

the Pavement

The **FREE** monthly for Scotland's homeless

March 2013





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A work in progress

Work continues on our redesign, and the initial designs we've seen look good, but it's ongoing work, and we don't have a firm date yet.

We're heard of a few errors in our Scottish listings, but have not had the correct information with these messages. If you find an error, please get the service to contact us or email thelist@thepavement.org.uk yourself. Other contact details to the left.

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One of those housed by Green Pastures – page 19

Photography © Mark Green 2013

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The Pavement is written for your entertainment and information. Whilst every effort is made to ensure the accuracy of the publication, The Pavement cannot be held responsible for the use of the information it publishes. The contents should not be relied upon as a substitute for medical, legal or professional advice. The Pavement is a forum for discussion, and opinions expressed in the paper are not necessarily those of The Pavement.

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Andrew Gillen

Age at disappearance: 41

Andrew has been missing from Glasgow since 7 January 2013.

If you think you can help the search please call or text Missing People on **116000** or email at **11600@missingpeople.org.uk**

Andrew, we would love to hear from you. **Call. Text. Anytime. Free. Confidential. 116000**

missing people

Registered Charity No. 1029418

The news

The homeless news from across the UK and the World

Rough sleeper found beaten to death in Hove

A rough sleeper has been found beaten to death on the seafront at Hove.

Lea Williams, 42, was discovered beneath a duvet on 11 February by volunteers from the charity Project Antifreeze

Although Williams (pictured below) came from Hastings he was well known by the homeless community and its service providers in Hove, where he had lived for some years.

The police have confirmed that his death was caused by repeated blows about the head with a heavy object.

Detective chief inspector Ian Pollard, who is leading the investigation, said his team "will not stop" until the "brutal" and "vicious" attacker is found.

He has asked for anyone with information to get in touch. Sergeant Richard Siggs from the Neighbourhood Police Team is a point of contact for the homeless community.

Julian Haddow, the project manager at Antifreeze, told *The Argus*: "Lea Williams' death is tragic and he will be missed in our centre, on our night shifts and in the homeless community."

Our thoughts and prayers go out to his family at this sad time.

"We will remember Lea for his friendly face and for his requests for a 'good-night prayer' every night shift before we were allowed to leave the pitch and putt."

Floral tributes have been left at the site of the murder (pictured opposite).

Anyone with information can call **101** quoting **Op Depot**, or leave an anonymous message with the charity **Crimestoppers** on **0800 555 111**.

Jane Evans

Squatter jailed

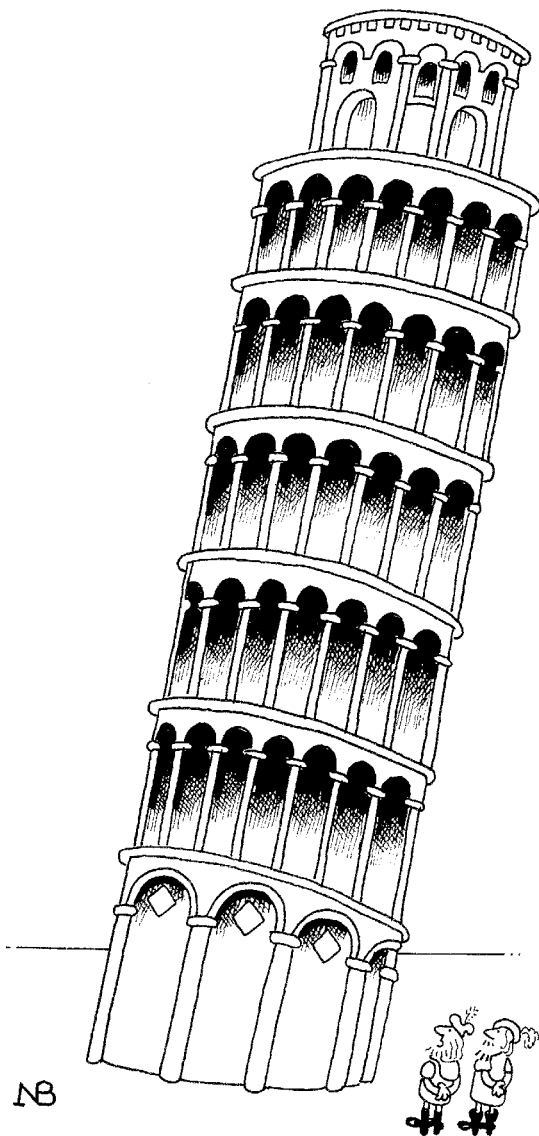
A homeless man has been jailed for 15 weeks for taking shelter in a derelict building after being convicted of squatting under new legislation.

