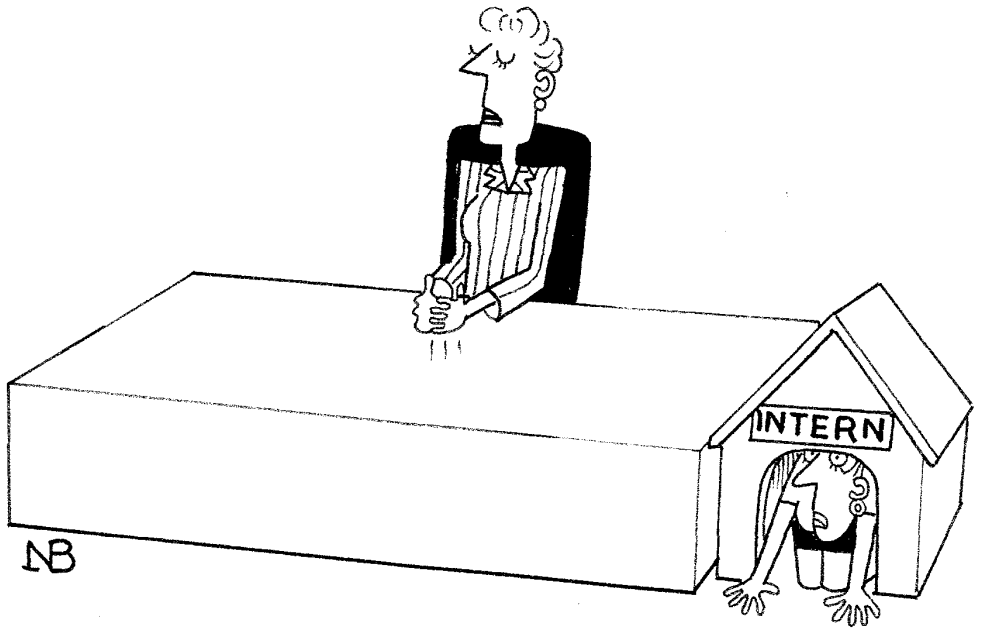
This has raised fears of a surge of overcrowding as families share properties or move into smaller flats to stay in their home areas despite receiving less in benefits.

Westminster Council is sending homeless people to 30 different local authorities including Great Yarmouth and Essex. Islington council has sent people to Newcastle, while – as previously reported in *The Pavement* – Croydon has sent families to Maidstone, Southampton and Portsmouth.

The need to move families out of expensive areas like Westminster had been anticipated – but the acute housing shortage in the capital means that market rents are greater than the benefit cap even in London's outlying boroughs such as Haringey, Waltham Forest and Barking and Dagenham.

The government had expected housing benefit reforms to force landlords to reduce rents – but councils say that demand for rented property is so high that most landlords have seen no reason to reduce rents. Many are now refusing to rent to people who are claiming housing benefit.

Jack Dromey, Labour's housing spokesman, said: "The country is gripped by the worst housing crisis in a generation and the government's failed policies are



NB



"Does that mean what I think it means?"

making it worse not better... hard pressed London councils are faced with having to house those facing homelessness from Cornwall to Newcastle.

"To lose your home is a tragedy. To face then being uprooted from friends, family and work is absolutely wrong."

A Communities and Local Government spokesman said: "Councils can meet housing need through social housing or high-quality private rented housing in their area. Unless there are exceptional circumstances, there is no excuse for moving homeless families to other areas, and they must absolutely not apply a blanket policy of relocating families out of the capital.

Katharine Hibbert

Pop-up housing

A bold new proposal from the Building Trust could see parking garages turned into prefab flats for the homeless.

In a pilot scheme developed with Hackney council, London-based architects Levitt Bernstein want to turn disused lock-up garages into bedsits, containing a bedroom and shower room with a communal laundry in every fifth garage.

As you might expect, the completed properties will not be spacious. The plans allow for an 11.5 square metre bedsit in each garage – equal to most council's allowed minimum for a bedsit, but a lot less than the average one bedroom flat size, which is 46 sq m.

The size has been criticised by the Royal Institute of British Architects, who said in a recent report that these 46 sq m flats were "shameful shoebox homes".

Despite this, the Building Trust's founding partner David Cole told the *Guardian* that "the thinking is

that it is far better to give someone their own space with their own front door than put them into shared accommodation," he said.

"The new government guidelines will emphasise shared housing, but this often only instills the problems. This is a stepping-stone housing project, allowing people to get back on the ladder."

If the plans go ahead, these "pop-up homes" would be created as kits that could be assembled on different sites by their future occupants as part of an apprenticeship scheme. If the site was later redeveloped, the kits could be packed away and moved elsewhere. Rent would be £50 per month, plus utilities.

