

# thePavement

The *FREE* monthly for Scotland's homeless

Issue 6, April

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YOUR BIKE



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# The Editor

## Why bikes

Well it doesn't have to be bikes, but this issue we look at a project that offers training in bike maintenance and safety that could take some readers in a new direction.

With the country in recession and jobs becoming harder to find, it may be time for those looking for work to consider a change and get some new diplomas or qualifications under their belts. It's well worth looking at this and similar projects. Even if it's not a career your looking for, schemes like Bikeworks offer confidence-building, something solid for a CV, an interest to engage the brain, and the chance to get on your bike and travel. A change is as good as a rest for those tired with life.

In this issue, we also look at why some East Europeans on the streets don't accept a ticket home. We commissioned the article following the release of statistics stating that 25 per cent of rough sleepers are now from Eastern Europe. The article, based on interviews, gives the human side of the statistics.

Most stories this issue were provided by readers, either from their own experience or pointing us to the stories in the mainstream press, so if you have a good story, get in touch at the address on the left.

## Karen Chung

Scotland Editor

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*Bikeworks, London, see story page 9.*

*Photography by Katie Hyams © 2009*

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# Building a bicycle club

*A new project teaching bike maintenance and safety has gained a passionate following*

"It's a company that's running right, and for the right people," Glenn Bernard (pictured opposite) says, looking round the workshop proudly. "I wish the council would work like this, too. They should look at how it's done here and work like this. They won't, though – it's a shame".

There are many people like Mr Bernard at the east London Bikeworks, a bike shop, cycle project, social enterprise and training centre. Homeless since he lost his business and house a few years back, he lives in a hostel and hates it. But, he says: "When I come here, it fits. It fits like a glove, you know."

Seven people recently qualified as cycle trainers from Bikeworks's new training and employment initiative for people who are homeless. During the three-month work-based course, participants get accredited qualifications in national standards bicycle mechanics and cycle instruction.

Everyone who completes the course leaves with their own set of tools and a whole new set of employment prospects. Graduates can go on to find work fixing bikes and helping to teach children and adults the rules of the road.

Neil Thompson, 48, has just finished the first course during which he was teaching groups of 7–9-year-old school children how to cycle safely. This included showing them good positioning on the road, emergency stops and how to look for hazards. "It's good work," he says, clearly looking forward to being employed again. "And it pays more than fixing bikes alone. I used to be a painter and decorator but I haven't done it for the past four or five years and it's really difficult to get work again."

Everyone's enthusiasm for the project is obvious and there is a real sense of teamwork. Thompson explains: "Everyone always learns to work together. The only difficulty is when some people can't speak the same language, but then we help them. When they have a problem, they can ask us and we write it down. So it helps them learn English too".

Mr Bernard is also full of praise for the project: "People might come here with problems, but they can change and channel that energy in the right direction. One step at a time, they can become a person again."

Bikeworks runs as a social enterprise, which means all profits earned through the bike shop, maintenance service and cycle lessons are put back in to fund the courses and provide bikes.

Also available are 'Build a Bike' courses, where participants make a bike from scratch. They can keep the end result and use it to get to the next training course. The project works closely with Crisis, which advertises and pays for the courses, although any project or hostel could run the bike building-course if they organised it.

Bikeworks has grown quickly during the year it has been officially running. The company has contracts to run cycle courses for school children, disabled people and people with health problems such as obesity for three London boroughs.

Working with homeless people is a new venture and director Dave Miller believes there are a number of reasons why it should work: "Bikes are an informal industry, and there is quick up-skilling and flexible working hours for people with health problems or more

chaotic lifestyles," he says. "I previously worked with Shelter and so homelessness is an issue close to my heart. I'd always wanted to do it."

All project staff are clearly excited by what they do. Barnaby Tasker runs the employment and training programme. "I love it," he says, referring to both the people and the bikes he works with. Having previously worked in homeless projects across the country, being able to combine his employment history with his passion for bikes was the ideal job.

The enthusiasm seems infectious: the next course is already oversubscribed and the staff have had to allow extra training days to cope with the numbers.

The biggest problem so far, Mr Tasker explains, is that people want to be at the project all the time. "It was really hectic," he says. "We had to be clear that this is also a workplace and people had jobs to do."

It is better now, though, he explained, as they have acquired a second place where the training will take place, keeping the courses and the day-to-day work separate.

The success of the project is one the directors want to repeat, and Dave has plans for the future. He wants to replicate the project in other parts of London, or branch out to other parts of the country.

He certainly has plenty of endorsement. "Here, everyone is equal, and everyone will help you. It gives you back your self esteem," says Mr Bernard.

*Katy Taylor*



*“Here, everyone is equal,  
and everyone will help you.  
It gives you back your self  
esteem”*

# Why don't they leave?

*We look at the reasons some east europeans stay on the streets rather than go home*

No money, no job, no home, foreign country... and sticking it out. Recent research by Homeless Link reveals that more Eastern and Central Europeans than ever are sleeping rough in London, and the numbers are increasing.

One in every four people living on the capital's streets is from Eastern Europe. But why do they stay?

At first glance, it may appear that homeless immigrants are living on hope, refusing to admit failure or simply subsisting on alcohol. But the recession is global, and the economic situation has struck in the A8 and A2 [Eastern Europe] countries too.

One 48-year-old man from southern Poland came here because he could not find a job back home. He worked in a metal factory for three years until was made redundant. When I ask why he has chosen to say, he shows a picture of three girls aged seven, 11 and 12. "I have to support them. But the safe is empty now in Poland." There are no jobs, he complains, and those that are left are poorly paid.

Paulius, 24, is from a Lithuanian town of Siauliai. He has worked in the UK for three-and-a-half years and believes that he now deserves governmental support. "I've already paid for this charity soup with my taxes," he says. "This is the situation I'm in now. But it will get better."

Paulius is busy setting up a business on eBay and has no plans to return to Lithuania. "It's bad here, and it's bad there. Why bother? Look: everywhere the situation is like a sinking ship. The difference is that Lithuania, Poland, all of them will sink; but the UK will pump out the water, sooner or later," he says.

A young Polish man in black

raincoat also thinks he deserves support after six years of work in this country. Following an accident at work, he needs medical treatment. "After those years I'm entitled to it here. Imagine if I go back to Poland, having paid no taxes there – who will help me?"

However, he thinks those who "have no job, no money and speak no English" should go back to wherever they came from. "If they stay here, every day their life gets worse and worse."

Vasile is a 31-year-old computer engineer from Bucharest, the capital of Romania. After working as a tour guide in Dubai, he decided to try a new life in the UK, because the alternative monthly salary in Romania was not attractive. Vasile is now washing cars in London, illegally, and waiting for things to get better.

Yet he is full of hope. "The Earth is round and moving. I believe one day everything will change, and I will have what I'm only dreaming of now," he says.

But what keeps him here on the London streets? "It's like a lottery. You play once, you lose, then you play even more," he explains. Vasile thinks pushing Eastern Europeans "out of here" is not a solution, as everyone should have a right to a good life.

"I came here to work," Vasile says. He misses his family and friends, but has partly replaced them with his newfound "brothers of fate." Vasile speaks good English and translates for other Romanians who know only the basics. "I'm suffering now, yes; but it has benefits – it makes you stronger," he says. His family is unaware of his situation: "When things are good, I tell them. When they are not so

good, I keep it to myself. We all do."

Some councils in London are offering tickets back home, but the numbers of people using this service is not high. In two years, Barka UK, which assists impoverished Eastern European immigrants, has helped just 310 rough sleepers to return to their home countries. Ewa Sadowska, who runs the project, explains the psychological reasons for not wanting to return home: "It is very difficult to face your family and especially yourself, to admit that you are a failure, that the dreams you came here with never came true." How can you look your family in the eye, with empty pockets, no teeth and maybe an alcohol addiction?

Ms Sadowska offers another explanation of why destitute immigrants choose to stay in the UK: they simply get used to life on the streets. Getting alcohol, a meal and a bed is not as difficult here as it usually is "at home." If nothing good awaits the immigrants in their home countries, they prefer to stay. The belief that this country has many more opportunities is still very strong and widespread.

*Giedre Steikunaite*

# Scottish news

*The homeless news from across Scotland*

## Glasgow residents complain

A group of Glasgow residents has complained about the drunkenness, noise, and vandalism they claim they must endure because nearby flats are being rented out to homeless people and holiday-makers.