Michael Minorczyk was sleeping on a makeshift bed in a boarded-up



*“He will be missed in our centre,
on our night shifts and in the
homeless community”*





“That’s what comes of employing unpaid interns”

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

house in Blackburn on 31 January when police entered the building through a broken door, woke him up and told him he had to leave.

When police returned to check on the house 20 minutes later, the 27-year-old, who has serious alcohol problems, was asleep. He was then arrested for refusing to leave. The Polish man pleaded guilty to squatting at Blackburn Magistrates' Court, and was given a 15 week jail sentence under anti-squatting legislation introduced in September.

The new legislation makes squatting in residential buildings a crime punishable by a £5,000 fine or a six-month prison sentence or both. It has received widespread criticism from charities such as Crisis, which claimed the new law would criminalise vulnerable people, leaving them in prison or facing a fine they cannot pay.

Last September Alex Haigh, a 21-year-old from Plymouth, became the first person to be jailed

under the new law when he was sentenced to 12 weeks in prison.

Katharine Hibbert

Council quashes rumour over Strand soup runs

Westminster City Council has categorically denied rumours that charity groups will be prevented from distributing food to homeless people on London's the Strand.

The council was responding to claims that soup runs would no longer be able to provide hot drinks and meals for rough sleepers in the area, and that restrictions would be enforced by law.

Nik Ward, head of rough sleeping at Westminster Council, said: "We can state – categorically – that we will not be preventing any soup runs from doing their work. Quite the opposite,

we welcome soup runs and are keen to work alongside them."

Mr Ward added that although the council had "no desire to outlaw soup runs on the Strand", it would be working alongside soup runners to identify alternative ways to help rough sleepers.

Councillor Rachael Robathan, Westminster City Council Cabinet Member for Adults Services, told *The Pavement*: "We recognise that everyone who helps with soup runs on The Strand or elsewhere is acting from the best motives - but this may not be the most effective way of helping homeless people.

"Many of the people receiving food on The Strand are not homeless at all and for those who are, the quick turnaround of handing out a mug of soup provides little chance for volunteers to engage with them, find out why they've ended up on the street and help to find solutions for them."

The council is working with

**You can read the news,
keep informed & search our
directory of services online @
www.thepavement.org.uk**

Thames Reach and Housing Justice to find “more effective ways for these volunteers to help homeless people get away from the streets”, she added.

The council is also looking at expanding soup runs in the King George hostel in Victoria.

Ms Robathan said this “allows homeless people to be fed and treated with the dignity, allows helpers to befriend and engage with them, and therefore provide a real opportunity to make a difference”.

The Passage supports the council’s new approach. Rose Hickman, project worker for the faith-based group’s coordination project carried out by The Passage, said that charities should be working towards “effective and lasting ways of helping homeless people”.

“There is no danger of Westminster preventing soup runs from operating; this is all about seeking different ways of helping homeless people together”, she said, admitting that local businesses and community members feel there are currently “too many” soup runs operating in a tiny area of The Strand near William IV street.

“We are encouraging the groups that serve on The Strand, many of which travel in from other boroughs, to review their approach and consider supporting a local homelessness project or serve food from an indoor venue, where more meaningful engagement, support and advice can take place.”

Volunteers should be encouraged to find new ways to support the homeless community, including training as mentors/befrienders and volunteering with an outreach team.

“We have had some very useful conversations with soup run groups and a number of different ways of helping homeless people have been proposed, with the main focus being on local solutions.”

Sarah Cox

The long walk

Spitalfields Crypt Trust in London has often had people running sponsored events to raise money for its work. Volunteer Chris Eglin, is now planning to take the challenge to new extremes by trekking to the North Pole.

Mr Eglin, who volunteers at the drop-in service, is undergoing training to trek into one of the last wildernesses on Earth. You can read more about his almost unbelievable challenge, and donate, at <http://www.justgiving.com/Spitalfields-Crypt-Trust>

Staff

Violent man kicked out of the UK

A rough sleeper who had been arrested 34 times and convicted of 28 offences has been sent back to his native Poland.

Piotr Kij was accused of committing acts of violence and bullying towards other homeless people and turning others to a “destructive way of life”, which involved excessive drinking and theft.

Acting on a request by Worcester’s West Mercia Police, the UK Border Agency (UKBA) used European legislation to authorise removal of the unemployed 37-year-old man.