The project has the backing of homeless charities like Crash and YMCA – but concerns remain over whether turning the lock up garages of already deprived council blocks into barrack-like bedsits would be the most effective helping hand for the homeless.

James O'Reilly

Coffin carried through Totnes, Devon

A coffin was carried through the Devon town of Totnes on 29 November, as a 'street funeral' for a local homeless man who died during a hail storm earlier in the month.

Michael Gethin, a 42 year old rough sleeper, died outside the Methodist church in the town on 4 November, and was the fifth homeless man to die in the town in the last year.

To mark his death a coffin was carried through the town to raise awareness of the dangers of sleeping out in such bad conditions, and a local *Big Issue* vendor, Graham Walker, carried out a 28 hour vigil.

Staff

NSNO expands

Two and a half years on and still thought of as being in its pilot phase, London's No Second Night Out is an initiative that has been emulated across the country, able to boast a 60 per cent success rate for keeping people off the streets.

Just over a tenth – 12 per cent – have been seen back on the streets subsequently. This is on the back of an overall increase in the use of the service, particularly from non-UK nationals, which now make up 56 per cent of total users. A total of 1,500 people have gone through NSNO assessment centres.

Petra Salva, the organisation's director, said: "We're really struggling in terms of numbers, as so many people are coming through our doors, but I'd rather act as quickly and urgently as possible than have people being on the streets. We're doing everything we can to help."

On the back of its success so far the government has rolled out the principles of the project across the country.

Because each community has its own specific needs, and No Second Night Out itself is still constantly developing.

Two of the first places to develop alternative approaches were Manchester and Liverpool; both similar in numbers, but with different issues.

The help line number to reach No Second Night Out is **0870 3833333**.

Emma Batrick

STREET SHIELD

EPISODE 30

MERRY CHRISTMAS!

KERBSIDE DAY CENTRE.

GOOD LORD! I REALLY DON'T KNOW WHAT TO DO!

THE TWO VOLUNTEERS WHO WERE HELPING ARE OFF SICK, AND I'VE GOT CHRISTMAS LUNCH IN THREE HOURS!



LEAVE IT TO US, JIM. WE'LL GET IT DONE.

I DON'T REALLY KNOW...



PEEL!



SLICE!

LATER...

HOW ON E





Health and wellbeing

The Pavement's health team revisit old topics that need the focus

Take care of the pair

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 also 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 dropin 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,
Musselburgh



Worth talking about: fake medicine

The 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, and who knows how many people buy from private individuals (which amounts to the same thing)?

What is so wrong with buying drugs over the internet or from 'unofficial sources'? 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.

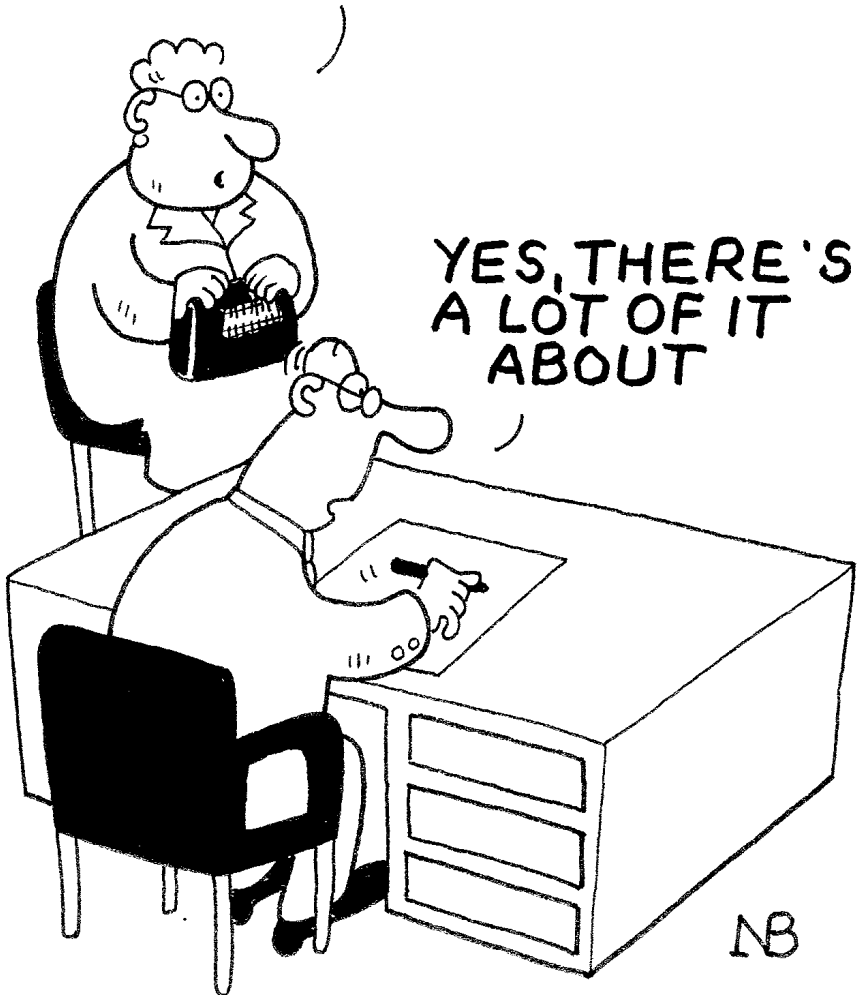
Medications go through years of

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 or private individuals 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
Our Nurse Flo

