

# thePavement

The *FREE* monthly for Scotland's homeless

Issue 5, March





*“Gawd, you drink like a human”*

# the Pavement

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# The Editor

## The addiction issue

No, we're not suggesting you're an addict. But by doing an addiction issue, we are suggesting that harmful addictions should be of interest all readers.

Even if you abstain, you can't help but come across people smoking or injecting drugs, popping pills or drinking heavily. It goes with the territory. The very nature of homeless life means you're more likely to be exposed to addictions, simply by not having the same privacy to shield yourself from it. You're also amongst a group with higher percentage of people using some substance that helped them on to the street or helped them cope once on it. So this issue has a few articles about common addictions (mostly about substance misuse/abuse, but we do touch on gambling addiction), which anyone should find interesting and useful.

If you're an addict, it's published to keep you informed; and if you're not, or don't think you are, it's to help you understand those who are, even if they don't know it.

On a lighter note, this month we've been inspired by community activists in Renfrewshire who highlighted the decline of homeless council services with an inspired all-night demo – and provided a photo-op – on page 10.

## Karen Chung

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*Get in touch, by post or email, at the address above left*

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# Drugs – part 1

*Admitting you have a problem is the first step to recovery*

The relationship between homelessness and addiction or dependence on alcohol or drugs is well known. Research from the charity Crisis in 2003 found that more than half of homeless people had problems with drink, and 57 per cent were involved in some form of drug abuse. Figures from the same organisation in 2006 stated that four out of five homeless people had problems with substance misuse. Whether this means the numbers are going up is beside the point (at *The Pavement* we know better than to stick to statistics); but it does demonstrate the continued existence of addiction on the streets. The question is whether it being acknowledged.

Anyone who has found themselves in a situation where they are trying to persuade a member of the public to donate money to rough sleepers or service users will, at one time, have been refused with a remark like “They’ll only spend it on booze”. Joe Public’s view of street homelessness has been built from negative images of vagrancy; of people slumped in doorways with bottles covered by paper bags, or squats littered with discarded needles.

And here comes the rub: in order to persuade the public that homelessness is a worthy cause, it seems that the treatment of drug and alcohol abuse has been swept neatly from high on the agenda, and the focus is instead on getting people through the housing system.

It was 2003 when *Big Issue* founder John Bird began his ‘Don’t give money to beggars’ campaign. “People who give are murdering whatever chance those people have of getting off the streets,” Mr Bird said at the time. “By giving them money, you are effectively

cementing them on to the streets because you are not giving them an alternative to street existence.”

The public warmed to his ideas, and in many cases this has had a positive impact; but with the continued need to generate funds, are charities only telling the public half the homeless story?

Hostels offer drug and alcohol services, but it is said with a whisper, not proclaimed out loud. Homeless Link, the umbrella organisation hoping to end homelessness in London by 2012, does not even list addiction under its list of triggers that cause individuals to find themselves without a place to sleep each night, instead looking to the breakdown of relationships with friends or family, or problems with mortgage or rent payments. Perhaps because it is a trigger many would much rather not publicise?

But surely, as any addiction counsellor will tell you, admitting you have a problem is the first step to recovery. Are the organisations working with rough sleepers and service users in denial? And by being so, are they failing to help those who really need it?

The negative stereotypes are, of course, untrue, but they are based on a certain reality: some people do have a crippling dependency on drink or drugs. It is all some people can think about each morning when they wake, or the only way they can fall asleep. For many, it is not the reason they are on the streets, but a coping mechanism. And this is nothing to be ashamed of: some of the most level-headed people need a pint after a tough day, and addiction is a recognised health problem with causes and affects just like any other medical condition. And moreover, there are

means of treating or controlling it.

Could glossing over the continued existence of high numbers of homeless people affected by drink and drug related problems mean that charities (excluding those who work specifically with addiction) can fundraise more easily? Many charitable organisations are in trouble financially, and at a time when they feel they need more funds than ever.

The economic downturn that has spread from the United States to Europe is hitting the poorest hardest. In the UK, the number of repossession orders is expected to rise to 75,000 this year, according to the Council of Mortgage Lenders (see story page 15) and trends in bankruptcy and unemployment follow the same upward line. To put this in plain English: the number of people in need of temporary accommodation, or even on the streets, is set to rise, right at a time when the charities working in this sector are strapped for cash. It is not a surprise; who gives money away when they cannot even pay the rent?

Honesty is the best policy: acknowledging the need for specific support for rough sleepers who have found themselves burdened with an excessive drink – or drug – related problem is crucial. And the organisations working to help need to set the standard.

*Rebecca Wearn*



*"Kids today have it easy, 3 for 2  
offers on talc when they cut their shit"*

*"If they make it through  
this course, they are  
welcome to stay as long as  
they need"*



# Drugs – part 2

*Going cold turkey is not the answer in one hostel*

Hostels are having to reconsider how they work with drug addiction. Last year's Homeless Link report suggested housing and treatment services needed to work more closely together or risk reinforcing rather than treating abuse. So this month, *The Pavement* has looked at one endeavour which challenges rehabilitation methods by welcoming addicts with open arms.

Last November, more than a dozen rough sleepers in London were hospitalised with severe adverse reactions to contaminated heroin, and we asked whether enforcing a zero-tolerance approach towards drug abuse would protect service users. One hostel worker reacted angrily: how would hiding addiction ever see it treated affectively?

"If we had not known what they were using, how would we have been able to help them?" asks Stephen Davies, support manager at King George's hostel in London, whose residents used the contaminated heroin. He claims that Because his organisation encourages openness about drugs use, they are in a better position to support residents.

"We have heard horror stories about rough sleepers lying to get themselves into hostels, and then hiding their drink and drugs. People will be worried about telling their key workers about bad hits for fear of being punished," he explains. "But if someone knows, they can be open about what they do, and be open with their case workers, then we can build a better relationship with them."

New King George's Hostel residents have to undertake a six-week course about the dangers of drug abuse, and have blood

tests to ascertain how seriously their usage has affected them. "If they make it through this course, they are welcome to stay as long as they need," says Mr Davies.

Using residents, typically crack or heroin addicts, stay with other addicts in self-catered flats, with private bedrooms and shared facilities. On the second floor, relatively new residents who have not yet stopped using drugs live together. As it becomes apparent they want to stop using, or reduce their medication, they move up a floor. On the top (fourth) floor, former addicts stay together while they wait for a place in temporary accommodation or apply for a council flat.

Craig is 32 and until he arrived at King George's, had been using crack and heroin for more than a decade. After more than a year at King George's, he feels this is the only system to have helped him - and his relationship with the staff was crucial.

"Some hostels have a high staff turnover, so you end up telling your story over and over again to different people. When you are an addict, you need to feel you can approach and trust people," he says. "There is someone there if you need them, but you can only get clean if you want to – it has to be your choice."

Craig served time in prison, where he experienced the worst treatment for his dependency.

"If you end up in prison for 10 days and then you are out, that is too much pressure on you to stop too quickly," he explains. "You can have your methadone, but it is reduced very quickly. The screws will just ask: 'Do you want it or not?' So a little bit is better than climbing up the walls." Going cold turkey, in his view, did more harm than good.

Downstairs, 21-year-old Matt has been clean for just a few weeks and is trying to reduce his methadone dosage by 5ml each week. It is a target he has set himself. He has been in four hostels in four years but this is the first time he has felt compelled to stop.

"I have been looked at [in other hostels] with such contempt. Some people think you are just a junkie," he says. "I know they are there to help you, they must have to deal with people like me all the time, but the staff will speak down to you, speak to you like you are dirt. Here, there are not a lot of people who have not experienced drugs."

Perhaps it is not dissimilar from telling a contrary person not to do something, thus making them wanting to do it more, but the hostel's hands-off approach to drug addiction appears to be working. Mr Davies says they are now getting inquiries from other hostels about how to work. But perhaps it is simply allowing residents to think for themselves that is really getting through. "When you are addicted, you cannot look at someone and say you have solved it spot on," says another resident, Keffen. "I know we all think in different ways. But it is the same drug, and you are all looking for the same thing."

*Rebecca Wearn*

# Scottish news

*All the stories, from across Scotland, for those on the street or in hostels*

## Close for comfort?

A one-day conference at Glasgow City Chambers assessed the impact of the closure of two hostels for homeless men in Glasgow. The results indicate a significant improvement in the lives of the majority of former residents.

Based on extensive interviews with ex-residents and homelessness service providers, attendees include Lord Provost Bob Winter and Ms Nicola Sturgeon MSP, Cabinet Secretary for Health and Well-Being, as well as a number of renowned homelessness and housing professionals.

The Glasgow Hostel Closure and Re-provisioning programme ended last March, with the closure of James Duncan House; with the earlier closures of Robertson House in February 2005 and Peter McCann House in September 2006, the city lost nearly 700 hostel beds.

These were replaced by a much wider range of emergency and supported accommodation projects, with specific support for people with addictions, mental health issues, learning disabilities, old age and alcohol-related brain damage. Of these, 620 beds are now provided in small scale units, while 4100 households supported by twenty-four floating support services in either emergency, temporary or permanent accommodation. The number of temporary flats in the city has trebled from 600 to 1800 over the course of the programme.

A reported 82 per cent of ex-residents were happy with accommodation after leaving the hostel, while 83 per cent of hostel ex-residents indicated their lives were 'much better' or 'better' than when

they had been living in a hostel.