At a recent public meeting, locals voiced strong objections to problems at properties on Glasgow's Balvicar Street, blaming the McKeever Group, which rents out the flats as holiday apartments. The same company is paid by several local authorities to house homeless people in the Queen's Park hotel next door.

"Somebody was actually injecting themselves in my porch," complained one resident at the meeting. Another angrily called for the flats to be sold.

The problem is clearly not restricted to homeless people, and Glasgow City Council has served a planning enforcement notice to stop the flats being rented as holiday apartments – which the McKeever Group plans to appeal. A spokesperson issued a statement saying the company understood the concerns, adding that "in isolated incidents we have evicted people who displayed anti-social behaviour and have introduced further security measures."

However, residents say that is not enough. A public enquiry is expected to be held within the next six months.

## Edinburgh charities compete for funds

Homeless charities in Edinburgh have been forced to close as Edinburgh City Council launches a new 'robust tendering' process in which they must compete for funding.

Following London Mayor Boris Johnson's bid to end homelessness in London by 2012, the City of Edinburgh Council recommended that charities in the city go head-to-head over funding to give the best quality service. Council leaders have imposed restrictions on certain charity funding.

A spokeswoman for Edinburgh City Council said, "The finance committee is awarding contracts in five key areas. First in providing advice and information to people threatened with homelessness; emergency services for people at risk of sleeping rough; help to set up a new home; help to find a house with a good private landlord, and housing support services to help people keep their homes.

"The introduction of these new services will mean a better quality of service for those who come to us for support and advice."

In order to win a contract each charity must make a plea to the council stating how they can



*Eugenia Cabaleiro Pereira*

*"Hey, nice pad"*



provide the best service in each area, but charities have criticised the new process because those not awarded funding will find it impossible to compete with the services provided by the council. Since the start of the year, the scheme has already forced The Edinburgh Furniture Initiative and Shelter Edinburgh's Families Project to close.

Contracts have been awarded to around eight charities since January including The Bethany Christian Trust and Edinburgh Cyrenians Trust. The council intends to transfer all charity work to the new scheme by 1st May 2009.

## Staff

## Kids out

Sixty children become homeless every day in Scotland, according to figures in a report published recently by Citizens Advice Scotland. Since 2000, homelessness has risen steadily, with many more kids affected. Scottish Government figures show that almost 20,000 young people aged 16-24 applied were homeless in 2006/07, which means 1 in 30 young people in Scotland. This data does not include those children – so called “hidden homeless” – who leave their homes and find a temporary place to stay in a friend's house.

The study outlines that young people usually leave home after an argument with a member of their family, without any alternative accommodation or the essential skills to sustain a tenancy on their own. Furthermore, the report also found a 27 per cent increase in the number of families with children in temporary accommodation over three years. Families are living in cramped conditions in B&Bs for months due to the lack of housing. One 16-year-old female in the South of Scotland who was ordered from home by her mother is now living in a tent due to a lack

of suitable accommodation.

Regarding the future, the image seems set to get even more grim and uncertain in the current financial situation. Shelter Scotland's director Graeme Brown said: “A decent, warm, safe home is crucial to all aspects of children's well being.”

*Eugenia Cabaleiro Pereira*

## Section 11

The Scottish Government has just agreed with the Convention of Scottish Local Authorities (COSLA) that Section 11 will come into force on 1st April 2009. This means that local authorities must now be notified whenever a mortgage lender, private landlord or registered social landlord (RSL) starts legal proceedings to repossess a property.

According to a poll carried out in the new year for housing charity Shelter, more than 22 per cent of respondents, around 160,000 households, admitted to struggling or failing behind with their monthly mortgage payments, with five per cent – around 37,000 – expecting to be repossessed in the next six months. The survey also shows how sub-prime borrowers are taking sometimes drastic measures to pay their mortgage, including borrowing from friends and family, using credit cards and taking out loans.

It is part of the commitment that, by 2012, all unintentionally homeless people will be entitled to a permanent home. The introduction of section 11 should provide an additional tool, which, if used as a stepping stone to increasing prevention of homelessness work, will help local authorities (LAs) to reach the 2012 target.

The current economic downturn has inevitably resulted in a rise in repossession and eviction rates. Yet although the idea seems simple, a prior pilot project carried out in the

Greater Govan and Greater Pollok areas of Glasgow has demonstrated otherwise. There is a need for expertise at all levels, and perfect coordination between services such as law centres, social work, legal advice, money advice and health partners, in order to guarantee clients resolve their housing problems. It remains to be seen what positive effects this new legislation will have.

*Noelia Martinez Castellanos*

## One Life, coming soon to cinemas

A group of young homeless people in Edinburgh have made a movie about their experiences. *One Life* tells the story of vulnerable Lothian youth who do not have a roof over their heads. It follows one main character, Bobby, played by Robert McDowall. The 21-year-old now lives in his own flat, but relied on hostel accommodation for over three years.


Talking about his time on the streets, he says: “It's quite scary to be honest because you don't know what's going to happen from one day to the next. You're just trying to find somewhere where you feel secure and safe. I didn't like moving about so much; it just caused so many other hassles.”

The movie warns that homelessness can happen to anyone – and that a downward spiral of law-breaking, violence, and drug-taking can all too often be the norm. Homeless charity the Rock Trust is behind the film and its youth workers say they have noticed real changes amongst those involved in the project.

Youth worker Scott Christie said: “Confidence is one of these things that we talk about quite a lot at the Rock Trust. These young people have come up – most of whom don't have any acting



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experience or filmmaking experience – and made this film and are happy to show it to a cinema full of people. So I think that says a lot about how far they've come."

The Rock Trust hopes to secure more funding by showing the movie to potential sponsors in the next few weeks.

For more information go to [www.rocktrust.org](http://www.rocktrust.org)

*Staff*

## 30,000 Scots now homeless

Nearly 400 people lost their homes in the six months to last September because they couldn't pay the mortgage. The statistics show a two per cent rise in the number of homeless people to 29,361,

sparking calls for action from the Scottish government. Individuals or families living in temporary housing at the end of 2008 hit more than 10,500, up seven per cent on the previous December.

Shelter Scotland's Graeme Brown said: "These figures are a stark wake-up call to crank up housing supply in Scotland.

"We already had a housing crisis in Scotland before the recession took hold. Now we face the possibility of thousands more people in need of a roof over their heads because their house has been repossessed or they have been evicted for rent arrears. We must build more homes – and swiftly."

Andy Young, of the Scottish Federation of Housing Associations, said the figures underlined the need for government cash to build 10,000 affordable homes for rent.

He said: "These statistics relate

to the period in the immediate aftermath of the credit crunch and are likely to be the tip of the iceberg as the economic downturn takes hold."

Labour housing spokeswoman Mary Mulligan said: "These figures should serve as a wake-up call to the SNP. The real picture is probably even worse because these statistics relate to the period before the recession really began to bite."

*Imran Ali*

# News-in-Brief

*The national and international homeless news*

## Booze to the door

A south London hostel is organising daily deliveries of alcohol straight to the door in a new strategy aimed at dealing with alcoholism.

Graham House Hostel (pictured opposite), Vauxhall, has been implementing the new strategy for the last few months.

One service user told *The Pavement* that residents “make orders to the staff – 12 cans for him, 24 cans for him – and then a bloke in a van comes and drops it at the door”. Staff at the hostel, which is run by Thames Reach, believe this direct-access approach is the most pragmatic way of dealing with residents with chronic alcohol addictions. Spokesperson Mike Nicholas told *The Pavement* that it was part of the charity’s “programme of reduction”, which manages service users’ addictions by gradually reducing the strength and volume of the alcohol they are allowed. “Some of our residents at Graham House have the most extreme problems with alcohol – they’re in their 30s and 40s but with the physical and mental capabilities of people in their 60s or 70s,” he said.

“By controlling their addictions within the hostel, we hope to be able to gradually rehabilitate our residents, help them manage their money, and prevent people from getting hurt through drinking alone on the street.”

Thames Reach has been putting pressure on national government for a number of years to ban the sale of so-called ‘super-strength’ lagers such as Special Brew and Tennent’s Super. Figures published by the charity in 2005 suggested that 47 per cent of the

people they worked with had an alcohol addiction, and up to 20 per cent had an addiction to a brand of super-strength lager.

Although programmes such as Graham House’s monitored ‘alcohol reduction’ strategy may help residents reduce their alcohol consumption, Thames Reach believes high numbers of people on the streets will continue to be at risk unless the government tackles the wider problem of the increased strength, low price and high availability of certain beers and ciders.

*Jim O’Reilly*

## Rough sleeper “assaults” after being woken

A rough sleeper was arrested for assault after colliding with a London police officer.

The incident took place on Sunday 15th March at approximately 2:30am.

A spokesperson from Westminster Police confirmed that a 27-year old man, Daniel Burrell, of no fixed abode, was charged with assault on a police officer on 16th March. Mr Burrell appeared at Westminster Magistrates Court two days later and has received a one-year community order.

*The Pavement* was told that two men were sleeping on Adam Street, off the Strand in Westminster, central London, when they claim policemen approached and woke them up by trying to move the cardboard underneath them.

One of the men, thinking he was being attacked, sat upright quickly, which he told outreach workers meant he “acciden-

tally” head-butted the officer.

Although the police were able to confirm that an arrest took place on John Adam Street, which is just off Adam Street, they could not provide any comment on the nature of the incident.

*Rebecca Wearn*

## HUV

A personal shelter in the form of a vehicle that can be used by rough sleepers, is being profiled in America.

The manual four-wheeler, known as the Homeless Utility Vehicle (HUV), has already been trialled and displayed around Ann Arbor, Michigan – a city recognised for its high level of homelessness.

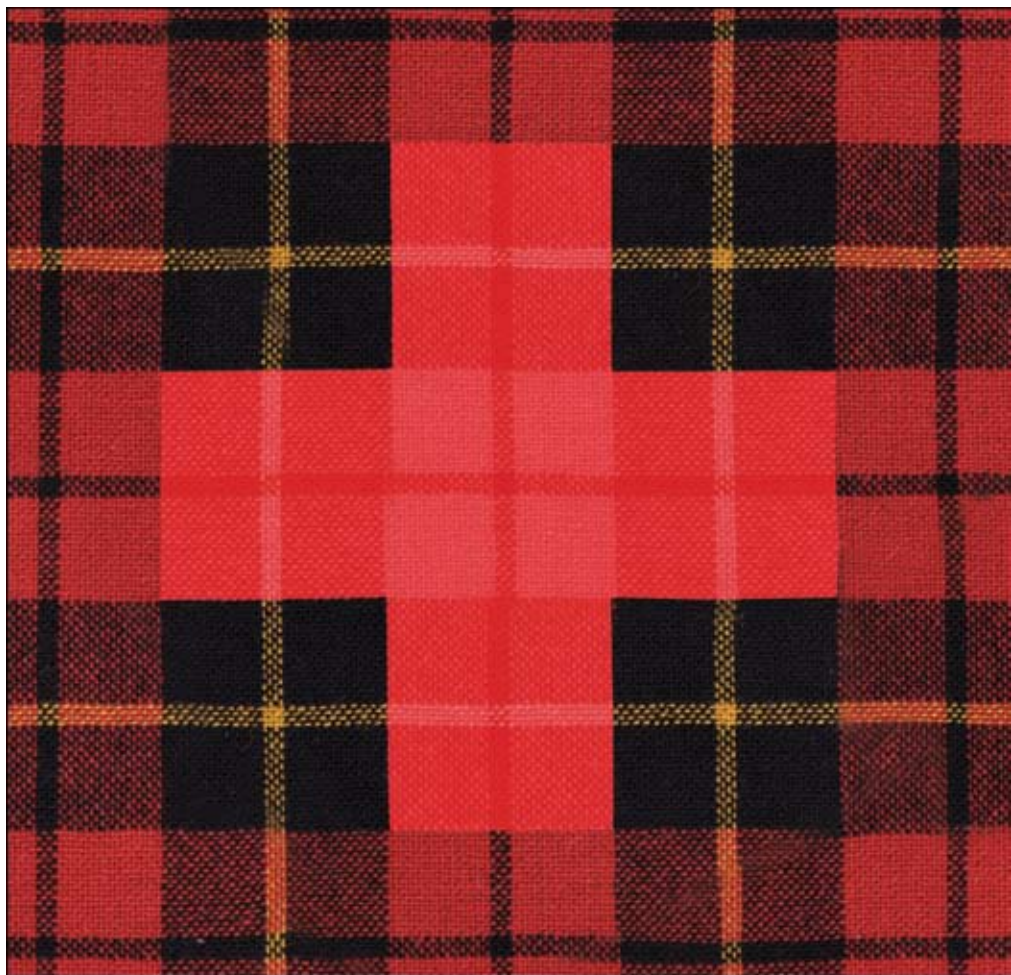
Its creator, design student Stephen Mills, said he hoped with sponsorship, the vehicle could be profiled in New York too. “The HUV project is still very much in the developmental stage, as my new focus is on establishing relationships with the shelters in New York City,” he said. “In addition to forging developmental relationships with non-profit organisations, shelters and philanthropic venues, a secondary focus has been on fundraising, with the direct intent of starting large-scale production of HUVs.”

Mills added: “I believe that a commercial partnership will only serve to make mass production and outreach more attainable. Production costs are estimated at \$500 (£338) per vehicle if mass-produced by a construction company. However, the vehicle would cost a bit more, maybe twice as much, if just one or two were made by a private contractor.”



*“We hope to be able to gradually rehabilitate our residents, help them manage their money, and prevent people from getting hurt through drinking alone on the street”*





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The automotive design is made out of several different industrial-grade materials such as plywood, steel and PVC-based fibrous products. They are heat-sensitive, enabling the inside of the vehicle to be warmed by the occupant's body, while its plastic roof prevents wind from entering the enclosed structure when zipped shut.

Mr Mills, who grew up in Concord, Massachusetts, came up with the idea when he was completing his thesis about integrative design at the University of Michigan. "When selecting a thesis project I opted for a fresh perspective and pursued research on philanthropic art forms," he said. "After a seemingly extensive search, I uncovered the work of Krzysztof Wodiczko, who had crafted a device resembling a vehicle in the late '80s, which served to address social inequalities in housing."

A 2008 report on homelessness by the New York Times revealed that the number of "chronically homeless" people living on the nation's streets and in shelters dropped by about 30 per cent – from 175,914 to 123,883 – between 2005 and 2007.

*Naomi Osinnowo*

## Discussion on move ons

Housing Justice launched its report 'Rough Sleeping: Compassion vs Coercion' with a discussion at Bloomsbury Central Baptist Church, London, on 26<sup>th</sup> March.

Michelle Binfield, the Department of Communities and Local Government's homeless specialist, and Jeremy Swain, CEO of Thames Reach, framed the debate in terms of faith-based amateurs, who object to Operation Poncho – the controversial actions for moving on rough sleepers in the City – versus professionals, who see a use for it. However, Alan Murdie,

of legal charity Zacchaeus 2000, was clear: waking people without a compelling reason was illegal under common law, and Poncho had been introduced with no consideration of the legal ramifications and could easily lead to claims for damages.

*Val Stevenson*

## A new Scottish alliance

London-based Scottish charities ScotsCare and Borderline (both stockists of *The Pavement*) have formed a new alliance, working together for homeless Scots in the capital.

The immediate future of the vital services Borderline provides to London's homeless and insecurely-housed Scots is assured thanks to the new alliance. From 31st March, the two charities will work together, allowing Borderline to continue to provide its services while it mounts a fundraising campaign among Scots in London and more widely.

Peter Scott, chairman of ScotsCare, said: "There is a synergy between our charities and we have worked closely together for some time so this feels like a very natural progression. Borderline will be bringing a wealth of goodwill, expertise and experience to our alliance."

Eileen Ward, Borderline's outgoing director, said: "I am delighted that our work to assist the very vulnerable group that we serve will continue. I believe Borderline will be in an even better position to assist its clients when it combines its strengths with ScotsCare."

*Staff*

## Murder rumour unfounded, says police

Rumours that a homeless person was murdered near Charing Cross

police station are unfounded, the Metropolitan Police has said.

*The Pavement* heard reports that a body had been seen under wraps near the station on the morning of 28th February, and that the victim, a homeless person who slept nearby, had been kicked to death.

It now seems likely that the incident was not murder, but serious assault. The victim, who is still in hospital suffering from severe injuries, is not believed to be homeless.

The incident took place at 3am on Chandos Place.

*Nathan Bleaken*

## US white collar homeless

Workers in the US are being forced to seek support from homeless services as the recession continues to bite and redundancies grow. More professionals in America are having to approach homeless shelters and other outreach organisations for help as the economic activity declines and companies worldwide axe staff.

In January, unemployment figures in the country soared 7.6 per cent, with older and more educated people contributing significantly to the increase. Partnering for Change (PFC), based in Orange County, California, said in its blog that it had received an increase in requests from working and educated families as a result of the economic downfall. The non-profit organisation said that after being made redundant, a "college-educated family has been forced to leave their rental home and bounce around from motel to motel with no money to feed their children", and therefore rely on homeless providers.

This family was representative of the new face of homelessness in parts of America, PFC said.

According to data from the US Labor Department, more jobs have

been lost in the past 12 months than any other period in 70 years.

And as experts predict unemployment will get worse before it gets better, this could be a sign of things to come in the UK. UK construction worker Phil Jacobs, who lost his job amid the economic downfall, warned that the British workforce was just one pay packet away from being unemployed and homeless.

He was made redundant just before Christmas last year when his employer axed more than 20 jobs as part of its cost-cutting plans. With no income, he maxed out on his credit cards and overdraft, and could not keep up with rent payments. He ended up with little choice but to sleep on the streets. Mr Jacobs, who now sleeps rough in city doorways, said: "I couldn't believe how quickly it can all happen."

*Naomi Osinnowo*

## A strange invitation

Some rough sleepers in central London have received an unusual invitation (pictured right), offering them food, blankets and alcohol, all at a private address that doesn't seem to exist.

A reader contacted *The Pavement* after receiving an invitation and met others with the same bits of paper, suggesting we look at what is behind it. But aside from discovering that the postcode does not exist, nor apparently the road, we are none the wiser.

The invitation offers to help rough sleepers with food and blankets, while setting down rules on alcohol consumption and clearing up after dogs, and supposedly comes from a Mr and Mrs Faraj.

If it is a scam, we would expect the address to exist, so it seems more likely to be a cruel joke by persons unknown.

If any reader can shed some light on this invitation, the reason behind it, or has received similar invitations, please get in touch – address on page 3.

*Staff*

## Your own budget

Rough sleepers in the City of London are to be helped off the streets via a unique "individual budget" scheme launched this month.

Around £100,000 has been allocated to the year-long initiative launched by the City of London Corporation and Broadway on 1st April. At least 25 rough sleepers will be given an assessment-based fund

to help them into accommodation.

Susanna Howard, spokeswoman for the Corporation, explained: "The scheme will take into account the needs of each and every rough sleeper engaged with the project. Each rough sleeper will be assigned an intermediary to negotiate their personalised budget with the partnership of Broadway and the City of London Corporation."

London has been chosen as a priority area for the pilot scheme because of its high level of long-term homelessness. A recent Homeless Link report on street homelessness revealed that half of England's rough sleepers - around 3,000 people over the course of a year - are found in London. Even though there has

**Mr. And Mrs. Faraj  
2 Grove End Gardens  
London NW2 1FY**

We have made a lot of money in property and we want to share some of the new found wealth with homeless people. However, due to the fact that we have family with children, we can only extend an open house strictly Monday to Friday up to 1:00am. We will be offering at no charge to you, soup and a hot meal plus a free blanket during the winter months.

Please note that no alcohol will be available to drink at our premises. However, on your departure, each adult over 18 will be given 3 bottles of beer or cider plus a plastic mug strictly on the basis that the beverages will be consumed at least one mile away from our premises and on the basis that you will undertake not to be a nuisance to others.

Please insure that you take a copy of this invite with you when you visit our home of welcome to those with less worldly goods than ourselves.

You are welcome to bring with you only one dog on the strict condition that the dog is kept on a lead at all times and on the understanding that you will not allow the dog to defecate in our neighbours gardens or if it does, you will remove the offending defecation.

Please make sure that you bring with you proof of your homelessness. This invitation will also be handed out by distributors of the big issue. May God bless you all in this time of hardship.

Tube fares will be refunded upon receipt of the appropriate ticket. We enclose here with £5 voucher which will be paid to you upon presentation. Dog food will be supplied. No drugs to be used at our premises.

been a decline in the number of rough sleepers in the capital in the past decade, London is the only region in the country that has failed to meet the government's 1998 target to reduce rough sleeping by two-thirds, added the report.

Ms Howard said: "The City of London, working with Broadway, is committed to tackling rough sleeping in the City, and it is hoped that this personalised approach will enable us to engage more closely with rough sleepers to help them regain control of their lives, get them off the streets and into accommodation."

If the pilot scheme proves successful, the City of London Corporation will seek funding from mainstream budgets to extend it.

"This is a way homeless people can get some control back", said Ms Howard.

*Naomi Osinnowo*

## Croydon hut eviction

A rough sleeper, who had been using a tin railway hut for shelter, has been evicted by police in Croydon, south London.

British Transport Police took action after neighbours complained about the man living in the hut and lighting fires to cook.

The man, believed to be in his 50s, was arrested on Monday 9th March, but not charged, and offered support from local social services. The tin hut was dismantled to prevent his return.

*Staff*

## Riverside rent rise

Residents at a homeless hostel are up in arms about a substantial rise in weekly service charges.

Riverside House, in the Docklands, East London, houses

up to 40 homeless men who are supported through drug and drink rehabilitation programmes.

People living at the centre, which is run by the Salvation Army's Housing Association, have been told that their rent payments are to be increased by around 70 per cent - an average jump in real terms from £14 a week to £23.

One resident, who did not want to be named, said: "We all signed a petition in protest to such a steep rise. We are all on benefits and a lot of us are battling against drink and drug addiction. This is such a huge rise that there was a real air of militancy around the place, but the managers know that we have nowhere else to go, so there is little we can do really."

In a letter, the Salvation Army blames the rent hike on the "rising cost of utilities" and says the rises will help residents learn useful skills in budgeting so that they will be "equipped to meet the demands that will be presented to them in the future."

On going to press, the situation had yet to be resolved, with some of the residents considering rent strikes.

*Rebecca Evans*

## Tent City to be shut down

A sprawling "tent city" of the homeless is to be shut down by the Mayor of Sacramento.

In Sacramento, California's state capital, around 150 men and women are estimated to be living in a squalid encampment that has attracted worldwide attention as a symbol of US economic decline. Mayor Kevin Johnson has promised to make alternative shelter space available before he closes the ramshackle settlement, which he hopes will be within three weeks. He said: "We want to move

as quickly as we can. We have to do whatever we can do. We're going to tackle it head-on."

Sacramento has one of the highest mortgage foreclosure rates in the United States, and the number of homeless people in the city and surrounding county is estimated to have jumped by nearly 10 per cent last year to around 2,700. About half are believed to be living outdoors.

The tent city site, near an almond-processing plant beside a railroad freight line, made global headlines after it was featured last month on *The Oprah Winfrey Show*.

*Rebecca Evans*

## A plea to Obama

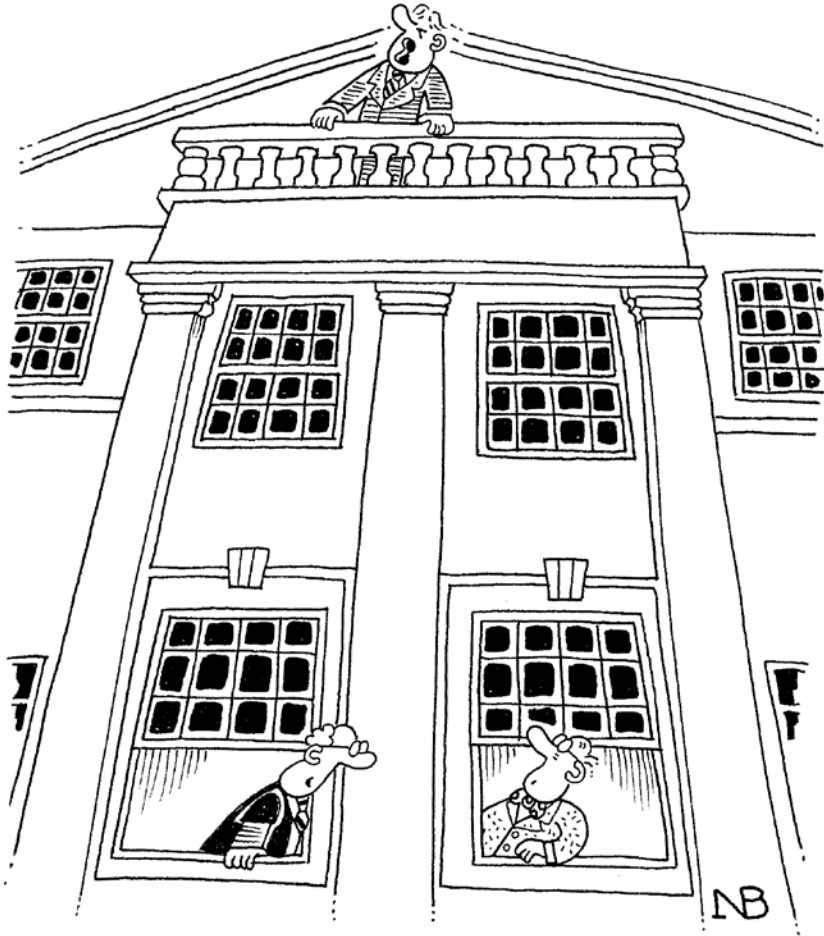
Henrietta Hughes, a homeless woman from Fort Myers, Florida, highlighted the huge problems of homelessness in the US when she stood up at the town hall and asked President Obama for help.

When he came off stage and hugged her, it resulted in her problem being solved through housing provision. Ms Hughes is one of many homeless in America; the problem is predicted to worsen to 1.5m additional Americans becoming homeless as the recession hits harder. In Florida alone, 60,000 people were listed homeless two years ago, making the state third in the nation for the highest number of homeless. (California is ranked first)

According to Linda Berghthold's report on HuffingtonPost.com, as many as 200,000 veterans may be sleeping rough, along with many others on a low income whose plight is such that they sleep in their cars or on the streets.

The Stimulus Bill offers \$1.5bn for the prevention and support of homelessness, providing money towards rent, housing searches and mortgages payments, as well as





*"I see Dawkins is calling the faithless to prayer"*



# 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 ★

many other related areas. Community organisations in the US such as The Jericho Project, Beyond Shelter and Pathways to Housing are also providing innovative solutions to the issues. The National Alliance to End Homelessness website ([www.endhomelessness.org](http://www.endhomelessness.org)) offers a 10-step strategy to address housing problems within communities.

*Simone Richardson*

## Why referrals stopped

London-based Hopkinson House has stopped taking referrals as a result of a directive from the Westminster Substance Misuse Team (WSMT).

The hostel, which is located in Victoria, has not taken referrals since February.

It is run by Equinox Care, a London-based charity providing residential and community support to people in need of housing, victims

of domestic violence and those with criminal records. Hopkinson House provides supported accommodation to service users with chronic alcohol problems and related physical and mental health issues.

WSMT's manager Louise Butler told *The Pavement* that the current hiatus was due to the referral process "being reviewed in order for us to provide a better and more robust service for people using Hopkinson House". She was unable to comment on the length of time it would take for the normal referral procedure to resume, but stressed that the hostel would not be closing and that current residents should not be affected by any of these changes.

The management at Equinox Care also confirmed to us that their work at Hopkinson House would continue as usual.

*Jim O'Reilly*

## Shelter from the storm

Pete Postlethwaite, the star of *The Age of Stupid*, recently turned up in north London to open Shelter from the Storm, a new centre named after a Bob Dylan song.

Just three backbreaking months after taking on a near-derelict warehouse housing only a colony of urban foxes, Islington residents Sheila Scott and Louie Salvoni have created bright, spotlessly clean and comfortable accommodation for up to 25 guests, with a separate space for seven women. The project is open three days a week and will open for more days as money and volunteers permit. The shelter is by referral only; potential volunteers are asked to email [shelterfromthestorm@live.co.uk](mailto:shelterfromthestorm@live.co.uk)

*Val Stevenson*





A large indoor bicycle workshop or storage area. The room is filled with numerous bicycles of various colors and models, parked on racks and stands. The floor is concrete, and the ceiling has exposed pipes and fluorescent lighting. The overall atmosphere is one of a busy, well-used space for bicycle maintenance and storage.

*Bikeworks; one of a growing number of schemes across the UK offering opportunities to train with something that's sustainable – socially and environmentally. For more information go to [www.bikeworks.org.uk](http://www.bikeworks.org.uk)*

# STREET SHIELD

EPISODE 4

THE  
VILLAINS

UNDER A BRIDGE DOWN BY THE RIVER.

SO WE'RE BEING  
CHALLENGED ON THE  
STREETS, HEY?

BUT WHO IS THIS  
STREET SHIELD?

SUPER STRENGTH

KERB CR

STRONG IS WHAT HE IS,  
AND HE'S MADE FRIENDS  
ALREADY. WE MUST ACT!

AND ACT WE SHALL MY BEERY  
FRIEND, AND STOP HIM ONCE  
AND FOR ALL, BEFORE HE  
INTERFERES WITH OUR PLANS.

BUT WHAT SHALL WE DO?  
SEND IN MY HENCHMEN?

NO. BRITAIN'S NOT SEEN ME IN  
A LONG YEAR, BUT I THINK  
IT'S TIME FOR MAYHEM

STREET SHIELD  
BEWARE,  
HERE COMES...

AWLER

MANY

SPRING-HEELED JACK!

NEXT  
MONTH

THE CLASH!

# Ask Agnes

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

*Dear Agnes,  
As a result of a social security error, I fell behind on my rent. After a year of missing payments, I was evicted from my much loved home. I found myself first living in a B&B and finally in a hostel, which is where I still live. It's pretty awful here. To my great surprise, I have become "homeless". I am a well educated, middle-class woman in my mid-30s and 'homeless' through no fault of my own. This label is keeping me down. I can't get a job without an address, can I, let alone explain to potential employers that I all but live on the street? I'm not quite sure how this happened to me.*

### *Anonymous*

Dear Anonymous,  
Social security stuffed up? It does happen. After all, they're a bureaucracy and we don't always take time to understand 'the system' ourselves. I'm sorry you found yourself at the mercy of the bailiffs – it is traumatic for anyone to lose their home unexpectedly.

Most people – well educated or not, middle-class or otherwise – find themselves surprised to be suddenly homeless. I bet that if I asked a random selection of people walking down a busy street, not many of them would foresee in a million years that homelessness could happen to them. I have to say, though, if there's something that knowing many homeless people has taught Agnes, it is that losing one's home can happen to absolutely anyone – rich or poor, gay or straight, black or white, male or female, old or young, we are all at the mercy of fate, to a certain extent. Just one wrong turn in life can send you flying along a totally

different trajectory. And, as you said, it may not even be your fault. This happens to a lot of people for a lot of different reasons. Which means you are a part of, not apart from, your fellow hostel residents.

It would be a mistake to think that the entire population sees homelessness negatively. How did you feel about homelessness before you became homeless? I imagine your previous views are influencing your thoughts and emotions towards your current situation. Trust me, there are many open-minded, good people out there who neither pity nor dislike homeless people, and you may be lucky enough to encounter people in the future who will find your spell as a homeless person an interesting and unusual part of your life story rather than something off-putting. I wouldn't go as far as having "I've survived being homeless" t-shirts printed, but could you make it a feature rather than trying to hide it?

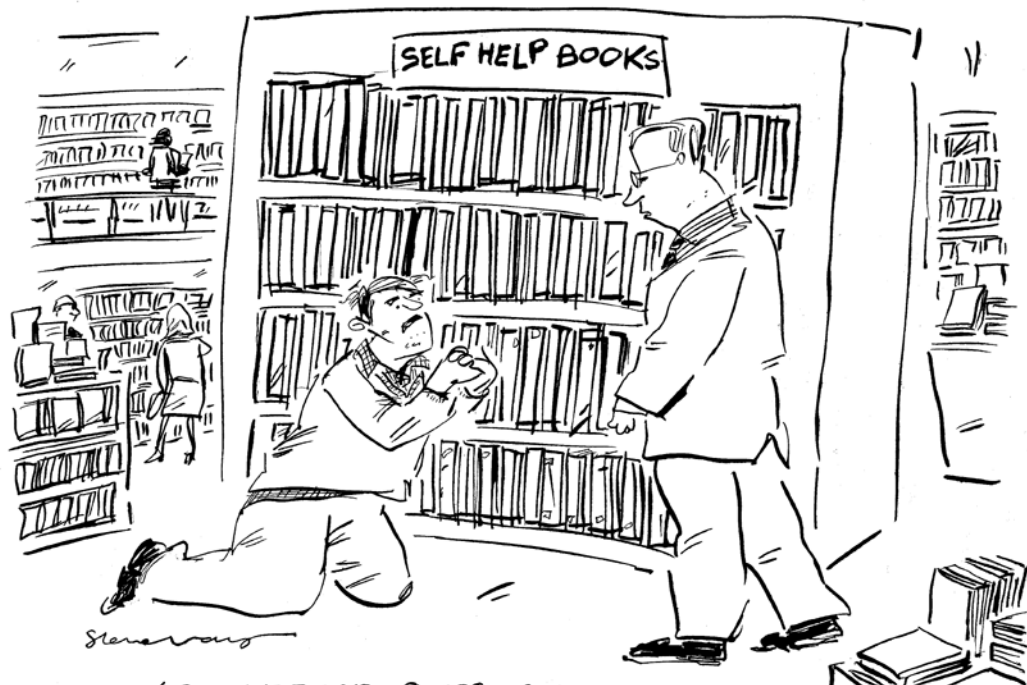
When you're living in a hostel, a defeatist attitude will make it impossible to start changing your life. People do get jobs when they are homeless. This is the routine: You steel yourself; you wash and brush up; you accept help and half-way decent clothes; and you set off early to walk miles to the interview if you can't afford the bus fare. You do it because it is the only way out. You hope that your need will mask your desperation during the interview and that when you get your acceptance letter, via the address of a kindly acquaintance, you will find the energy to do all of the above, every day until your first pay check arrives. And finally, after doing what has, at times, felt like the impossible, you have many more options. You're free.

Of course, that only applies if earning money and having a home are what make you feel free. With your new life story incorporating, as it does, an extreme that not many people can empathise with, you may find potential to do something a bit different with your life. You will be in the privileged position of having a genuine understanding of the issues that homeless people face day-to-day, and that is something that could make you an expert in a new field.

### *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





*"Pick one for me... please... please"*

# Dear Flo

*A word in your shell-like on how to care for your ears*

Most people have heard the warning: "Never put anything smaller than your elbow in your ear!"

As some of you may know, we NHS know-it-alls dislike cotton buds and positively discourage their use for cleaning ears. Funnily enough, we're not that keen on hairgrips, pens or toothpicks either...

The delicate skin lining the tube that goes from the outer ear (the ear canal) to the eardrum (tympanic membrane) can easily be damaged if it's scratched or poked at. It can become irritated or – even worse – infected and cause an outer-ear infection. Cotton buds etc can also damage the eardrum or even defeat the object of cleaning by pushing the wax against the eardrum, compacting it and causing more problems.

Middle- or inner-ear infections often appear after heavy colds, or after trauma to and tearing of the eardrum. They are not caused by 'dirty ears' – in fact, the term is very misleading, as our ears are rarely dirty.

## *What is earwax?*

The skin of the ear canal produces earwax to protect the eardrum. It hardly ever needs to be removed; occasionally, if a large build-up causes hearing loss or pain, a nurse or doctor may need to syringe the ear or use special forceps to remove it. People who wear hearing aids should get their ears checked by a nurse at least once or twice a year, as wax can be problem.

## *How should I clean my ears?*

Contrary to popular belief, we don't really need to clean our ears.



You can buy products to gently dissolve wax build-up which from a pharmacy, but it's better to save your money and use olive oil or warm water. Better still, don't bother unless there is a hearing problem or discomfort, in which case you should check it out with a nurse first.

## *When to see a nurse or doctor*

You need to see a nurse or doctor if:

- You have pain or itching which lasts for more than a few days
- Blood or fluid is leaking from the ear
- You notice noises that shouldn't be there (whistling, crackling, machine like noises, humming etc).
- Your hearing is reduced (It might be gradual so that you don't notice it, but you may find

yourself saying "pardon?" or "eh?" more than you used to. Or you may think people are mumbling and you're missing things)

- Your ear is persistently red, swollen or hot.

Dizziness and nausea can sometimes indicate an inner ear infection, so best get this checked out by a nurse or doctor.

In fact, if you have any worrying symptoms or would like some advice on any health matters, then you can find your local medical services in *The List* at the back of *The Pavement*.

Good health,

*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

# Foot care

## *Buying second-hand shoes*

The secret of a good pair of shoes is fit, so wear shoes that fit well and are made for the purpose you want them for.

Most second-hand items cost a fraction of their original price, and if you buy wisely you can save a lot. If you can't find what you need in a clothing store and have to go to the high street, the rule of thumb is never to pay more than a third of the full price. Whatever you pay will depend, in part, on luck and determination, but also on where you choose to buy. Charity shops, jumble sales and car boots are the bargain basements of the second-hand world, whereas on-line auctions can be quite expensive by comparison, and require an account to access them and an address to post to.

Always check the shoes for excessive wear, particularly around and under the heels. Put the shoes on the table and view them from the back. Provided the heels are not worn down, the shoe's back seam should run at right angles to the ground. A tilt to one side or bulging around the sides would suggest excessive wear, so avoid that pair.

Check the inside for tears in the lining or wear marks made by the previous owner. Push your fingers to the end of the toe box and run them along the underside of the upper to check for damage to the upper which is usually caused by long nails or deformed toes.

Check the forefoot of the shoe for excess wear like bulging or tears along the seams inside and out. Make sure that the sole of the shoe is intact, with no holes, and that the tread is in good condition.

Scuff marks on the upper are not a major problem and provided the shoes fit, these marks can be

removed by either shoe paints or polish. It is a good idea to trace your foot shape onto a piece of light cardboard and use it as a template to check the size when it's not written on the shoe itself. If the cardboard template creases and crumples when you slip it in, the chances are that the shoe will not fit. Cardboard templates also save you time and effort.

Once you find a pair of shoes in reasonable condition that fits the template, then you can try them on. Wearing socks cuts down the risk of cross-infection. Try both shoes, and if they are comfortable, all's well and good!

Well-fitting shoes do not need to be 'broken in', so if they pinch or rub, give them a miss. Mass-produced shoes are made in such a way they have a poor second-hand shelf life. It is often a question of what you see is what you get and sometimes you might be lucky with your purchase; but more often than not, you end up with a pig-in-a-poke. Better-made shoes and boots can be resoled at a reasonable cost – ask your local shoe repair

shop about their charges, which sometimes aren't what you'd think. Many cobblers will even replace the soles of trainers for a fraction of the original price, which is a good way to save money.

Once you have your shoes, you can kill most bacteria and fungus by leaving them overnight in a fridge/freezer –but check with others who use the fridge first as this might upset some people! This is particularly good for canvas trainers... but remember to defrost them before wearing.

If you are buying second-hand trainers and want to wash them, use a washing machine at normal wash temperature. The shoes should be left to dry overnight. It is always a good idea to polish leather shoes to keep the leather supple and more waterproof.

## *Toe Slayer*

Podiatrist and shoe-historian



# 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

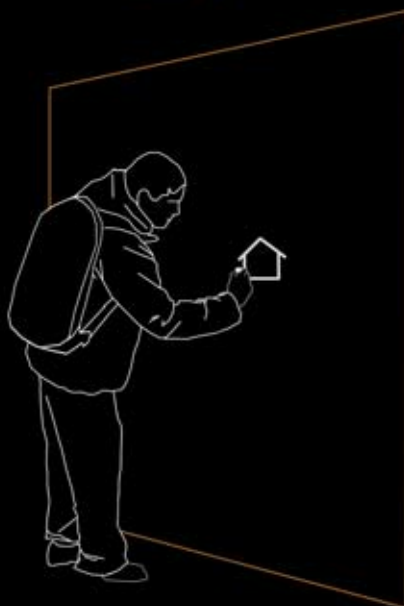


you'll get moved on here

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.



**Samantha Wright**  
Age at disappearance: 25

Samantha has been missing from the central Edinburgh area since June 2008.

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

Samantha is 5ft 6in tall, of medium build with dark brown eyes and long brown wavy hair. Samantha frequently wears a black hooded top and purple boots.

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

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

**Homeless Edinburgh**  
A comprehensive website containing information about services in Edinburgh including hostels, advice and support centres. Also has information on over 8,000 services outside Edinburgh [www.homelesseidinburgh.org](http://www.homelesseidinburgh.org)

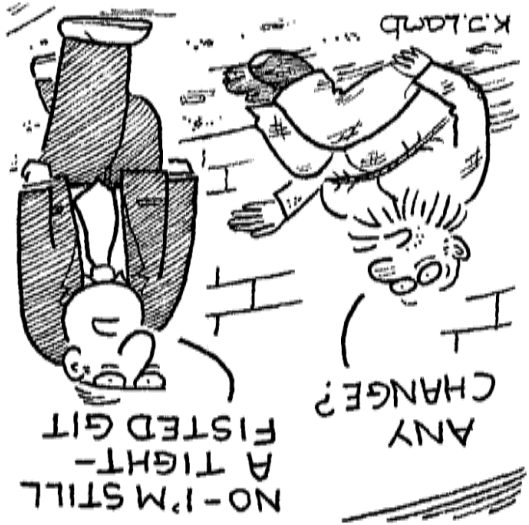
#### WEBSITES GLASGOW

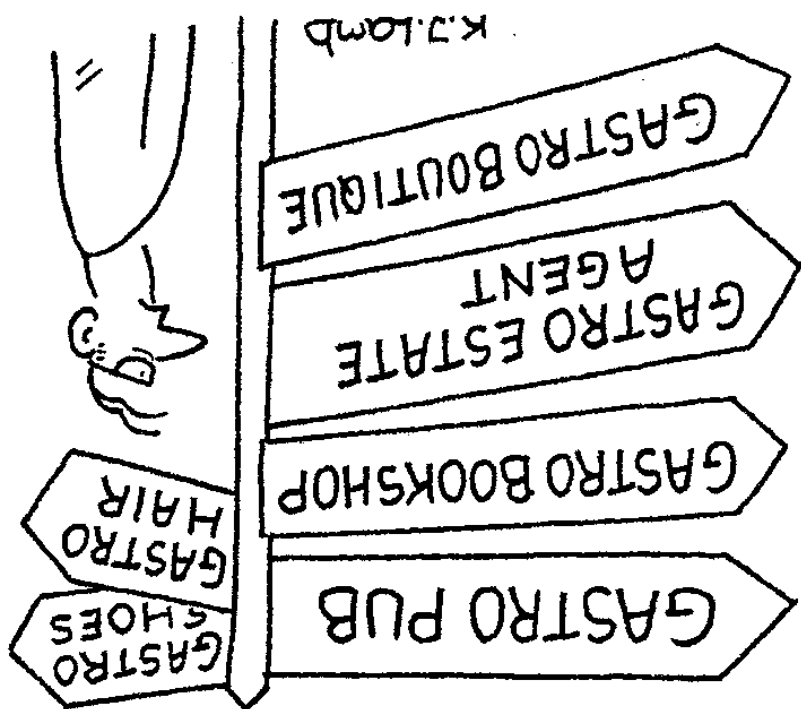
**Homeless Information Pages Glasgow**  
Lots of useful information and advice on homeless services in and around Glasgow [www.hipinglasgow.com](http://www.hipinglasgow.com)

#### WEBSITES EDINBURGH

**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)

**Stonewall Housing**  
Addresses the housing needs of lesbians and gay men. Provides temporary, supported housing for 16 – 25 years old lesbians and gay men. [www.stonewallhousing.org](http://www.stonewallhousing.org)





**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 Hopetoun Crescent, EH7 4AY  
0131 557 8219  
Every day except Thur:  
3.45 - 4.30pm  
FF

**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  
FF

**St George's West**  
58 Shandwick Place, EH2 4RT  
0131 226 2428  
Mon - Sat: 9am - 3pm  
FF

**Soup Van**  
Every night: 9 - 9.45pm  
Runs from Waverley Bridge to  
Grassmarket and North Bridge  
FF

## SOUP KITCHENS & SOUP RUNS GLASGOW

**Balvicar Street**  
G42 8QU  
Thurs: 7 - 9pm  
FF

**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  
FF

**Rokpa Glasgow**  
Kagyu Samye Dzong  
The Tibetan Buddhist Centre  
7 Ashley Street  
Glasgow  
G3 6DR  
0141 332 9950  
FF

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

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

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

**Waterloo Street**  
G2  
Thur: 10pm - 12am  
FF

## 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  
(1 pm - 7pm daily)

**Job Centre Plus (benefits agency)**

To make a claim  
0800 055 6688

For queries about existing claims  
For Income Support, Jobseekers  
Allowance or Incapacity Benefit  
0845 377 6001

For Social Fund enquiries  
0845 608 8661

For the Pensions Service  
0845 60 60 265

**Message Home Helpline**  
0800 700 740  
24 hrs daily

**National Debtline**  
0808 808 4000

**Runaway Helpline**  
0808 800 7070  
Free line for under-18s  
who have left home

**The Samaritans**  
08457 90 9090

**SANeline**

6 - 11pm  
0845 767 8000  
Out-of-hours helpline for those  
affected by mental health

**Shelter**  
0808 800 4444  
Housing info and advice  
8am-8pm daily

**UK Human Trafficking Centre**  
0114 252 3891

## TELEPHONE SERVICES EDINBURGH

**Edinburgh City Mission**  
0845 658 0045  
Providing a listening service  
for anyone in emotional crisis.  
Also offers face-to-face 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



## MEDICAL SERVICES GLASGOW

## The Physical Health Care Team

55 Hunter St, G4 0UP

0141 553 2826

Mon - Fri: 1 - 5pm

Has two GPs and a team of nurses

and office staff who also run

clinics at some hostels. Appoint-

ments not necessary. They also

provide support for people who

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

## PERFORMING ARTS

tbc

## SOUP KITCHENS &amp; SOUP RUNS

## EDINBURGH

## Barony Contact Point

101 High Rigg, EH3 9RP

0871 700 7777 / 0131 622 1867

Tue: 10.30am - 4pm;

Thur: 10am - 1pm, FF

## Calton Centre

121 Montgomery Street, EH7 5EP

0131 661 5252

Tues: 6 - 8.30pm

## Carriuber's Christian Centre

65 High Street, EH1 1SR

0131 556 2626

Sun: 8.30 - 9am

ENTERTAINMENT & SOCIAL  
EVENTS

## 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 725 725

Ring the Legionline to see

how they can help ex-service-

men and ex-servicewomen

## Veterans UK

0800 169 2277

Free help and advice for 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 helplines

## 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, DT, D, FC, MS, MH, SH

## Jericho house

53 Lothian Street, EH1 1HB

0131 225 8230

Sun: 10am - 2pm; Weds

and Thurs: 6 - 7.30pm

FF

## DRUG / ALCOHOL SERVICES

## GLASGOW

## Cocaine Anonymous Scotland

0141 959 6363

www.cascotland.org.uk

Helpline offering help and support

to those with or recovering from

an addiction. Also offer meetings

and literature on addictions

A, AD, C, D

## Drug Crisis Centre

The West Street Centre, 123

West Street, G5 8BA

0141 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

programme www.bethanyct.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

## Emanuel Glasgow

101 Ellesmere Street, G22 5QT

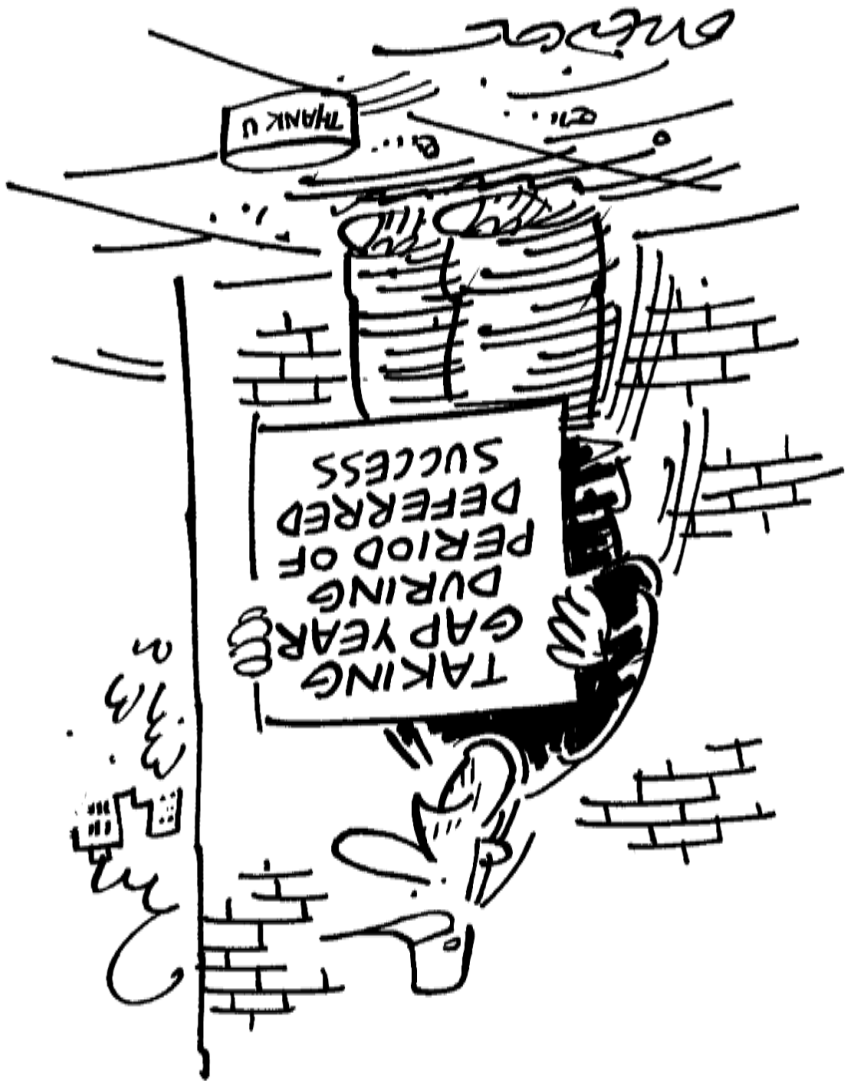
0141 353 3912

www.emmanuelsglasgow.org.uk

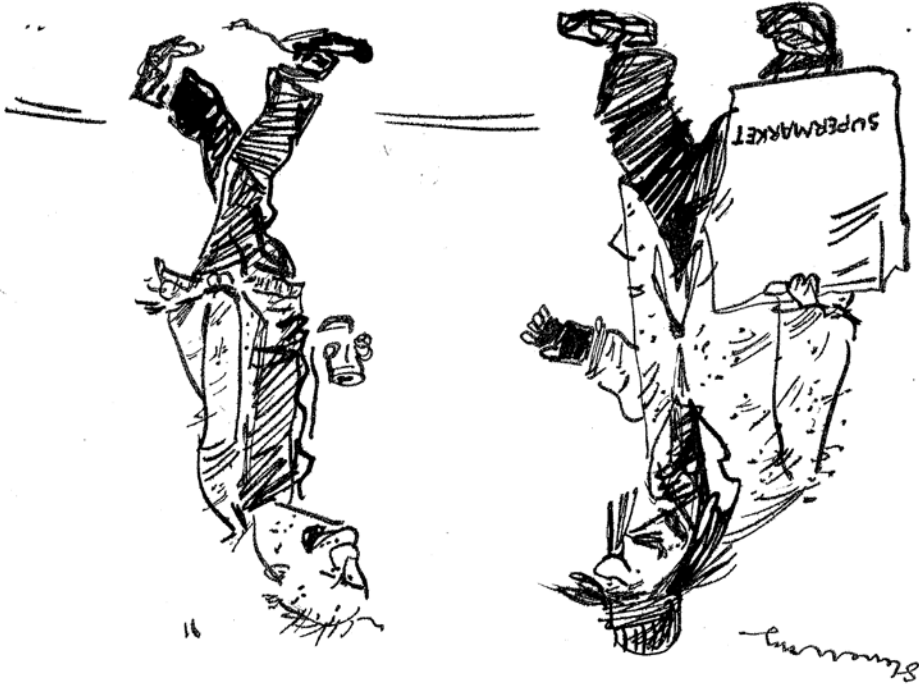
Provides accommodation and

work for homeless people

AS, CL, ET, TS



“Hey, man, nice bag”



Referral from LEAP on:  
0131 332 3228

**Salvation Army – Ashbrook**  
492 Ferry Road, EH5 2DL  
0131 552 5705  
90% residents are over 40. Ring or drop in 24 hours a day

## Men

**Gowrie Care – Caledonia House**  
41 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 - 11.30pm 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

**Project**  
7-12 Adelaide Street, Liv-  
ington, EH54 5HG  
01506 430221  
Young single homeless people aged 16-21 with a local connection to West Lothian  
Ring first (8am - 8pm daily)

## Rock Trust

55 Albany Street, EH1 3QY  
admin@rocktrust.org  
0131 557 4059

## 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

**Halls Direct Access Hostel**  
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 Balcric 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

**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  
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**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

## Quarriers Stopover

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

**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

**Breathrough**  
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.

## Drinkline Scotland

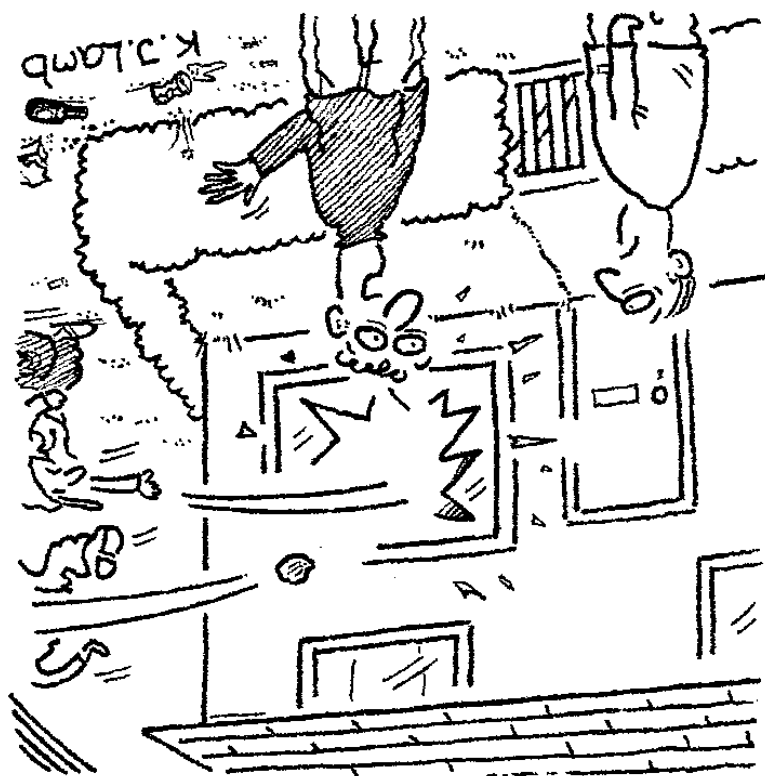
Freeport, PO Box 4000, G3 8XX  
0800 7314 314  
Advice and info for people with alcohol problems or anyone concerned about alcohol misuse

**Castle Project**  
14 Niddrie House Drive, EH16 4TT  
0131 669 0068  
Mon - Thurs: 9am - 4.30pm; Fri: 9am - 4pm  
D, NE, OL, OB, SH

## EDINBURGH

## DRUG / ALCOHOL SERVICES

*"New to the neighbourhood? I live here too,  
literally a stone's throw away"*



## The Access Point

17-23 Leith Street, EH1 3AT

0131 529 7438

Mon, Wed - Fri 9am - 5pm;

Tues 10am - 5pm

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

173 West Street, G40 1DN

0141 554 65200

Mon - Fri: 9am - 5pm

Provides flexible emotional and

practical support, information

and advice for homeless people

in Glasgow with mental health prob-

lems. Phone, write or just drop in

C, MH

### Hamish Allan Centre

180 Centre Street, G5 8EE

0141 287 1800 or freephone emer-

gency out-of-hours 0800 838 502

Assessment of entitlement to

housing. Temporary accommo-

dition may be available while

eligibility enquiries are made

H, TS

### Glasgow City Council

For anyone who is homeless,

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

### SAY Women Accommodation

3rd Floor, 30 Bell St, G1 1LG

0141 552 5803

Provides support and counselling

to young women aged 16 - 25

who are homeless or threatened

with homelessness and are

AS, C, SH

## 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;

12.45 - 4.15pm. Appointments

every day: 7.30 - 11.45am

AD, BA, BS, F, L, LS, MH, SK

Service users can also use the

centre as a mailing address

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

Shelling

24 McAlpine Street, G2 8PT

0141 221 2630

Mon - Fri: 10am - 5pm (drop in);

Mon, Tues, Wed: 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

### 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

### 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

### DIRECT ACCESS HOSTELS/

#### NIGHTSHELTERS EDINBURGH

All with low-support needs

### 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

Ring or drop in

### 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

# the OTHER list

The directory of Scotland's homeless services Updated 30<sup>th</sup> March 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> 4 <b>Updated entries:</b> 3 <b>Services added:</b> 2	<b>ADVICE SERVICES EDINBURGH</b>
<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>Edinburgh Cyrenians – Smartmove project</b> 57 Albion Rd, EH7 5QY 0131 475 2356 Mon - Fri 10am - 4pm Advice, information and support for people who are homeless or threatened with homelessness AS, H, TS	<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 <b>Streetwork UK</b> Mon - Fri, immediate practical help and advice for vulnerable people on the streets of Edinburgh Service Delivery Team 2 New Street, EH8 8BH 0131 556 9756 Women's Service 4 Belvue Street, EH7 4BY 0131 476 2023 AS, A, BA, C, D, H, NE, SH www.streetwork.org.uk