DOCTORS DON'T LISTEN TO THEIR PATIENTS



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 Glasgow 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

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.homelesseidinburgh.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

SANLINE
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

Working with people over 50 years who are or have been homeless / housing crisis
AS, AD, BA, DA, H, LA, OL, OB, TS

Streetwork UK - Womens Services
0131 467 2023
4 Bellevue Street, Edinburgh
Mon, Tue & Thurs: 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
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

Glasgow Rent Deposit and Support Scheme

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

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 4345
Nationally
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

Opticians services and spectacles
(TAP clinic)
20 Cowgate, EH1 1JX
Every Fri: 9-11am
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. Appointments not necessary. They also provide support for people who have hospital appointments and want someone to go along with them. There is also an addiction and mental health team based at this address
A, D, FC, MH, MS, SH

SEASONAL SHELTERS EDINBURGH

Winter Care Shelter
Various Churches
0131 561 8930 (day) &
07919 557673 (night)
Bethany Christian Trust
Transport from Waterloo Place at 9.15 & 9.30pm to the shelters
5 Nov - Mar: 9.30pm - 7am
Mixed: Dry: No smoking
inside; Supper (9.30-11pm) and breakfast (6.30am)

SEASONAL SHELTERS GLASGOW

Glasgow's Winter Initiative
The Shieling, 24 McAlpine Street, Glasgow, G2 8PT
Dec - Mar: 10pm - 8am
Run by Glasgow City Mission, Glasgow Homeless Network, Turning point, the Marie Trust and others
Provides snacks, drinks and sleeping bags

SOUP KITCHENS & SOUP RUNS EDINBURGH

Barony Contact Point
101 High Riggs, EH3 9RP
0871 700 7777 / 0131 622 1867
Tue: 10.30am - 4pm;
Thur: 10am - 1pm,
Runs at these times:
Sun: 9 - 10pm; Mon: 7.30 - 9pm; Tues: 8.45pm - 12.30am; Wed: 9 - 10pm; Fri: 8 - 9pm

Carrubber's Christian Centre
65 High Street, EH1 1SR
0131 556 2626
Sun: 8.30 - 9.30am

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 Hopetoun 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, gardening and textiles 10am - 4pm)
ET, FF

SOUP KITCHENS & SOUP RUNS GLASGOW

Balvicar Street
G42 8QU
Thurs: 7 - 9pm

Cadogan Street
Glasgow G2 7AB

SPECIALIST SERVICES

Support in Mind Scotland
(formerly the National Schizophrenic Fellowship)
6 Newington Business Centre, Dalkeith Road Mews, Edinburgh, EH1 6 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

EDINBURGH

Edinburgh Women's Aid
4 Chayne 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

Streetwork UK - Out of the Cold
2 New Street, Edinburgh
0131 556 9756

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

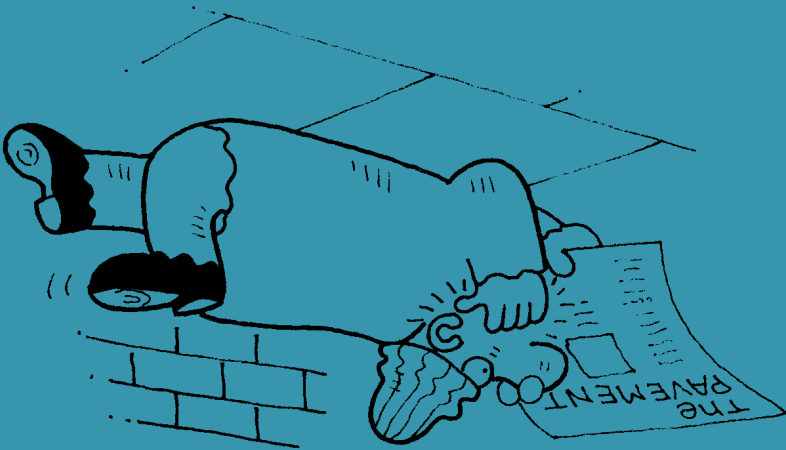
St. Patrick's Church
North Street, G3 7DA
Thur & Sun: 8pm - 9pm