Lord Provost Bob Winter welcomed the findings of the evaluation and believes they can provide the basis for future work. He said: "The Council and, in particular, Glasgow Homelessness Partnership can be very pleased with the results of these studies. A huge effort has gone into transforming our provision for those unfortunate to become homeless in recent times. The difference between what was offered five years ago and what is offered now is quite stark."

Depute First Minister Nicola Sturgeon added: "The re-provisioned services in Glasgow will be an important touchstone as we move towards the 2012 homelessness target across Scotland."

Follow-up research is due to begin later this year and this will include further interviews with all of the 89 ex-residents who participated so far.

*Eugenia Cabaleiro Pereira*

## Concerned citizens

Citizens Advice Scotland has reported a serious rise in queries over homelessness. In the last financial year advisers at offices across Scotland dealt with 8,000 queries. Citizens Advice Scotland spokesman said the 8,000 cases involved "actual or threatened homelessness" and that the numbers had doubled in the past nine years. Figures show that the organization is now dealing with 150 new cases related to homelessness a week.

By the time people come to Citizens Advisor, according to Citizens Adviser Vincent Chuddy, "they are at an advanced stage of debt"

– although he added that it's never too late to do something about it.

As a reaction to reports, Citizens Advice Scotland has called on the Scottish Government and local authorities to work together. A Scottish Government spokesman said: "This government is doing all it can to meet the 2012 homelessness target and help those facing the threat of repossession as the economic recession bites." He said an extra £10m had been invested in a fund to help homeowners struggling with mortgage repayments. The government had also put £2.4m into projects across Scotland to help improve the lives of people who were homeless or at risk of losing their home. "We are bringing forward legislation and guidance to ensure more effective prevention of homelessness."

Scotland can still meet its target of abolishing homelessness, despite an increase in the number of people losing their homes because of repossession. The 2012 Homelessness Target is the Scottish government's legislation stating, that everyone who is homeless would have the right to a permanent home by 2012. Currently, only people designated to be in 'priority need' – generally families with children – have the right to permanent homes. Everyone else has access to only temporary accommodation and support.

After revealing the Citizens Advice reports, Housing charity Shelter Scotland has organized a one-day conference, held in Edinburgh on 5<sup>th</sup> February 2009, to discuss what can be done to prevent people from homelessness.

Speaking ahead of the conference, Shelter Scotland director Graeme Brown said: "Avoiding



homelessness, particularly in these uncertain times, is a priority not just for those families who face the prospect of losing their home but also to make sure Scotland lives up to its international reputation and meets the 2012 homelessness target.”

Ania Golinska

## New minister

Shelter Scotland praised the contribution former Communities Minister Stewart Maxwell has made following the news he has been replaced in a government reshuffle. The charity also welcomed the appointment of Alex Neil as new Communities Minister – urging him to breathe new life into Scotland’s internationally acclaimed housing target.

Graeme Brown, Shelter’s

Director, said: “Stewart Maxwell has shown strong commitment to his portfolio during his time as Communities Minister. Alex Neil comes with a strong track record campaigning on social justice issues. I am sure he will want to make ending homelessness in Scotland by 2012 his top priority.”

## Staff

### One in thirty young scots homeless

According to a new briefing from Citizens Advice, government figures show almost 20,000 young Scots aged between 16 and 24 were registered as homeless in 2006/07, or almost one in 30 young people. This figure excludes those who are sofa surfing or staying with

friends. The CAS said that their advisers dealt with 22 new cases of homelessness per day – a 100 per cent increase since 2000.

Other key findings suggest that there are around 30,000 children in families who have applied to be considered homeless – with three quarters of them under the age of 12. Many families with three or more children are living in cramped temporary accommodation (e.g. bed and breakfast) for months – despite the fact that the maximum time is supposed to be two weeks.

Worryingly, the charity also reported people with mental health problems, who are hospitalized for a period of treatment losing their tenancy – some have reported returning home to find the locks have been changed.

Imran Ali

## Supporting Scottish life

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## Private Sector Leasing

An Edinburgh scheme which houses the capital's homeless in private flats and houses is set to be expanded as city leaders struggle to meet demand for affordable housing. Around 1500 of the city's homeless population has been housed using Private Sector Leasing (PSL) over the past three years.

The initiative works by the city council leasing properties from private owners for up to five years and then letting them, at a subsidised rate, to people who are homeless.

City leaders claim the scheme has proven to be an important first step in getting the homeless into more permanent, subsidised, affordable housing.

The slowdown in the construction industry due to the recession, coupled with an urgent need for some 12,000 affordable homes in Edinburgh, means council chiefs are planning to snap up more private properties to house the homeless.

Council statistics show that 42 per cent of households currently living in PSL homes are working, compared to just 17 per cent of homeless people living in temporary accommodation such as B&Bs.

Moves to expand the PSL scheme will help the city council meet its obligation to provide a home for everyone who is homeless by 2012. A survey carried out by the council claims that around 90 per cent of all landlords and tenants involved in the scheme have had positive experiences.

Housing groups today welcomed moves to expand PSL, but insisted that the longer-term goal must still be more affordable housing.

Councillor Paul Edie, the city's housing leader, said: "It is an essential part of our strategy to help prevent homelessness in the city and other Scottish local authorities are following our lead by setting up similar schemes.

"It is something that has proved to work, for landlords, tenants and neighbours, but it does not distract us from our longer-term goal of building more affordable housing to buy and rent in the city."

The council contributes £2 million a year to putting up homeless people in B&Bs or into privately owned flats because there is not enough homeless accommodation or affordable housing.

The council has plans to build around 6700 new affordable homes over the next five years – but can only do so by attracting extra funding from the Scottish Government.

The Lib Dem-led administration is also still pressing for the Treasury to cancel the city's housing debt. An average of 130 people bid for every council home that becomes available to let and demand for affordable housing is likely to boom in the coming years.

*Imran Ali*



## Roughing it in Renfrewshire

Scottish Socialist Party (SSP) members Jimmy Kerr and Dougie Canning camped outside Renfrewshire Council offices (pictured left) earlier this month to highlight the plight of rough sleepers in Paisley, since changes in the George Street homeless service saw numbers attending the facility tumble. The activists camped out in sleeping bags and pyjamas and held up a signpost to liken the decline of the provision to a 'signposting service'.

Community activist Jimmy Kerr, said: "It is a disgrace that such a great service was deliberately run down, sanitised, undermined and demolished by Renfrewshire Council. The old service provided food, advocacy, GP cover, dental cover and much more. It was based on a support model, reaching out to homeless people and dealing with their problems. The new model is based on signposting and making the figures look good. It is a way for Renfrewshire Council to pretend that they are doing something when they are not."

SSP Renfrewshire and former project manager Johnny Collins are now working on a project to bring an independent service back to Paisley, by securing funding from public and private sources. SSP Renfrewshire hopes that its campaign to highlight homelessness and rough sleeping will raise the issue and help him secure the funding.

The branch has also promised real practical help, Jimmy Kerr, campaigns co-ordinator at the branch, is hoping to use local community networks to attract more volunteers.

*Staff*

# Fifteen below

*Innovation from a country used to cold weather*

A waterproof, windproof and lightweight jacket that can be stuffed with newspaper to help rough sleepers keep warm has been launched in Canada.

More than 3,000 have already been handed out to help some of Canada's 300,000 homeless people brave the country's sub-zero winters; and the company behind the project, Taxi Canada Inc., hopes that with sponsorship, the jacket can be rolled out in other countries too.

The coat's name, 15 Below, represents the temperature at which Cold Weather Alerts are issued in Canada (-15°C, or 5°F). But although the alerts prompt shelters to make extra spaces available for the night, and to relax curfews and service restrictions, not everyone can get off the streets, even though temperatures can plummet to below -30°C.

The jacket was the brainchild of advertising guru Steve Mykolyn, who came up with the idea after seeing a homeless man huddled next to a heating vent as he walked home from a basketball game on a freezing February night in 2007. He challenged his company, Taxi, to find a creative way to "give back" to the community.

He said: "Unstuffed, it serves as a windbreaker and raincoat. It is super functional, really well made and well designed." The pockets in the hood, chest, back and arms can be stuffed with crumpled newspapers, magazines and flyers to provide insulation. It also folds easily, to be worn as a backpack or used as a pillow, and is lightweight enough to be worn as a raincoat in warmer seasons.

Dion Oxford, director of the Gateway shelter, where the jackets were launched, said: "Initially, it

sounded like a bit of a joke to us. But the more we thought of it, the more we realised that it was a very smart, practical and functional idea.

"These coats can be worn three seasons of the year. People on the street don't have places to store things, so they will often wear a winter coat for the winter and then discard it, or wear it in the summer and become dangerously overheated."

January and February are often the hardest months of the year for those in street mission, and "these coats will help us through that season", he added.

Mr Mykolyn – who has produced campaigns for brands including Sony, Levi's, Nike and Mini – developed the jacket with top fashion designer Lida Baday.

To test the jacket's insulation, he spent eight hours inside an industrial freezer, at temperatures of -28°C. But the jacket's real test will be on Canada's frozen streets, where temperatures in some cities during the northern winter can plunge to -30°C (-22°F), or even lower.

Mr Mykolyn added: "There is now one more tool – in a whole toolbox of solutions – to help a homeless person get through the night and through the winter."

The Salvation Army has been handing out the coats in soup kitchens and shelters across Canada since November. "The jacket will keep somebody alive," said their spokesman Jonathan Michel, who recently helped to hand out 500 at a soup kitchen in the western Canadian city of Vancouver. "It's brilliant, really. You can stuff it with newspapers, which is a good insulator." Sigrid Mahr, of the Salvation Army, said: "It's waterproof and

windproof, so it's perfect for the fall, and in the winter they can wear it if they stuff it with newspaper."

Celebrities including Michael Caine, Elton John, Norman Jewison, Nelly Furtado and Jon Stewart have signed jackets, which were then auctioned online, raising more than \$8,000 (£5,500) for the Salvation Army's distribution.

The 15 Below jacket is constructed of black Aquamax, laminated with a non-porous hydrophilic membrane. The fabric is waterproof, windproof, lightweight yet strong and durable, as well as breathable.

Cyclists in the Tour de France slip newspapers under their jerseys on mountain summits to reduce the chill on subsequent descent, and Mr Mykolyn learned from researchers that cellulose insulation, common in homes, is often made from recycled newspaper. He said the jackets could be distributed in other countries if a corporate sponsor could be found to fund the project.

*Rebecca Evans*

# News-in-Brief

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

## Six homeless charged with murder

Six rough sleepers have been charged with the murder of a fellow homeless man whose body was found in a disused office block.

Police said the body of Tomasz Bundyra, 28, of Poland, was found dead in the building in Waterloo, London. He is believed to have died on or before 26<sup>th</sup> January.

The six men appeared at Camberwell Magistrates Court and were remanded in custody to appear at the Old Bailey on 8<sup>th</sup> May. Three (Pawl Synoweich, Dariusz Glusek and Janusz Lont) are in their 20s; two (Igor Volosin and Tomasz Bobola) are in their 30s; and one, Kristov Skobel, is in his late 40s. All were registered as no fixed abode.

David Clover, interim manager at the Webber Street day centre, nearby where Mr Bundyra was found, said the centre, which offers services to homeless people, was “shocked” to hear what has happened.

*Naomi Osinnowo*

## Poncho “ongoing”not “restarting”

Rough sleepers in the City of London have reported being taunted about the return of Operation Poncho.

They contacted *The Pavement* with their concerns that the City of London Police and Corporation of London policy, which sees rough sleepers woken in the middle of the night to have the area they sleep in cleaned with a cold water

bowser, is about to re-start. But a spokesperson for City of London Police said that Operation Poncho was an on-going policy to remove rough sleepers from the streets, adding there was no stopping or starting on police endeavours to move people indoors, particularly during cold weather.

Readers have claimed that staff at Snow Hill police station, in the Square Mile of London, had been “taking delight in trying to wind people up” about the re-introduction of Operation Poncho.

Groups of rough sleepers in the area were told that they could expect to see the bowser again the following Monday in January, but none appeared. Rough sleepers who have experienced Operation Poncho have reported feeling anxious about being woken up in the night, the disorientation of having their sleep disturbed and a deterioration in health from nights without peace.

*Rebecca Wearn*

## Counting heads in the cold

Almost 230 people took advantage of winter shelters and extra accommodation provided around London during the latest spell of freezing weather.

Last month saw the temperature drop well below zero on Saturday 7<sup>th</sup> and Sunday 8<sup>th</sup>, putting London’s winter shelters under severe pressure to accommodate extra people.

When the Met Office warns that temperatures will drop below zero, local authorities have to follow the Severe Weather Emergency Protocol (SWEP), providing extra

beds, adding to those provided by hostels and winter shelters provided by churches and charities.

A St Mungo’s spokesperson said one of its Islington shelters accommodated up to 60 people between 31<sup>st</sup> January and 17<sup>th</sup> February. The West London Churches Winter Shelter also had high occupancy, offering relief from the cold to 35 people during the coldest nights of last month.

The figures found by *The Pavement* offer interesting reading, as they show some boroughs may have considerably more rough sleepers than the government claims.

For instance, according to the latest government estimate from June last year, four people sleep rough in the borough of Hackney, London; however, 25 people are understood to have slept at the Hackney Winter Night Shelter on the nights of the 7<sup>th</sup> and 8<sup>th</sup> of February. The government also estimates that only two people sleep rough in Lewisham, while the 999 Club said 11 people slept there over the same period.

An industry insider, who asked not to be named, shed some light on such differences: “Nobody would seriously argue that the street count figures on homelessness are accurate, given the weak methodology, which involves just counting people seen at the side of main streets, and given the heavy policing work carried out to move people on before street counts.”

“Those figures miss out people who are on the margins: people who don’t settle down anywhere, who don’t have work, who spend time living in squats or at friends’. They are as homeless and as vulnerable as anybody, and they will take up the offer of a bed when one is made



*“When you walk through a storm, hold  
your head up high...”*

available in a winter shelters.”

Many of the winter shelters surveyed by *The Pavement* said they had fewer beds to offer than people demanding one, which meant some people had to be put on ‘waiting lists’.

Eastern European immigrants in London, the so-called A10 nationals, are not always counted in official figures, as most day centres cannot provide help to people who do not claim benefits.

*Carlo Svaluto Moreolo*

## Attack at Whitechapel Mission

*The Pavement* has confirmed rumours that a day centre staff member had his finger badly bitten in an unprovoked attack on 3<sup>rd</sup> February.

The staff member was cleaning the showers at the Whitechapel Mission in London when Adelaja Salami, 55, almost bit off his finger. The bite went through the bone, leaving only a piece of skin connecting his finger to his hand. The staff member, who cannot be named, was taken to hospital but has now returned to work.

Mr Salami, who has no fixed abode, has been charged with grievous bodily harm. He appeared in the Thames Magistrate Court on 4<sup>th</sup> February. Whitechapel Mission was unavailable for comment.

*Clarissa Sebag-Montefiore*

## Street drinking measures spread

Islington council, London, is to introduce widespread measures to combat street drinking in the Archway and Upper Holloway area.

Responding to a poll about

the issues that most affect local residents, the council is implementing a range of measures to ‘clean up’ the area, including regular street patrols, which will be run by the council and police, with support from drugs and alcohol charity the Pilion Trust for 10 weeks, beginning in early February.

The Better Archway Forum wants a ban on street drinking in Archway and Upper Holloway, and a restriction on the increasing number of local shops licensed to sell alcohol. Similar schemes, spurred on by resident’s associations, have been put in place around King’s Cross and Westminster, though detractors have pointed out that such schemes can simply drive street drinkers into different areas, rather than providing them with necessary care and support.

*Jim O’Reilly*

## Spike Surplus shut down

Southwark Council has shut down a thriving community centre that has given shelter to more than a million homeless people during its 150-year history. The Spike Surplus Centre in Peckham, South London, was closed after the council secured an eviction notice.

Once described as “Britain’s greatest single landmark of Christian charity”, it had been an alternative refuge for more than 150 years, having first been settled by nuns, and subsequently used as a poor house. In recent times, Spike had been a bustling project, offering courses on everything from IT and drama to yoga and gardening.

But in December, Southwark Council, who own the building, decided they wanted to sell off the land and on 12<sup>th</sup> February, police and bailiffs turned up at 6.30am to turf everyone out.

Spike members had to vacate the building immediately, leaving

behind some of their belongings and an 11-year-old cat called Oscar. “We knew we were going to have to leave,” said volunteer Paul Kelly, “but they could have had the courtesy to tell us when.”

“We have asked repeatedly to be told when we would be kicked out, so we could be prepared, but we were always told we would have two weeks’ notice. So when we were woken this morning by loads of police, it was quite scary.”

The centre, which had been used by hundreds of residents, featured a recording studio, exercise classes and garden.

Southwark Council had refused an earlier offer from Spike to buy the land.

A spike was the section of a Victorian workhouse where homeless could go to eat, bathe and sleep for the night.

*Rebecca Evans*

## Man burnt in a bag

*The Pavement* now has more details on a homeless man who started the year covered in burns after his sleeping bag caught fire (reported in the last issue).

The unnamed victim, thought to be local and his 30s, had made his home in the bushes of a former Kwiksavé car park in Colne, Lancashire, and was sleeping at the time of the fire.

Despite being housed practically next door, the fire engine was forced to travel round a one-way system and through the town centre before reaching the blaze on 28<sup>th</sup> December 2008.

The man was taken by ambulance to Airedale Hospital, where it is understood he was treated for burnt hands and back.

*Katy Taylor*

## Look Ahead: “No Comment”

Homeless organisation and hostel owner Look Ahead has declined to comment on claims that the organisation is closing down Aldgate hostel and making changes to Victoria's, both in London

A spokeswoman said: “We have made no plans for our hostels, and for that reason we have no comment.”

*Naomi Osinnowo*

## Repossessions on the rise

The Council of Mortgage Lenders has announced that home repossessions in the UK had risen by 54 per cent to 40,000, and is expected to increase further in 2009. This has been putting pressure on local authorities to cater for ever-increasing numbers of people finding themselves homeless.

Last month, a man from the West Midlands was found living in a tent near the Ledbury bypass in Herefordshire after losing his job and being evicted from his home. Alan Gabb said he had been left with no option because as a single man with no dependents, over-stretched local authorities were unable to re-house him.

Though a council spokesman said they could “signpost him to places where he is most likely to get advice”, Mr Gabb would be at the tail-end of a 5,000-strong waiting list for homes in the area.

A local resident has offered Mr Gabb a room as a result of the media exposure. He said: “I just need some help to get back on the ladder and sort my life out”.

*Jim O'Reilly*

## Gambling clinic opened

The NHS has launched its first clinic to help gambling addicts as part of a 12-month trial which it hopes will improve understanding of how to tackle the addiction.

Based in Soho, London, the National Problem Gambling Clinic will support addicts and their families living in England and Wales through psychiatric and psychological treatment.

As well as providing health services, the clinic will offer debt management advice, and financial and employment guidance. The clinic can be accessed by self-referral or referral by other agencies or organisations. Contact can be made in person.

Figures released in 2007 warned that nearly 250,000 people had a severe gambling problem. A study published just before the government announced it was going to liberalise gambling laws in 2005 revealed that in Australia, where gambling laws had been relaxed for longer, more than 38 per cent of people linked their homelessness to gambling. In the UK, this figure was only four per cent.

*Nathan Bleaken*

## Toxic Terry on Facebook

With 1,458 ‘friends’, it might seem like everyone wants Toxic Terry around, but Preston's homeless, petrol-drinking criminal icon has recently been sent to prison for breaching an ASBO.

Despite years of abusing his own body and the police, support for him continues to grow. Almost 3,000 people have signed up as Terry Ashcroft's ‘fans’ social network site Facebook, proving the solvent sniffer's growing popularity with the public, if not the authorities.

Fan Peter Goring explained his appeal: “I just like his character

– the fact that rules are oblivious to him and doesn't have a clue what's going on around him”.

Renowned for setting himself on fire, ‘TT’ has been slapped with ASBOs since 2004 in an attempt to stop him abusing the police and making hoax 999 calls, to keep him away from petrol stations and to prevent him from carrying solvent – all without success.

The 36-year-old has now been banged up until the end of April, but messages of support are still regularly posted on his Toxic Terry Fan Club Facebook page.

Fans seem oblivious to Terry's numerous crimes, which include “offending public decency” by having sex on camera.

*Katy Taylor*

## Credit crunch munch

Homeless people in Coventry were invited to clear the shelves of a delicatessen forced to close because of the credit crunch.

The owners of Polish-run Alma's donated their remaining stock to the homeless after the business went into liquidation last month. Alex Ignatowicz said he was delighted some good could come out of the sad decision to close: “We had so much food there was no way we could throw it all in the bin, so rather than see it go to waste we decided to put it to some good use.

“There was no point beating ourselves up about Alma's closing, and we believed it was important that all the canned and tinned food went to people who needed it most, like the homeless.

“My mother Aniela, who was in Poland during the Second World War, knew what it felt like to go to bed hungry. It would have broken her heart to see all that good food go to waste.”



"Cashier number seven..."



The generous gesture is expected to save local homeless shelter Norton House around £3,000 in money they would have spent on food.

Rough sleeper Dave Rizakous, 53, said: "All this food has been a godsend. It's good to know people have good hearts and think of the needy."

*Rebecca Evans*

## Holmes and the homeless

A rough sleeper has found fame starring alongside Jude Law and Robert Downey Jr in Guy Ritchie's new Sherlock Holmes film.

Raymond Emanuel, 56, was scouted when leaving a cinema last October and paid £95 for a day's work on set. In the film, due for release this autumn, he plays a distinguished-looking Tory MP in the House of Commons.

Mr Emanuel, who had been sleeping rough in a shop doorway for seven months, said: "I looked like a mad professor and was told I was a natural actor. To be stood as close as three feet from the director and all the stars and watch the technicians work was amazing."

He added that he had "earned a fortune" from selling his story to papers as far away as India and Australia and to the New York Times in America. The budding actor now has his own Hollywood agent, and moved into private accommodation three weeks ago with the help of the English Churches Housing Group.

Susan Littlemore, an ECHG spokesperson, said: "It couldn't have happened to a nicer guy. He challenges the stereotypes. He is someone who wants to engage and wants to move on. Good luck to him."

*Clarissa Sebag-Montefiore*

## Hope for homeless in-patients

Having reported the problem of homeless in-patients either being discharged to the street or bed blocking (see Issue 32, London edition), *The Pavement* is glad to see one NHS trust taking the problem seriously.

A job advert posted on 17th February states the Guys & St Thomas NHS trust, London, are looking for a homeless patients discharge co-ordinator. This full-time job must be a step in the right direction, but whether they'll be able to find anywhere safe to discharge people to without a benefits claim or right-to-remain is another matter.

*Staff*



## What a waste

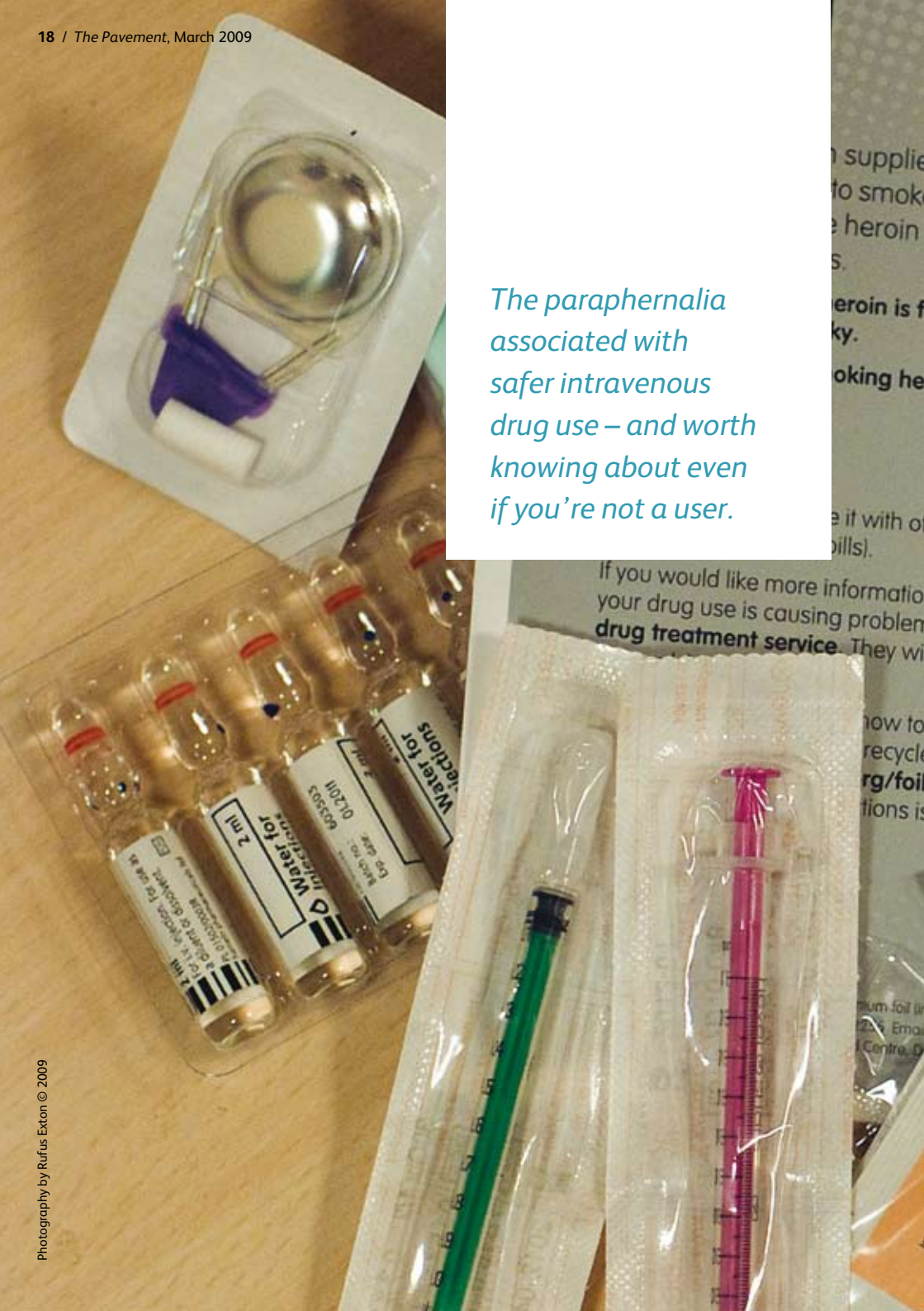
We don't keep our fresh, natural food overnight to sell the following day. We never have and we never will.

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 Edward Metcalfe on 020 7932 3339.

★ PRET A MANGER ★

*The paraphernalia associated with safer intravenous drug use – and worth knowing about even if you're not a user.*



ed to encourage people  
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to make contact with

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her drugs such as

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ns, **contact your local**  
ll be able to give you

chase and  
e' on our website:  
The password  
s: HarmRedu

terile  
infir

VitC d. NX  
ASCORbic ACID 500 mg  
www.danielsNX.co.uk  
01885 3718

**safe snap**  
amp snapper  
never open a glass amp without one

- 1 Put ampoule in the safe snap with the blue dot facing out
- 2 Close and snap
- 3 Leave ampoule in place
- 4 Dispose of the safe snap
- 5 Do not save any ampoules

**Uhs**  
Universal Hospital Supplies

**Alcotip Swab**  
70% Isopropyl Alcohol

FOR PERSONAL USE ONLY

**loma**  
taschentücher /  
kerchiefs

never@shore



# STREET SHIELD

EPISODE 3

THE  
DEMON  
DRINK



BEFORE  
STRENGTH!

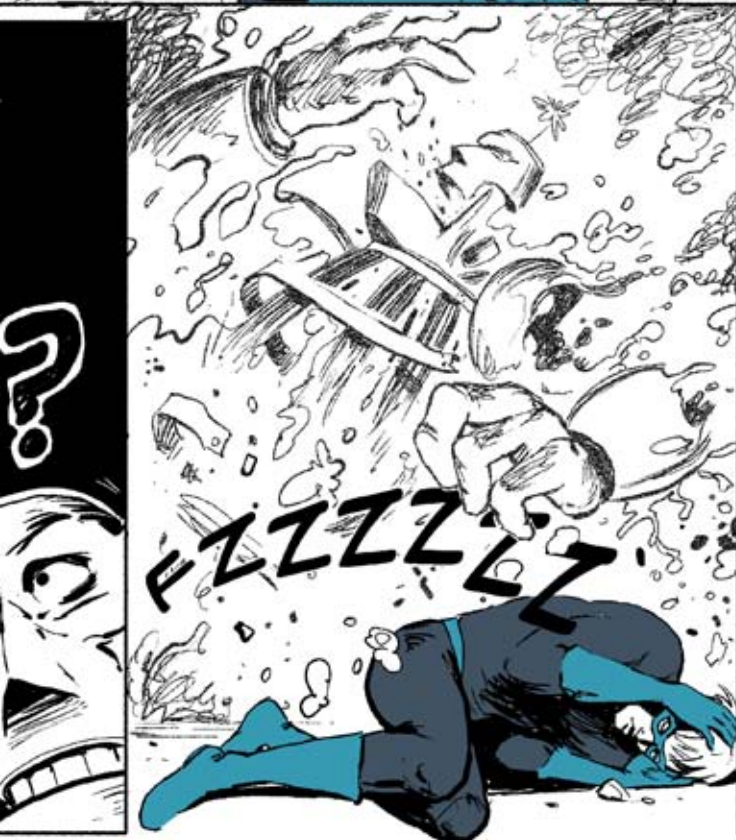
Subside  
Centre

SOON YOU SHALL FEEL THE  
FULL EFFECT OF MY POWER!

HEAD  
SPINNING!

D'YOU THINK  
WE SHOULD DO  
SOMETHING?

LOOKS LIKE  
IT'S UP TO US  
THIS TIME.



I CAN'T  
BELIEVE YOU  
DRINK THAT  
EVERY DAY!



NEXT MONTH THE VILLAINS  
ON THE STREET!



# Ask Agnes

*Our agony aunt answers a self-confessed addict's questions*

Dear Agnes,  
I'm wondering if you can offer me any assistance? I am addicted to gambling and alcohol. About six months ago, I decided I'd had enough and got help to quit my problems. Sadly, it's been impossible to see any treatment through as no one has been willing to help me with both things at the same time, which is what I want. Cold turkey is the only way forward for me! Best wishes,

**Biniam**  
42, Glasgow

Dear Biniam,  
While I cannot help but admire your determination to take on so much so quickly, you should know by now that Agnes is the last person to advocate drastic change! Try thinking about it this way: if you have just one grain of wheat, you can eventually harvest a whole crop. No doubt it will take a while, but it's more than likely you will succeed. Not to mention that along the way, you will learn an awful lot about farming as you are required to nurture each shoot individually.

I believe change is similar. If you make just one small change for the better and let it grow inside you, you will find other things change naturally and without as much effort and struggle on your part. And the changes grow and spread through you, and you find yourself, eventually, inhabiting a very different place. Plus, you will learn a lot about yourself along the way as you focus on smaller parts of your behaviour.

Of course, the spread of changes can work both ways – change for the better or for the worse. Which brings me to your specific problem: gambling and alcohol.



Which came first and started the ball rolling downhill? In most cases, I imagine that the alcohol is the precursor. Naturally, there will be exceptions, but I'm guessing that even if you were a gambler before you were a heavy drinker, it was the heavy drinking that prompted the gambling to spiral out of control and become a problem.

Now, as I said above, this isn't my area of expertise so I am – to an extent – guessing. Why would I come to these conclusions you may (and should!) ask? Well, it's commonly known that alcohol has many unpleasant side effects: poor sleep, depression, emotional or violent outbursts, hangovers and more, all of which skew our thinking to a greater or lesser degree, causing us to make bad judgement calls.

With this in mind, I wonder

whether, if you set to work cutting down your alcohol use, you might find that the gambling became less and less of a problem without you having to put in very much effort at all? Of course, this would be very useful for you, as tackling an alcohol problem in itself will require a huge amount of effort on your part plus support from a specialised agency.

So, seek help and good luck with it. Please let us know how you get on.

**Agnes**

To contact your agony aunt, email: [agnes@thepavement.org.uk](mailto:agnes@thepavement.org.uk) or readers throughout the UK can write to her at the address on page 3

# Foot care

## *Drugs and the feet – how they can suffer*

Your feet are at risk if you use drugs of any kind. Tobacco and alcohol have a huge impact on the leg and foot, but drugs – whether you snort, swallow, smoke or inject them – can seriously damage your feet, and by far the most serious risk to your lower limbs is injecting into the foot area. If you repeatedly use a single vein ('intravenous' means 'into the vein'), it may collapse or harden.

Because people find it easier to use two hands to inject a drug (one for the tourniquet to control blood flow; the other to administer the drug), they often use a leg. Feet are particularly easy to reach, as you can turn them to reach the veins around the ankles. Many drug users, particularly women, inject into less visible areas such as the leg and foot so they can cover the telltale signs with clothing and footwear.

You can easily see many veins near the surface of the skin, and the larger ones in the foot are easily accessible and visible. On the top of the foot is the dorsal venous arch, the bluish vein snaking across the top of the foot just before the toes. Inside the leg at the ankle, it drains into the long saphenous vein (the longest vein in the body); and, on the outside of the leg, into the short saphenous vein. All of these are of a reasonable diameter and are highly visible in the resting foot, especially when the limb is warm. The foot, therefore, is easy and convenient to access.

If you inject drugs intravenously into your foot, immediate complications can include ulceration, swelling, infection and skin breakdown at the sites of injection. Low-grade chronic foot infections are also common. Longer-term complications tend to include a loss of sensation in the

foot due to nerve damage following repeated injection. (Damage to the nerves can also make the foot, which has a large number of nerves, oversensitive.) You can also get circulation problems: the toenails may thicken in response; or alternatively may become brittle, with a thinning of the nail plate.

The most serious threat to foot health with intravenous drug abuse is the risk of accidental intra-arterial injection when the drug is injected into an artery instead of the vein. This is easy to do by accident – arteries often run close beside veins, and many in the lower limb and foot are near the surface of the skin in places. From the foot, blood travels back to the heart from the smaller veins on the top of the foot, through the bigger veins in the leg, with the veins getting wider they get closer to the heart.

Arteries, on the other hand, are wide as they exit the heart, and narrow as they travel towards the foot. Thus, if grainy fluid is injected into the arteries, it will pass into smaller and smaller vessels and may get stuck, causing a blockage. If you inject the drug into a leg or foot artery by mistake, the results can be catastrophic. Common signs and symptoms include a cramping of the whole limb, mottled purplish-red discolouring of the limb, pain and severe swelling. Ultimately, accidental intra-arterial injection can result in the loss of the toes or the limb.

So take care of your pair: if you have to use drugs, then do it safely.

*Evelyn Weir*  
Lecturer in Podiatry  
Queen Margaret University  
Edinburgh



K.J. Lamb

*"Yes, I'll hold"*

# Dear Flo

## *Our nurse on needlestick injuries and the dangers of sharing*

Recently, I met someone who had contracted HIV from a needlestick injury. Someone else contracted Hep C from sharing spoons. If these were isolated incidents, it might be not be so shocking; but the truth is that most drug users I meet have known risks for contracting infections. And it's not just users but anyone who comes into contact with drug paraphernalia: last year, someone clearing his living space of other peoples' drug equipment developed acute Hep B. What these incidents suggest is that there's never a safe needlestick injury and recapping other people's needles is not advised! Obviously, prevention is best, and if you're tired, distracted or simply desperate for a fix, then do take extra care.

Below is a simple set of guidelines for what to do, if you do have a needlestick. The ideal time to get treatment is within an hour, as Post-Exposure Prophylaxis (PEP) can be given to prevent transmission of HIV:

- *Bleed the wound by squeezing the area around it*
- *Wash the area with soapy water*
- *Go to your doctor or*

*A&E as soon as possible*

- *Check with the person who used the needle previously if they know their Hep A, B, C and HIV status. If possible, get them to go with you. (If they can also give blood, it'll help the lab staff check for risk of transmission, type and amount of virus, and any resistance to treatment.)*

If you do use, then it's worth considering that about a quarter of intravenous drug users (IVDUs) share needles and syringes, with more sharing other equipment, in particular mixing containers and filters. Being homeless is one factor that tends to lead

to riskier injecting behaviours.

Injecting in the groin or in the legs and feet and the use of crack are associated with a higher rate of sharing and thus likelihood of infection. Infections at the injection site are common, with about a third of users experiencing an abscess or wound.

Some conditions that result from infectious bacteria can be life-threatening; it is not unusual for me to hear of people developing endocarditis, a potentially fatal heart infection. A lot of the infections are caused by non-sterile injecting or injecting using contaminated drugs; for example, the clostridia are a group of spore-forming bacteria that are widely found in the environment. Their spores may end up in drugs through environmental contamination and they're pretty determined – they can easily survive the 'cooking-up' process prior to injection. Bacteria such as these are more virulent if skin-popped or used subcutaneously and may then causes tetanus or 'gas gangrene'. Since half of users will share equipment and these infections can spread via the drug being used, any of the equipment or the skin, even simple measures such as using sterile swabs before injecting can make a difference. It's also worth thinking about when you last had a tetanus injection. If it was over 10 years ago, chat with your practice nurse – in recent outbreaks of tetanus in IVDUs, most users were not properly vaccinated.

A further cause for infection is re-using needles. About half of users have used a needle more than once, though most people will try to clean it.

Nearly half of all users are Hep C positive; yet about half of these

are unaware of their infection.

The number of those with Hep C is rising and the incidence in Scotland remains high. There is evidence that people who are or have been homeless and those who inject crack are more likely to be Hep C positive. Up to 80 per cent of those acquiring Hep C develop a chronic infection and risk developing cirrhosis and liver cancer.

About a sixth of injectors have been infected with Hep B. Again, people who have been homeless are more likely to have been infected. It is preventable: when a Scottish prison service promoted the vaccination, the proportion of those infected dropped from 30 per cent to 10 per cent.

It might make you wince to think that one way of contracting Hep A is where drugs have been contaminated with faeces during smuggling. Poor hygiene, sharing equipment and some sexual practices contribute to the risk of transmitting this oro-faecal virus.

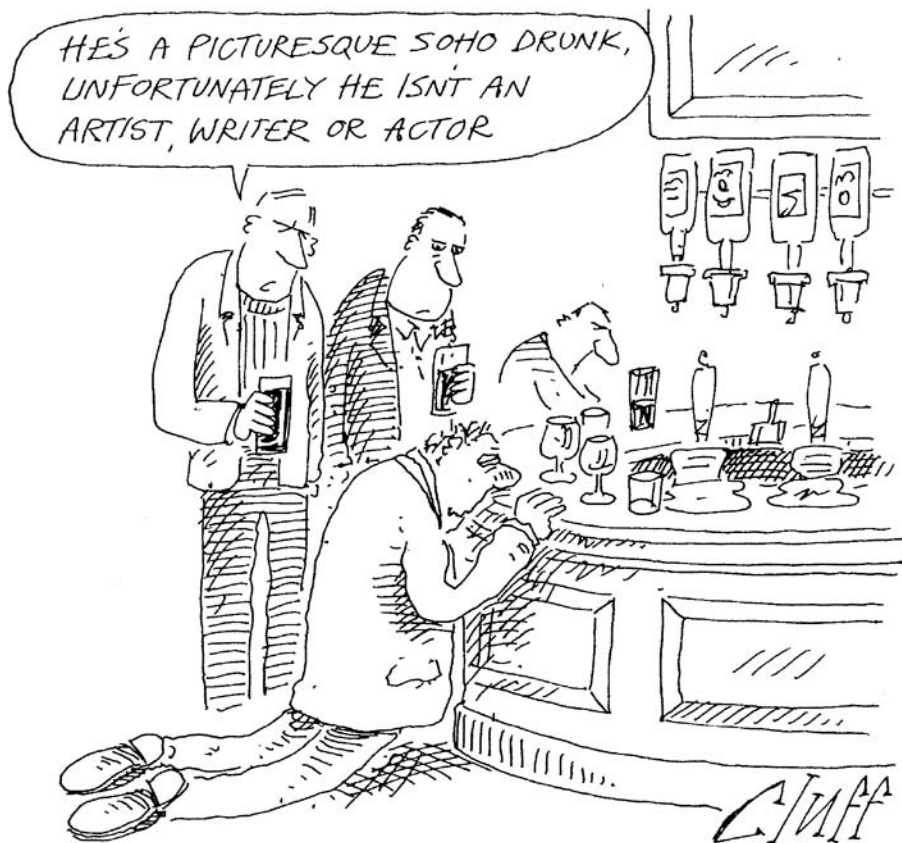
About one in 90 users are HIV positive, with a higher number of those who inject crack being positive. Explosive outbreaks of HIV infection among IVDUs have occurred worldwide, with ongoing transmission in Eastern Europe.

Reading this you might start to think that infections are a certainty if you inject, but it really does depend on your practice. As stated above there are measures that will protect against – they're not difficult. And, of course, with any needlesticks do go get yourself checked out.

*Flo*

To put a question to our nurse, email: [flo@thepavement.org.uk](mailto:flo@thepavement.org.uk) or write to the address on page 3





# 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

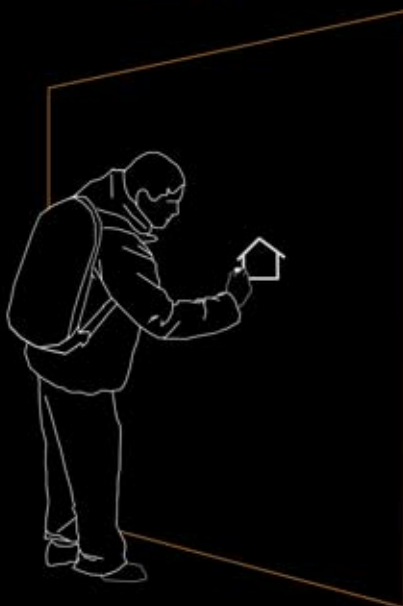


you'll get moved on here

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.



**Gerard Campbell**  
Age at disappearance: 54

Gerard has been missing from Wishaw, Lanarkshire, since 16<sup>th</sup> November 2008.

There is great concern for Gerard as his disappearance is out of character. Gerard is urged to call our confidential service **Message Home** on Freephone **0800 700 740** and we can forward a message on his behalf.

Gerard is 5ft 8in tall, of medium build with blue eyes and grey receding hair. When last seen he was wearing green trainers, a beige jumper, a white baseball cap, a grey fleece, T-shirt and navy tracksuit trousers.

If you have seen Gerard, please call the 24-hour confidential charity **Missing People** on Freephone **0500 700 700** or email: [see someone@missingpeople.org.uk](mailto:see someone@missingpeople.org.uk)

**missing people**  
Help. Change lives. Restore hope.

in Edinburgh including hostels, advice and support centres. Also has information on over 8,000 services outside Edinburgh [www.homelessedinburgh.org](http://www.homelessedinburgh.org)

#### WEBSITES GLASGOW

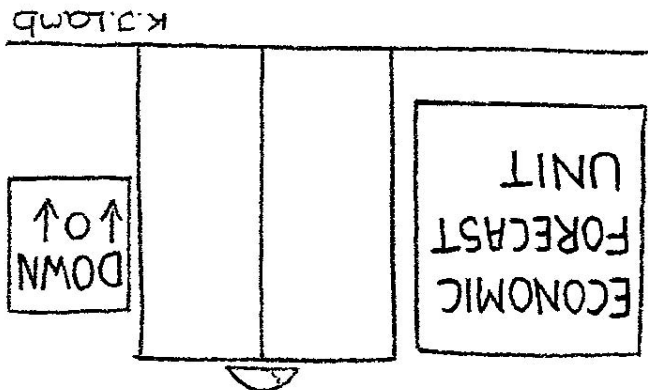
#### Homeless Information Pages

**Glasgow**  
Lots of useful information and advice on homeless services in and around Glasgow [www.hipinglasgow.com](http://www.hipinglasgow.com)

**Streetmate**  
An independent site with substantial information on housing, working and learning, built for those homeless who use the internet and want to do-it-themselves as much as possible. [www.streetmate.org](http://www.streetmate.org)

#### WEBSITES EDINBURGH

**Homeless Edinburgh**  
A comprehensive website containing information about services



*"All our operators have been made redundant.  
Your call will be answered as soon as the recession ends"*



**Salvation Army**

1 East Adam Street, EH8 9TF  
0131 662 4455  
Mon: 9am - 12 noon; Tue and Thur:  
3 - 9pm; Fri: 1 - 4pm; Sat: 6 - 9pm

**St George's West**

58 Shandwick Place, EH2 4RT  
0131 226 2428  
Mon - Sat: 9am - 3pm

**Soup Van**

Runs from Waverley Bridge to  
Grassmarket and North Bridge  
Every night: 9 - 9.45pm

**SOUP KITCHENS & SOUP  
RUNS GLASGOW**

**Balvicar Street**

G42 8QU  
Thurs: 7 - 9pm

**Cadogan Street**

Glasgow G2 7AB  
Runs at these times:  
Sun: 9 - 10pm; Mon: 7.30 -  
9pm; Tues: 8.45pm - 12.30am;  
Wed: 9 - 10pm; Fri: 8 - 9pm

**Rokpa Glasgow**

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

**St. Columba's Church**

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

**St. Patrick's Church**

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

**St. Simon's Church**

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

**Waterloo Street**

G2

Thur: 10pm - 12am

**SPECIALIST SERVICES GLASGOW**

**Glasgow Rent Deposit and**

**Support Scheme**  
3rd Floor, Crowngate Business  
Centre, 117 Brook Street, G40 3AP  
0141 550 7140  
Mon - Fri: 9am - 4pm  
AS, BA, H

**Glasgow Women's Support**

**Project**  
31 Stockwell St, 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

**TELEPHONE SERVICES**

**Domestic Violence Helpline**

0808 2000 247

**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

**SANeline**

6 - 1pm  
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

**EDINBURGH**

**TELEPHONE SERVICES**

**Edinburgh City Mission**

Counselling and crossline helpline  
0845 658 0045  
Providing a listening service  
for anyone in emotional crisis.  
Also offers face-to-face coun-  
selling by appointment

**WEBSITES**

**Mental Fight Club**

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

**The Pavement Online**

Soon to have an online version of  
*The Other List*, which will soon be in  
several translations to download.  
www.thepavement.org.uk/  
services.htm

**Proud to be mad**

A campaigning site for those  
with mental illness  
www.proudtobemad.co.uk

**Stonewall Housing**

Addresses the housing needs of les-  
bians and gay men. Provides tempo-  
rary, supported housing for 16 - 25  
years old lesbians and gay men.  
www.stonewallhousing.org

**Drug Crisis Centre**

The West Street Centre, 123

West Street, G5 8BA

01474 420 6969

www.turningpointscotland.com

24hr service offering informa-

tion and advice to those who

abuse drugs. Also residential drug

rehab program. Family support

unit operates on this site.

D, NE

**EMPLOYMENT AND TRAINING****EDINBURGH****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

program see www.bethanyct.com

CA, ET

**EMPLOYMENT AND TRAINING****GLASGOW****Glasgow Simon Community**

– Resettlement Training Service

12 Commercial Road, G5 0PQ

01474 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

and run between 10am and 4pm

www.glasgowsimon.org.uk

C, ET

**Emanuel Glasgow**

101 Ellesmere Street, G22 5QT

01474 353 3912

Provides accommodation and

work for homeless people

AS, CL, ET, TS

**ENTERTAINMENT & SOCIAL****EVENTS**

tbc

**EX-FORCES****AWOL?**

01380 738137

Call the 'Reclaim Your Life' scheme

from SSAFA (Soldiers, Sailors,

Airmen and Families Associa-

tion): Mon – Fri: 9am – 10am

**Royal British Legion**

08457 225 725

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 vet-

erans and access to dedicated

one-to-one welfare service

www.veterans-uk.info

**EX-FORCES EDINBURGH****Whiteford House**

53 Canongate, EH8 8BS

0131 556 6827

Ring first

Mon - Fri: 7am - 5pm

Accommodation for homeless

ex-service men and women,

including ex-merchant mariners.

Can accept married couples

**JOB CENTRE PLUS**

See Telephone Services for helpline

**MEDICAL SERVICES EDINBURGH****Edinburgh Homeless Practice**

(Cowgate Clinic)

20 Cowgate, EH1 1JX

0131 240 2810

Mon, Wed - Fri: 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 psy-

chiatrist. A bathing service and

clothes exchange is available too

A, D, T, D, F, C, MS, MH, SH

**MEDICAL SERVICES GLASGOW****The Physical Health Care Team**

55 Hunter St, G4 0UP

01474 553 2826

Mon - Fri: 1 - 5pm

Has two GPs and a team of nurses

and office staff who also run

clinics at some hostels. Appoint-

ments not necessary. They also

provide support for people who

have hospital appointments

with them. There is also an

addiction and mental health

team based at this address

A, D, F, C, MS, MH, SH

**PERFORMING ARTS**

tbc

**SOUP KITCHENS & SOUP RUNS****EDINBURGH****Barony Contact Point**

101 High Rigg, EH3 9RP

0871 700 7777/0131 622 1867

Thur: 10am - 4pm;

Tues: 10.30am - 4pm; FF

121 Montgomery Street, EH7 5EP

0131 661 5252

Tues: 6 - 8.30pm

**Carribber's Christian Centre**

65 High Street, EH1 1SR

0131 556 2626

Sun: 8.30 - 9am

FF

**Grassmarket Mission**

79/3 Grassmarket, EH1 2HJ

0131 225 3626

Mon: 7 - 9pm; Tues: 6 - 7pm;

Wed: 1 - 4pm; Fri: 1 - 4pm and

6 - 7pm, Sat 9 - 10.30pm

FF

**Jericho house**

53 Lothian Street, EH1 1HB

0131 225 8230

Sun: 10am - 2pm; Weds

and Thurs: 6 - 7.30pm

FF

**Little Sisters of the Poor**

43 Gilmore Place, EH3 9NG

0131 229 5672

Every day 1 - 2pm and 6 - 7pm

FF

**Missionaries of Charity**

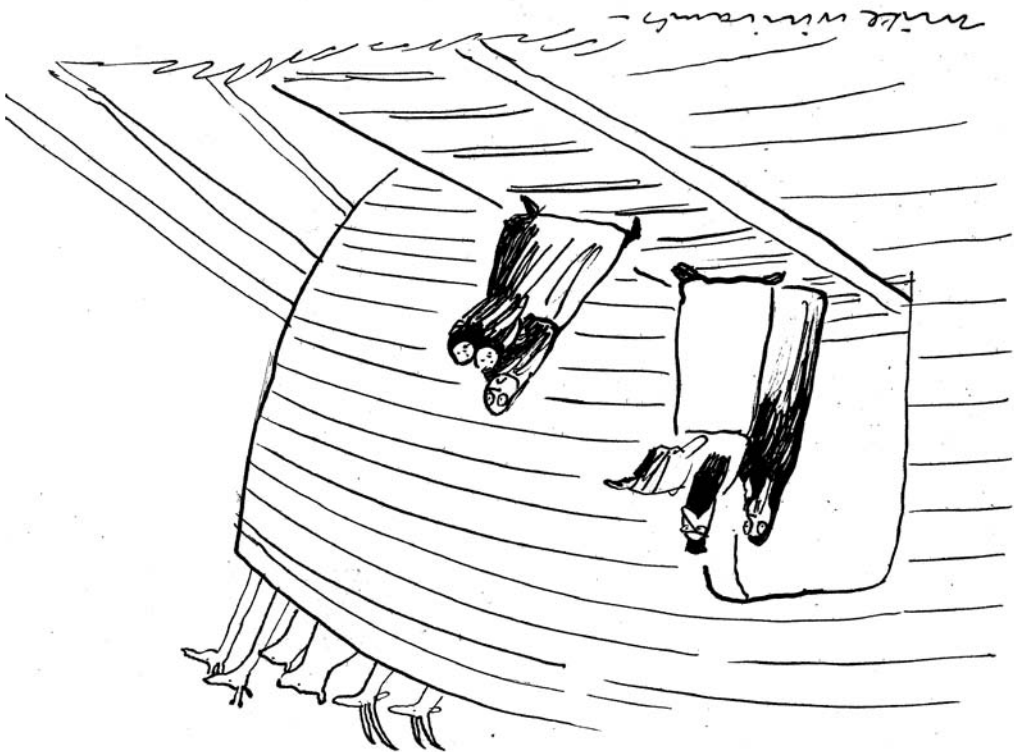
18 Hopeoun Crescent, EH7 4AY

0131 557 8219

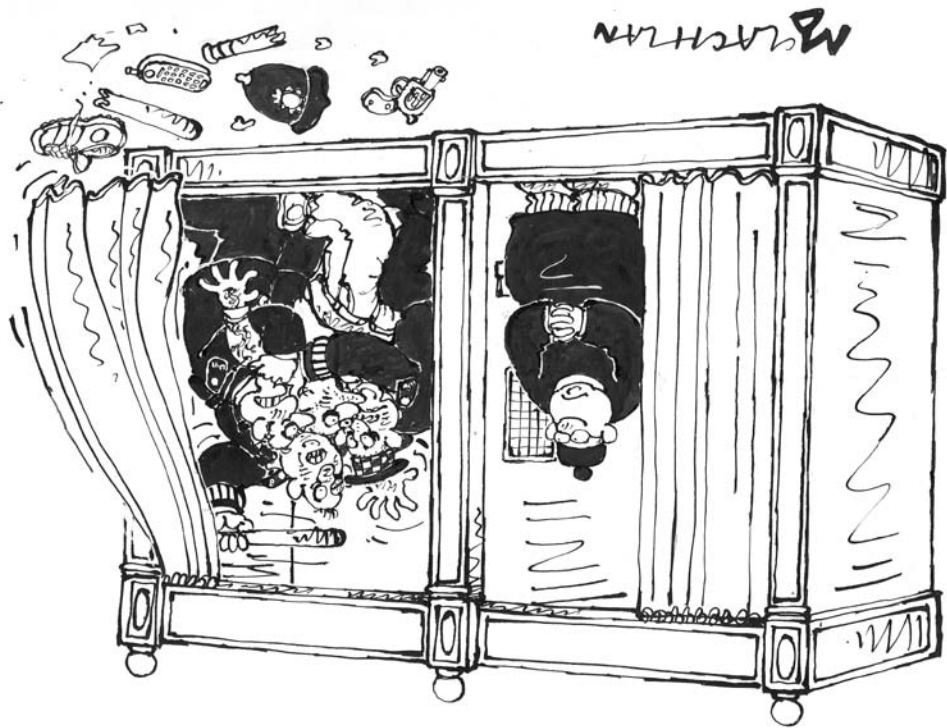
Every day except Thur:

3.45 - 4.30pm

FF



*"Bless me, Father, for I have sinned"*





90 % residents are over 40. Ring or drop in 24 hours a day

## Men

**Govrie Care – Caledonia House**  
47 Lothian Rd, EH1 2DJ  
0131 229 1747

Ring first (Mon - Fri 9am - 5pm). Over 25 only

## Women

**Cranston Street Hostel**  
2 Cranston St, EH8 8BE  
0131 556 8939

Ring first. Will not accept women who are over six months pregnant.

## Number Twenty

20 Broughton Place, EH1 3RX  
0131 557 1739

Young single homeless women aged 16-21 with support needs. Ring first (8am - 1.30pm every day)

## Young people (16-21)

**Bedrock**  
55 Albany St, EH1 3QY  
0131 557 4059

For young women who have a baby under 12 months or are pregnant as well as residents up to the age of 25.

## Open Door Accommodation

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)

## Stopover (Edinburgh)

40 Grove Street, EH3 8AT  
0131 229 6907

Young single homeless people aged 16-21 with a range of support needs  
Ring first

## DIRECT ACCESS HOSTELS/ NIGHTSHELTERS GLASGOW

All with low-support needs

**Salvation Army – Hope House**  
14 Clyde Street, G1 5JW  
0141 552 0537

24hr Direct access

A, AS, BS, F

**Laurieston Centre**  
39 South Portland Street, G1 9JL  
0141 429 6533

24hr Direct Access

A, AS, BS, F

**Talbot Association – Kingston**

344 Paisley Road, G5 8RE  
0141 418 0955

Ring first

BS, C, DT, ET, F, H, L, 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

## 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

**The Mungo Foundation – Rachel**

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**

171 Wilton Street, G20 6DF  
0141 945 3871

chyp@btconnect.com

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

A, C, D, ET, H

**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)

## DRUG / ALCOHOL SERVICES

**Alcohol Focus Scotland**

166 Buchanan St, Glasgow  
0141 572 6700

Call-in, phone or email: Mon - Thurs: 9am - 5pm; Fri: 9am - 4.30pm

A, C, ET

**Breakthrough**

James Duncan House, 331 Bell Street, G4 0TJ  
0141 552 9287

A joint health and social work project offering services to people with drug and alcohol problems. It also incorporates methadone prescribing.

A, C, D, MS, NE

**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**

14 Niddrie House Drive, EH16 4TT  
0131 669 0068

Mon - Thurs: 9am - 4.30pm; Fri: 9am - 4pm

D, NE, OL, OB, SH

## DRUG / ALCOHOL SERVICES

**GLASGOW**

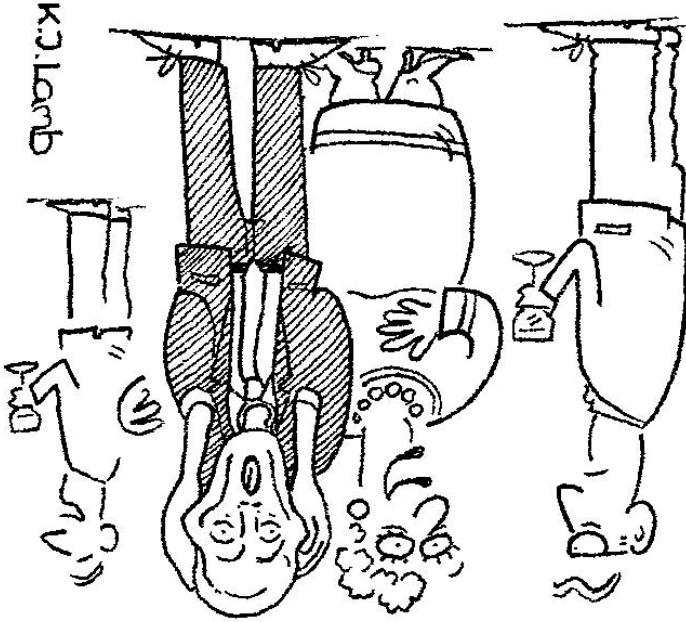
**Cocaine Anonymous Scotland**

0141 959 6363  
www.casoscotland.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

*"This is Gerard – there's nothing  
he doesn't know about the economy"*



## Salvation Army – The Laurieston

**Centre**  
39 South Portland Street, G5 9JL  
0141 429 6533  
AS, A, BA, C, DA, ET, F, H, IT, LF, MS, SH, TS

## DIRECT ACCESS HOSTELS/ NIGHTSHELTERS EDINBURGH

All with low-support needs

**Wayside Day Centre**  
32 Midland Street, G1 4PR  
0141 221 0169  
Mon, Tues, Wed and Fri: 9.30am - 5pm (drop in 12noon - 4pm), Thurs - 9.30am - 3pm (drop in 12noon - 3pm). There are specific services for women and rough sleepers as well as health, addiction and other specialist services at specified times  
A, BS, C, D, F, MS, SH

**Bethany House**  
12 Couper St, Leith, EH6 6HH  
0131 467 1010

**Bethany Supported Housing**  
65 Bonnington Road, EH6 5JQ  
0131 553 1119  
Ring First

**Castlecliff Hostel**  
25 Johnston Terrace, EH1 2NH  
0131 225 1643

**Cunningham House**  
205 Cowgate, EH1 1JH  
0131 225 4795  
Ring or drop in

**Dunedin House**  
4 Parliament St, Leith, EH6 6EB  
0131 624 5800

**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  
0131 220 1607  
Referral from LEAP on: 0131 332 3228

**Salvation Army – Ashbrook**  
492 Ferry Road, EH5 2DL  
0131 552 5705

## BENEFITS AGENCY

See **Job Centre Plus** and **Telephone Services**

## DAY CENTRES AND DROP-INS EDINBURGH

**Barony Contact Point**  
67a York Place, EH1 3JD  
0131 622 1865 / 1867  
Mon 6.30 - 9pm drop-in; Tues - 10.30am - 4pm, 7 - 9pm (art group); Thurs 10am - 1.30pm (drop-in); Fri 11am - 2pm (women-only); Sunday 11am - 4pm (drop-in)  
C, MH

**Cowgate Day Centre**  
22 Holyrood Road, EH8 8AF  
0131 557 6055  
Every day: 10.30pm - 11.45am; Every day: 4.15pm - 5pm; Appointments 12.45 - 4.30 - 11.45am  
AD, BA, BS, F, L, LS, MH, SK  
Service users can also use the centre as a mailing address

## Four Square (Scotland)

28 North Bridge, EH1 1QG  
0131 225 4143  
Mon - Fri 9am-5pm (drop in) or phone for an appointment  
AS, BA, BE, CL, ET, H

## The Ark

2 New Street, EH8 8BH  
0131 557 1197  
Mon - Fri: 7am - 12 noon: Advice sessions: Mon - Thurs 9am - 4pm; Fri 9am - 12 noon  
AS, BA, CL, FF, H, L, TS

## DAY CENTRES AND DROP-INS GLASGOW

**Glasgow City Mission – The Shieling**  
24 McAlpine Street, G2 8PT  
0141 221 2630  
Mon - Fri: 10am - 5pm (drop in); Mon, Tues: 8 - 10.30pm (advice and information)  
BS, C, CL, DA, ET, FF, H, MS, SH

**Lodging House Mission**  
35 East Campbell St, G1 5DT  
0141 552 0285  
BS, CL, E, F, IT

Advice and information for single homeless people  
AS, BA, FC, H, MS, SH

## ADVICE SERVICES GLASGOW

## Glasgow Shelter Housing Aid

**Centre**  
274 Sauchiehall Street, G2 3EH  
0844 893 5560  
Mon & Thu: 1- 4pm, Tues & Fri 10am - 1pm  
Outside these times, there is a 24-hour helpline for advice and support – Shelterline: 0808 800 4444  
AD, C, H

## GAMH Homeless Support Project

123 West Street, G40 1DN  
0141 554 6200  
Mon - Fri: 9am - 5pm (4.30pm on Friday)  
Provides flexible emotional and practical support, information and advice for homeless people in Glasgow with mental health problems. Phone, write or just drop in  
C, MH

## Hamish Allan Centre

180 Centre Street, G5 8EE  
0141 281 1800 or freephone emergency out-of-hours 0800 838 502  
Assessment of entitlement to housing. Temporary accommodation may be available while eligibility enquiries are made  
H, TS

## Glasgow City Council

For anyone who is homeless, threatened with homelessness, or in need of advice about homelessness 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

## SAV 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

# the **OTHER** list

The directory of Scotland's homeless services Updated 27<sup>th</sup> February 2009

Key to this list:	Accom assistance – AS	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	Tenancy support – TS	Luggage storage – LS	Medical services – MS	Mental health – MH	Music classes – MC	Needle exchange – NE	Outreach worker links – OL	Outreach workers – OB	Pavement stockist – P	Safe keeping – SK
Sexual health advice – SH	SSAFA – SS	Tenancy support – TS								

<i>The Other List</i> has details of homeless services in Edinburgh and Glasgow. It's still relatively new, so will have a few errors and omissions, but if you've any changes or suggestions write to us at the address on page 3, or email: <a href="mailto:scotland@thepavement.org.uk">scotland@thepavement.org.uk</a>	<b>New Stockists:</b> 2	<b>Updated entries:</b> 2	<b>Services added:</b> 1
<b>Advocard</b> 332 Leith Walk, EH6 5BR 0131 554 5307 <a href="http://www.advocard.org.uk">www.advocard.org.uk</a> Mon – Fri: 10am – 4pm MH	<b>Edinburgh Cyrenians – Smartmove</b> 57 Albion Rd, EH7 5QJ 0131 475 2356 Mon - Fri 10am - 4pm Advice, information and support for people who are homeless or threatened with homelessness AS, H, TS	<b>City of Edinburgh Council – Housing Options Team 1</b> 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	<b>Homeless Outreach Project</b> 1a Grindlay Street Court, EH3 9AR 0131 221 9099 Mon - Fri: 9.30am - 5pm Outreach service for homeless people with mental health, alcohol and drug-related problems AS, AD, A, BA, CA, C, D, ET, H, MH, OB, SH, TS, Streetwork UK 14 Albany Street, EH1 3QB 0131 476 3666 Mon - Fri, 1 - 4.30pm Immediate practical help and advice for vulnerable people on the streets of Edinburgh AS, A, BA, C, D, H, SH
<b>The Access Point</b> 17-23 Leith Street, EH1 3AT 0131 529 7438 Mon, Wed - Fri 9am - 5pm; Tues 10am - 5pm			