Sergeant Carl Jones of the Cathedral Local Policing Team, which covers Worcester city centre, said: “We welcome law-abiding immigrants who come to work in Worcester, but we’re using this piece of Europe-wide legislation to deport those who, instead of contributing to society, are actively involved in crime and disorder.”

“Since arriving in Worcester, Kij has been consistently violent and offensive, usually when drunk,

to the extent he was considered one of our priority offenders in South Worcestershire.”

“He was a particular threat to other homeless people, bullying and threatening them to get what he wanted.”

Sarah Cox

Left luggage in LA

In the Californian town of Venice Beach, homeless residents have an alternative to carry their belongings with them, with an innovative bag storage solution.

Using a metal shipping container with volunteers to run it, Check-in Storage means that local rough sleepers can deposit their bags so that they don’t need to carry them around or risk them being stolen.

“It makes us feel a lot better to store our things here,” Nani Valencia told the *Los Angeles Times*. “When you have all your [suitcases] with you, people treat you like you have rabies.”

Following a court ruling in September, that stated that the seizure and destruction of property left temporary on the pavements was unconstitutional, the city had to come up with solution to prevent a large amount of bags being left in the area.

“We’re not going to let [homeless people] keep items on the beach anymore,” Los Angeles council member Bill Rosendahl said. “We’re going to bag and tag [them]. We want to make it inconvenient but within the law.”

The Check-in Storage solution, a joint venture of the council and a local housing group, was particularly felt in the colder weather with a local shelter limiting what bags people could bring inside.

Reluctance to leave their kits unattended meant many didn’t use the winter shelter.





*The Christian Kitchen soup run in Walthamstow
is under threat – page 13*



"Non-white leg!"

The solution allows individuals to store their belongings in the container for up to a week.

Staff

Rough sleeping continues to rise across England

Local council figures report a six per cent rise in rough sleeping in England. This is in addition to the 23 per cent increase recorded last year.

According to figures published by the Department for Communities and Local Government (DCLG) 2,309 people were found sleeping rough across the UK during a street count last autumn.

This is up from 2,181 in the previous year.

London has seen the biggest rise, with 557 rough sleepers recorded – an increase of 25 per cent, making up 24 per cent of the national total.

Crisis warned that forthcoming cuts to Housing and Council Tax benefit, elements of the Social Fund (that supports low income households) and the introduction of a new bedroom tax (for social housing deemed to be under occupied); will contribute to further increases in rough sleeping in the future.

Chief executive Leslie Morphy said: "We have been warning for some time now that the economic downturn combined with cuts – particularly to housing benefit – would drive rough sleeping higher. These figures confirm our fears and with a raft of new cuts coming in April, we think this is just the beginning."

Matt Harrison, a Director of Homeless Link, the umbrella body for homelessness charities, agreed saying: "With homelessness rising when many charities face cuts, councils need to continue to invest in services that prevent damage to individuals and communities."

Jane Evans

Soup run row in Waltham Forest

A row is brewing in the London borough of Waltham Forest, where the local council has ordered a local soup run to move after 20 years in the same spot.

Christian Kitchen was called into a meeting on 14 January following a police investigation into anti-social behaviour in the local high street.

The meeting was attended by the council's director of the public realm, Keith Hanshaw, a superintendent of the Metropolitan Police Service, and trustees and volunteers from Christian Kitchen.

Waltham Forest Council proposed two alternative sites, both of which the Christian Kitchen say are unacceptable. The first, a car park, they say will soon be in private ownership, and the second is too far away and unlit.

Organisers of the soup run have until 14 March to respond formally.

However organiser Norman Coe told *The Pavement*: "We do not believe that Christian Kitchen Soup Van has caused anti-social behaviour or exacerbated anti-social behaviour in the area, and we are convinced it is more to do with the planned redevelopment [in the high street]."

He added: "If we cannot find an alternative site then we cannot continue to help the poor and homeless people in our community."

A council spokesperson told *The Pavement*, "We know that the Christian Kitchen feel passionately about their work, which is why we have found them another site on a main bus route and in a non-residential part of the borough close to a large supermarket.

"Whilst the vast majority of the people who use the service are law-abiding, the current site has sadly become a magnet for some people who want to cause trouble

and we do not think that it is right that local residents should be made to feel unsafe when a better non-residential site is available."

Staff

Cornish fines

A woman who takes in homeless and troubled young people has been made to pay thousands of pounds for breaking health and safety rules.

Julie Stoddern from Cornwall was fined £500 plus £4,000 in legal costs after she failed to license her home as a 'place of multiple occupation'.

She has spent years taking in young men, many of whom have come out of prison or have problems with drug abuse.

Ms Stoddern, who lives near the town of Camborne, even lived in a caravan so that she could take more people into her house.

Last year her good work with vulnerable young people was featured on a *BBC Cornwall* programme

But council officials inspected the house and issued her a warning notice about overcrowding in her attic room. They were also concerned that the stairs leading to the room were dangerous because they did not have a bannister.

After she did not respond to the warning, the council took her to court, where she pleaded guilty to ignoring the notice.

The magistrates said they understood her actions were "quite honourable" but said the rules were in place "for the safety of residents".

John Ashmore

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

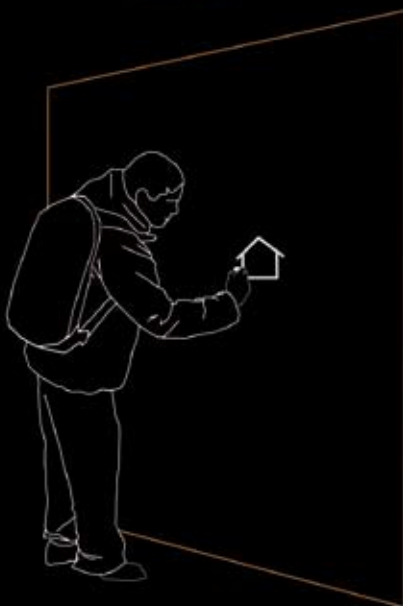


you'll get moved on here

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.



"Now, putting on my architect's hat..."

*Oyez, one of the many housed through the
innovative work of Green Pastures – page 19*







"At least he's not just sitting at home scrounging, dear"

Green Pastures puts the focus on eliminating poverty

As benefit cuts continue, Green Pastures has increased its efforts to find appropriate housing for vulnerable people in towns and cities across the UK.

Originally founded in Southampton in 1997, the organisation has remodeled since 2006, when it began to receive enquiries from all across the country (*The Pavement* first covered their work in 2009). With a desire to see homelessness completely eradicated, the Christian charity restructured, working closely with partner organisations to provide homes for the needy.

"Once a partner has signed, we work with them in their town to find a suitable, affordable property to buy for them," explained Pastor Peter Cunningham. "We then release them to accomplish their vision locally."

This gives partners the opportunity to put their own stamp on the way they operate, without feeling like they are part of a corporate chain. Referrals are run differently according to area and demand.

At present the charity has more than 240 houses and works with 33 partners across the UK, which has already assisted many homeless people. As part of its vision to move forward nationally, the charity is keen to develop up to 200 units of its own, some of which are already with planners at various local authorities.

Although the charity is run by Christians, the organisation operates a no discrimination policy, meaning anyone can volunteer and all vulnerable groups are treated equally when it comes to finding housing.

"Green Pastures partners vary in their work, their structure and their background," explained Cunningham. "One partner in Manchester,

the Boaz Trust, works with asylum seekers whilst two others in Stoke on Trent and Wakefield work specifically with hardened criminals just exiting prison. The national average figure for re-offending is 68 per cent, yet in Stoke on Trent figures are in single digits and in Wakefield they are in the low teens."

He added that despite the success, government ministers have yet to adopt the model as a nationwide policy.

Green Pastures is currently negotiating with local authorities to acquire some empty properties. "It's almost a crime that there are nearly 800,000 empty homes which, with a bit of work by us, could house the homeless," said Cunningham. "If only Councils would sell or even give us some of these we could increase our effectiveness."

As recession continues to bite and the new bedroom tax causes confusion and hardship, the need for the charity will continue to grow.

Meanwhile other issues which affect poverty, such as food and bills, also need to be addressed. "For example poorer families are the ones who are given an electricity meter, yet in reality those families have to pay a standing charge for the meter," commented Cunningham. "In some cases they pay 18 pence per unit or more. It's often a case of heat or eat and it will get worse."

Lizzie Cernik

Red card project in London

Police are piloting a project in London that could see yellow and red card warnings used to deter anti-social behaviour.

Project Spartiate utilises the football-style system before progressing to arrest, prosecution and anti-social behaviour orders

(Asbos). The pilot will run until April.

The Metropolitan Police said no particular group or demographic was being targeted. However Victoria Business Improvement District (BID), a supporter of the project, said in published documents that its aims were to 'reduce rough sleeping and associated antisocial behaviour in Victoria.'

Offending behaviour includes begging, street drinking, abusive language and drunkenness.

Yellow cards warn the offender their behaviour is unacceptable and the consequences if it continues. The officer should also offer support such as housing, drug interventions and mental health support. The police work with groups including Connections at St Martin's and the Passage to try and ensure that necessary support is in place, once a yellow card has been issued.

Red cards stress that the behaviour is unacceptable and explain that prosecution is likely.

Its issue triggers research into whether an Asbo or other intervention is necessary. If behaviour continues then it is likely to lead to court action.

A spokesperson for the Metropolitan Police told *The Pavement*: "The idea is to persuade, advise and warn offenders to stop their behaviour before using the ultimate sanction of the criminal justice system."

"By using a sliding scale of warnings, police action can be proportionate but persistent offenders can be identified and those who continue to offend in Westminster will quickly see an increasing grade in the police response to their behaviour."

Early indications of the pilot project are that 65 per cent of those given yellow cards have not gone on to commit further acts of anti-social behaviour in the area.

Emma Batrick

The future of street papers

The *Big Issue*'s UK sales have gone down by 100,000 in less than a decade, putting pressure on the magazine's vendors.

Last summer the *Big Issue* detailed ambitious plans to "create work opportunities for the homeless, ex-homeless and long-term unemployed people. Vendors will get training to help them report on projects and businesses that have the answers to a number of social problems."

That has not yet happened, but there may be another, more readily available solution.

The International Network of Street Papers (INSP), an organisation that provides support to street papers and their vendors throughout the world, is piloting system in which street vendors can offer readers access to a digital edition of magazine for the same price as a print copy.

Access would be sold on a card, which can be scanned on compatible devices. Readers then view their digital edition on their smart phone, tablet or computer.

Lisa Maclean, executive director of INSP, said: "We recognise that there is a need to investigate digital media opportunities within our street paper movement to safeguard the future of street papers and most importantly, employment opportunities for their homeless vendors.

Ms Maclean said feedback from the north of England pilot had been "very encouraging".

"We see that there is a great deal of support for and interest in a digital street paper offering," she added.

StreetWise, the US street paper from Chicago, is also experimenting with digital alternatives to help buck the trend in sales. The paper has launched a new mobile

app with PayPal aimed at the customer who does not have change but is willing to buy online.

The customer has to request a unique four-digit code from the vendor, enabling the proceeds to still be sent to that individual.

Sean Lafferty

Recovery College

A free college for homeless Londoners has become a huge hit – with hundreds of new students joining in recent months.

The Recovery College was set up by the charity St Mungo's in September, and has grown from an experimental project to one with nearly 400 students enrolled on 60 courses.

These range from practical courses on health, literacy, food, finance and jobs to creative courses in music, film, and philosophy.

"The college provides a structured environment for people - but without some of the demands of mainstream education. It seems to be filling a gap," said Stuart Bakewell, St Mungo's area manager.

Staff and students said the college has helped build their self-esteem in a relaxed and friendly atmosphere.

Steve, a student in his 50s, told the *BBC* that the course had shown him how much his life could be improved "with a bit of confidence".

"The vast majority [of our students] didn't have a good time at school, so this is showing it can be enjoyable," said organiser Andy Williams.

For more information on how you can join St Mungo's Recovery College, email recovery.college@mungos.org, or call them on 020 8762 5500. The college website can be found at: <http://bit.ly/UCfzwB>

Jim O'Reilly



I'LL E



BE BACK NEXT MONTH!

Health and wellbeing

The Pavement's health team look at feet and sleep, to keep you in the pink

My feet are sore

If feet were stuck on top of our heads we might be more inclined to look after them. They might serve no purpose, but they would be seen and not ignored.

The majority of people happily go without pain or discomfort but for others sore feet are a major problem.

Fortunately with a little knowledge and regular 'TLC', routine foot hygiene can and does help prevent sore feet and maintain healthy, happy walking.

General callus (hard skin) is the result of skin cells losing water. Man-made fibres found in shoes and tights dry out the surface of the skin, and general friction caused by movement damages skin cells which then start to mass produce. An absence of water in the outer layer of the skin prevents old cells from separating and when this accumulates in parts of the foot prone to heavy wear, such as the ball of the foot, toe knuckles and the heels, calluses result.

Dry skin responds well to regular application of moisturizing cream (face cream), which temporarily increases the amount of water available to the skin cells. More concentrated hard skin types may respond better to prescribed medication. Using a pumice stone to regularly scrub a hard skin surface is a safe way to take off the callus and is made easier after the foot has been soaked in warm water (46°C) for no more than 10 minutes.

The use of sharp metallic object for self treatment should be avoided, as this can result in cuts and infection. When a callus forms over a bony area, a conical

shaped callus or corn may form.

These miniature ice cream cone shaped calluses compress nerve endings causing added pain and discomfort. The only successful way to relieve this is to remove the excess skin with a sharp scalpel.

Self-help here is not recommended and podiatrists can easily and quickly remove the most painful corn with no discomfort.

Sore corns are often caused by tight or ill fitting shoes and so a change of footwear brings added relief.

Skin is a complete organ and regenerates every 28 days, but when damaged by callus, this is a permanent change and the painful corn will return in the next six to eight weeks.

To date there are no successful corn cures and despite the popular myth corns do not have roots to kill, so people with chronic skin damage do have to contend with regular foot care for relief.

Nails are made of modified skin cells, and like hair continue to grow throughout life.

Finger and toe nail should be trimmed each week and filed to remove rough edges. Manicure and pedicure sets are available, but it may take some practice before you can master the techniques.

People with failing eyesight or poor circulation and lack of feeling in their legs, as found in diabetes mellitus, should avoid self-care.

When toe nails are thick and especially painful, a visit to the podiatrist will bring much relief.

Diet helps improve the strength and appearance of nails with poor protein intake a common cause of opaque white bands on the nails. Absence of proteins slows down the rate of nail growth and the

plates grow thinner. A shortage of vitamin A (found in many dairy products and carrots) causes dryness and brittleness and a lack of vitamin B2 (found in milk, cheese, eggs, almonds, whole grains and vegetables.) results in fragile nails with both horizontal or vertical ridges. Vitamin B complex is also a factor in fungus infestation found underneath the nails. Frequent hangnails usually indicate an inadequate intake of vitamins C; folic acid and protein and iron deficiency can disturb the growth of the nails, causing dryness, brittleness, thinning, flattening and eventually the appearance of moon-shaped nails.

Diabetes can also cause nails to become dry, brittle and very thin due to complications arising in the autonomic nervous system. White spots may indicate a zinc deficiency or trauma to the nail. If you have any nail problems then see your general practitioner or podiatrist.

Toe nails need to be cut straight across the growing edge. Toe nails are oblong in shape and require to be cut to that shape. This is sometimes frustrating when there is discomfort in the side of the nail. However poor cutting can result in serious damage and infection so special care is required.

Rule of thumb, do not cut into the corner of the nail and when cutting problems arise see your podiatrist.

Toe Slayer

Registered Podiatrist
and Shoe Historian

Sleep deprivation

Even writing the word *Insomnia* sends a shudder of pure terror down my spine. Not being able to sleep is one of my greatest fears, up there with an invasion of Daleks.

People who are lucky enough to sleep well may imagine sleep deprivation is like feeling a little tired, sleepy and slow. That is not how it is for me. Sleep deprivation brings about a seething hell of crabbiness, irrationality and makes performing even the simplest tasks similar to swimming in a jar of Marmite.

I'm not alone in suffering from lack of sleep from time to time. Most people will suffer a short term burst of insomnia during their lives and for some folks it can be a recurring and serious problem. Lack of sleep should not be underestimated in health terms as it impacts on all parts of your life.

If you're having trouble sleeping, you should consider a trip to the doctor as sleep problems are often a symptom of underlying illness. Fix the underlying problem and your sleep should return to normal.

Obviously if you are going through a difficult time in your life then sleep will be disturbed if you have a lot on your mind. Try to relax and if it helps write your problems down and leave them on a piece of paper, beside you or in your pocket, to think about tomorrow.

This might even be the case if you're sleeping out or in a noisy hostel - underlying problems should still be considered.

If you've been checked and there's nothing wrong, then NHS Direct recommends adopting what is often called "good sleep hygiene." This is easier said than done if you are sleeping rough or living in a hostel, but the advice is still worth repeating. You should establish fixed times for going to bed and getting up. Try to relax before attempting to sleep and avoid napping during the day.

Try to avoid caffeine, nicotine and alcohol late at night.

Exercise during the day can help you sleep, but exercising in the evening can have the opposite effect, heavy meals late in the evening can also disturb sleep.

Lastly, try to avoid checking the clock throughout the night. Good sleep hygiene advice also includes keeping your bedroom area for sleep and sex only and having a warm bath before bed. As a rough sleeper you may find this advice difficult to follow but worth remembering when your circumstances change.

Ear plugs may be useful and there are a number of varieties available from chemists. I find foam ones fall out, and I've had more success with the waxy ones you can squidge into the shape of your ear canal. Eye masks to block out light can be useful, I used one when I was on permanent night shifts and found it helpful although it did make me slightly claustrophobic. It goes without saying that you should be cautious of using ear plugs and eye shields if you are sleeping outdoors as it can make you vulnerable.

There are a number of over-the-counter sleep aids that some people find useful and it's worth going to the chemist and asking a pharmacist for advice on these.

Evidence about whether herbal remedies work is patchy but some people do swear by things like drinking camomile tea and placing lavender oil on their pillow.

If none of the above works then you can seek further advice from a doctor. It may be useful to keep a sleep diary so you and the doctor can see how much sleep you are actually getting. Remember some people need more sleep than others so don't worry if you seem to sleep less than other people. As with most things, it's all about what's normal for you.

Prescription sleeping pills can

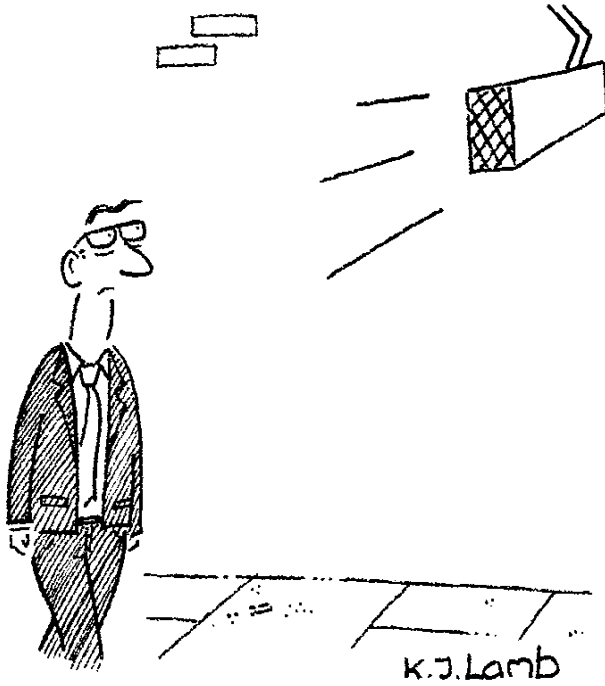
offer short term relief, however they are not a long term solution and as with all medication come with side effects. Best to take medical advice before going down this route.

Cognitive Behavioural Therapy is also helpful for some people and you can ask your doctor about this.

For more sleep advice go to:
NHS Insomnia: <http://bit.ly/ro20ZN>
Boots 10 tips: <http://bit.ly/XdITco>
Mind - CBT: <http://bit.ly/V5m3VO>
<http://sleepstarved.org/>

Remember, if you're worried, don't wait, ask your nurse or GP.

Susie Rathie
Our Nurse Flo



*“Thank you for choosing this pavement, we
hope you’ve enjoyed your journey”*

TELEPHONE SERVICES GLASGOW

Glasgow Shelter Advice Service

0808 800 4444

Mon-Fri: 9am-5pm

Glasgow Street Service

0800 027 7466

Mon-Thurs: 8am-11pm; Fri: 8am-

5pm; Sat: 8am-3pm; Sun: 4-11pm

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/](http://www.thepavement.org.uk/services.htm)

services.htm

WEBSITES EDINBURGH

Homeless Edinburgh

A comprehensive website contain-

ing information about services

in Edinburgh including hostels,

advice and support centres. Also

has information on over 8,000

services outside Edinburgh

www.homelessedinburgh.org

WEBSITES GLASGOW

Homeless Information Pages

Glasgow

Lots of useful information and

advice on homeless services

in and around Glasgow

www.hipinglasgow.com

Frank

0800 776 600

Free 24-hr drug helpline

Get Connected

0808 808 4994

Free advice for young people

(1 pm - 7pm daily)

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 - 11 pm

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

Counselling and crossline helpline

for anyone in emotional crisis.

Also offers face-to-face coun-

selling by appointment

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

homeless / housing crisis

years who are or have been

Working with people over 50

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

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

Nationwide

www.communitylegaladvice.org.uk

Mon-Fri: 9am-8pm;

Sat: 9am-12.30pm

AD, BA, DA, H

Free, confidential service, offer-

ing specialist advice on housing,

benefits, tax credits, debt etc.

Domestic Violence Helpline

0808 2000 247

The Pavement, March 2013 / 25

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 (9.30-11pm)
inside; Supper (6.30am) 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 Rigg, 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

Kagyu Samye Dzong

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

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

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

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 Chylene 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

Cadogan Street

Glasgow G2 7AB
Thurs: 7 - 9pm

Balvicar Street

G42 8QU

SOUP KITCHENS & SOUP RUNS GLASGOW

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

Missionaries of Charity

18 Hopeoun Crescent, EH7 4AY
0131 557 8219
Every day except Thur:
3.45 - 4.30pm

Little Sisters of the Poor

43 Gilmore Place, EH3 9NG
0131 229 5672
Every day 1 - 2pm and 6 - 7pm

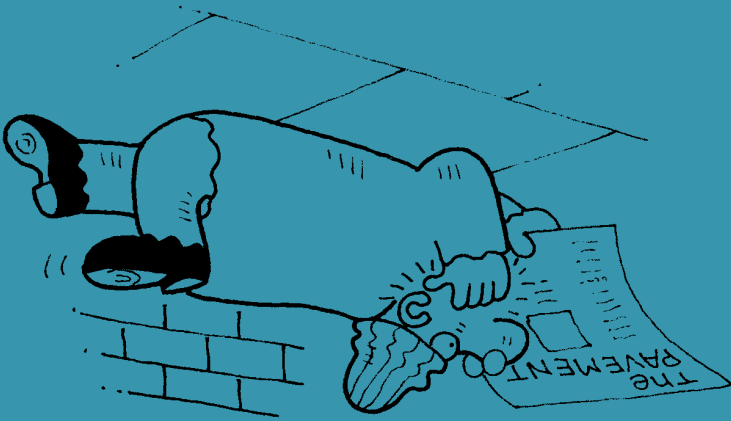
Jericho house

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

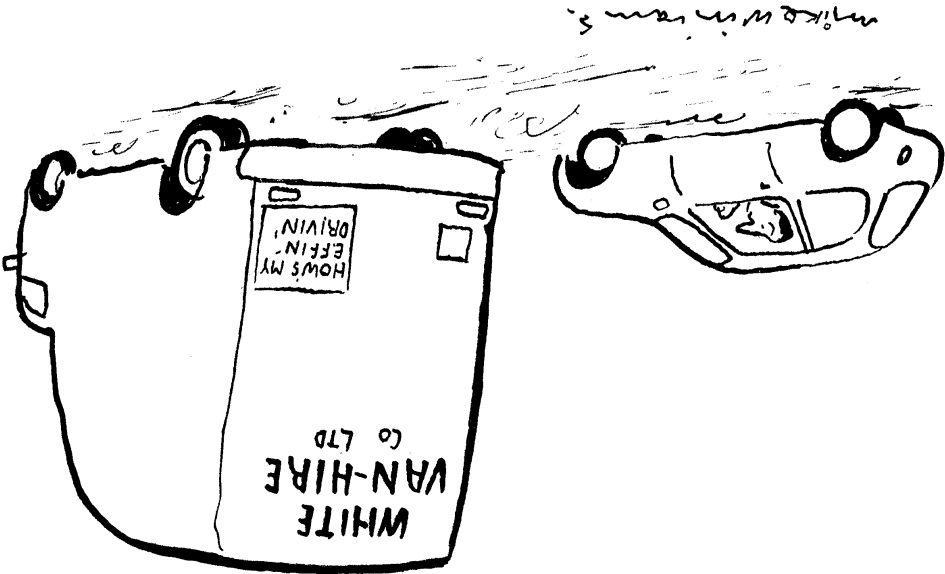
Grassmarket Mission

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

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



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



DRUG / ALCOHOL SERVICES

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

DRUG / ALCOHOL SERVICES 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
GLASGOW DRUG / ALCOHOL SERVICES

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
 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
 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 959 6363
www.casotland.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?
 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-service women
Veterans UK
 0800 169 2277
 Free help and access to dedicated veterans and access to 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 waiting 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
Residential support for youngsters and young, single homeless people

Quarries 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,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

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

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

DIRECT ACCESS HOSTELS/ NIGHTSHELTERS GLASGOW

All with low-support needs

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

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, Caskiemillik, 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 – Kingston
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
Gilmore's Close, Garscumber, EH1 2HD
0131 220 5078
www.homelessedinburgh.org

Women

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

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

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
Mon-Fri: 9am-5pm
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 Rigg, 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) FF

Cowgate Day Centre
see Streetwork Crisis Centre

Crossreach - Church of Scotland

Social Care Council
Charis House, 47 Milton Road
East, Edinburgh, EH1 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 cafe, 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, A, BA, C, DA, ET, FF, F,
H, IT, LF, MS, SH, TS

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
0131 467 1010
AS, AD, A, BS, BE, D, F, H, L, LA
For single homeless people
Emergency accommodation
16 and over; accepts couples
and people with pets
0131 225 1643
AS, BS, BE, H, L, TS

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
AS, BA, 5

Dunedin House

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