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

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

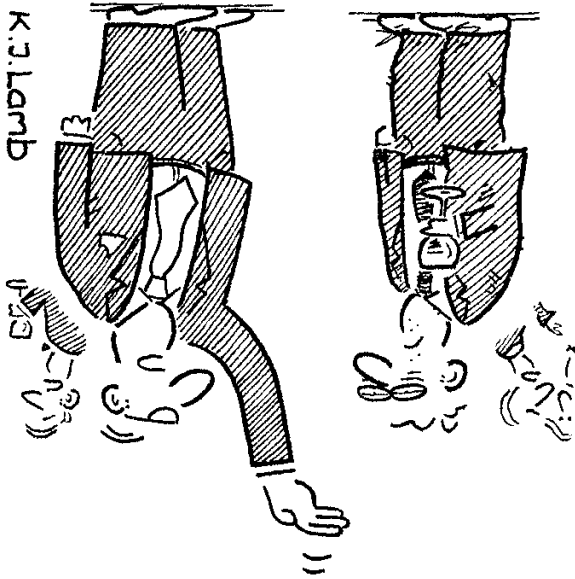
Kagyu Samye Dzong
The Tibetan Buddhist Centre
7 Ashley Street, G3 6DR
0141 332 9950

www.thepavement.org.uk



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

"I knew you when your growth projections were this high"



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
DRUG / ALCOHOL SERVICES GLASGOW

Glasgow Council on Alcohol
 7th Floor, Newton House, 457 Sauchiehall Street, G2 3LG
 0141 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

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
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
 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
 C, ET

Cocaine Anonymous Scotland
 0141 956 6363
www.cascsotd.org.uk
 Helpline offering help and support to those with or recovering from an addiction. Also offer meetings and literature on addictions
 A, AD, C, D
Drug Crisis Centre
 The West Street Centre, 123 West Street, G5 8BA
 0141 420 6969
www.turningpointscotland.com
 24hr service offering information and advice to those who abuse drugs. Also residential drug rehab program. Family support unit operates on this site.
 D, NE

Emmas Glasgow
 101 Elliesmere Street, G22 5QT
 0141 353 3912
www.emmasglasgow.org.uk
 Provides accommodation and work for homeless people
 AS, CL, ET, TS
EX-FORCES
 AWOL?

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-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

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

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

Young people

Council for Homeless Young People (CHYP)
171 Wilton Street, G20 6DF
0141 945 3003
Details at

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

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

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

DIRECT ACCESS HOSTELS/ NIGHTSHELTERS GLASGOW

All with low-support needs

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
Ring first

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

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

Simon Community – Castlemillik Men's Accommodation Project
86-88 Arnprior Road, Castlemillik, 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

Talbot Association – Kingstons Halls Direct Access Hostel
344 Paisley Road, G5 8RE
0141 418 0955
Referral by Glasgow City Council only
BS, 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

Men

Gowrie Care – Caledonia House
Gillmore's Close, Gars-
market, EH1 2HD
0131 220 5078
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

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, Liv-
ingston, 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

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

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-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

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;

www.glasgowcitymission.com
AS, AD, AC, B, BS, BE, C, CL, ET,
FF, H, IT, LA, MC, MS, OB
Mon, Tues, Wed & Fri: 6.30-11pm
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

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, AD, BS, CL, FF
Mon-Fri: 7.30-10pm; Sat: 1-4pm

Wayside Day Centre

See The Marie Trust
0141 221 0169 (option 1)
Mon-Fri: 7.30-10pm; Sat: 1-4pm

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

The Marie Trust

AS, BA, 5
www.crossreach.org.uk
0131 225 4795
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 04 December 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 suggestions write to us at the address on page 3, or email: thelist@thepavement.org.uk

Updated entries: 2

Services added: 1

ADVICE SERVICES EDINBURGH

Advocard

332 Leith Walk, EH6 5BR

0131 554 5307

www.advocard.org.uk

Mon – Fri: 10am – 4pm, MH, P

City of Edinburgh Council – Housing Options Team

1 Cockburn St, EH1 1BJ

0131 529 7584 / 7368

Mon, Wed, Thurs 8.30am – 5pm; Tues 10am – 5pm; Fri 8.30am – 3.40pm

Advice and information on

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

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 homeless people experiencing difficulties 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 0800 178 2323

24/7 crisis centre for people in housing crisis or at risk of sleep-

ing rough. Includes outreach service / needle exchange. AS, AD, A, BA, BS, CA, CL, D, DA, ET, F, H, IT, L, LS, MH, NE, OL, OB, 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, Thu: 9am–5pm; Tue 10am–5pm; Fri: 9am–4pm

(drop-in services only): Mon–Thu: