

thePavement

The *FREE* monthly for Scotland's homeless

June 2009



I'M HERE TO HELP.
HE'S HERE TO MAKE SURE YOU
ACCEPT MY HELP



the Pavement

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The Editor

When should you give your name?

Our sister paper in London received a letter from a reader last issue stating that outreach workers had demanded his name, and used the threat of the police to try to get it. On page 4 we ask if this practice is legal – although from London with different laws, this type of scenario could affect you in future. In order to find out what rough sleepers' rights are in this situation, *The Pavement* consulted legal experts to try and answer a few questions posed by the letter.

If affected by the issues raised in the article you might contact Liberty for advice on your rights. They're on **0845 123 2307** or **0203 145 0461**, Monday and Thursday (6.30–8.30pm) and Wednesday (12.30–2.30pm). Or you can go to their website at www.yourrights.org.uk.

We rely on readers' letters in the magazine, not only for providing stories such as the one above, but also to let us know what we're doing right and what we're doing wrong. So, please drop us a line at the addresses to the left.

Karen Chung
Scotland Editor
chung@thepavement.org.uk

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Get on the housing ladder with a Tiny Free House – a low cost home from the US, made from discarded pallets. See the story page 14.
Photography by Michael Janzen © 2008

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Who wants to know?

A worrying trend in London may be copied across the UK – get to know your rights

Last month the London edition of *The Pavement* printed a letter from a rough sleeper, who had written in after being approached by two outreach workers who asked for his full name. When he refused to give it, he was told that “[the outreach team] would be back with the police the next night to get [his name]”.

Outreach workers and the police are now working in tandem in many areas of London, where police powers to extract information are increasingly being used to ‘speed up’ outreach work.

Rough sleepers who are unwilling to give their personal details to outreach are being threatened with police action: and *The Pavement* has found this policy being employed by Westminster and Camden councils in the last few months.

But is this legal? Do the police have the power to take down a name or personal details from someone, even if they have no evidence of criminal activity or intent? Can outreach workers demand details in the way that the police can? And can information gathered by the police be shared with outreach workers?

We first spoke with Alan Murdie, a solicitor from Zacchaeus 2000, a firm that specialises in providing justice for vulnerable or poverty-stricken people, about the powers of outreach workers to ask for personal information.

He admitted there was to some extent a ‘civic duty’ to help the police with information, though this obligation is not extended to outreach workers. “Outreach workers have no legal right whatsoever to ask for someone else’s name, any more than another complete stranger,” he said.

If the police had been accompanying the outreach workers, they would have been able to ask for the man’s name, “but only if they suspected an offence - they cannot take your details without suspicion of criminal activity”.

After the introduction of anti-social behaviour laws in the last decade, ‘criminal activity’ can also extend to street-drinking or begging, evidence of which would entitle the police to take down personal details.

If our reader was not behaving ‘anti-socially’, there should have been no reason for police intervention, and no legal right for outreach workers to threaten him with police involvement. If the police were to extract information and pass it on to an outreach worker, “they could be in breach of Data Protection”, Mr Murdie said.

A spokeswoman for Liberty, the human rights and civil liberties organisation, confirmed this was the case. “If the police were to hand over personal information to an outreach worker, when the person whose details have been taken has not given consent, they would undoubtedly be breaking Data Protection laws, unless the information is for the purpose of preventing or detecting crime,” she said.

In other words, unless your name has been taken by police as part of a criminal investigation, it should not be passed over to outreach workers.

The spokeswoman urged any of our readers whose details are handed over to outreach workers or any other organisation without their consent to contact Liberty, either through their website or on their public advice telephone service (details on page 3).

Although we were not per-

mitted an interview, *The Pavement* received a statement from Crime Reduction Initiatives (CRI), the organisation that manages the Camden outreach programme mentioned in the letter, on the issues raised in it.

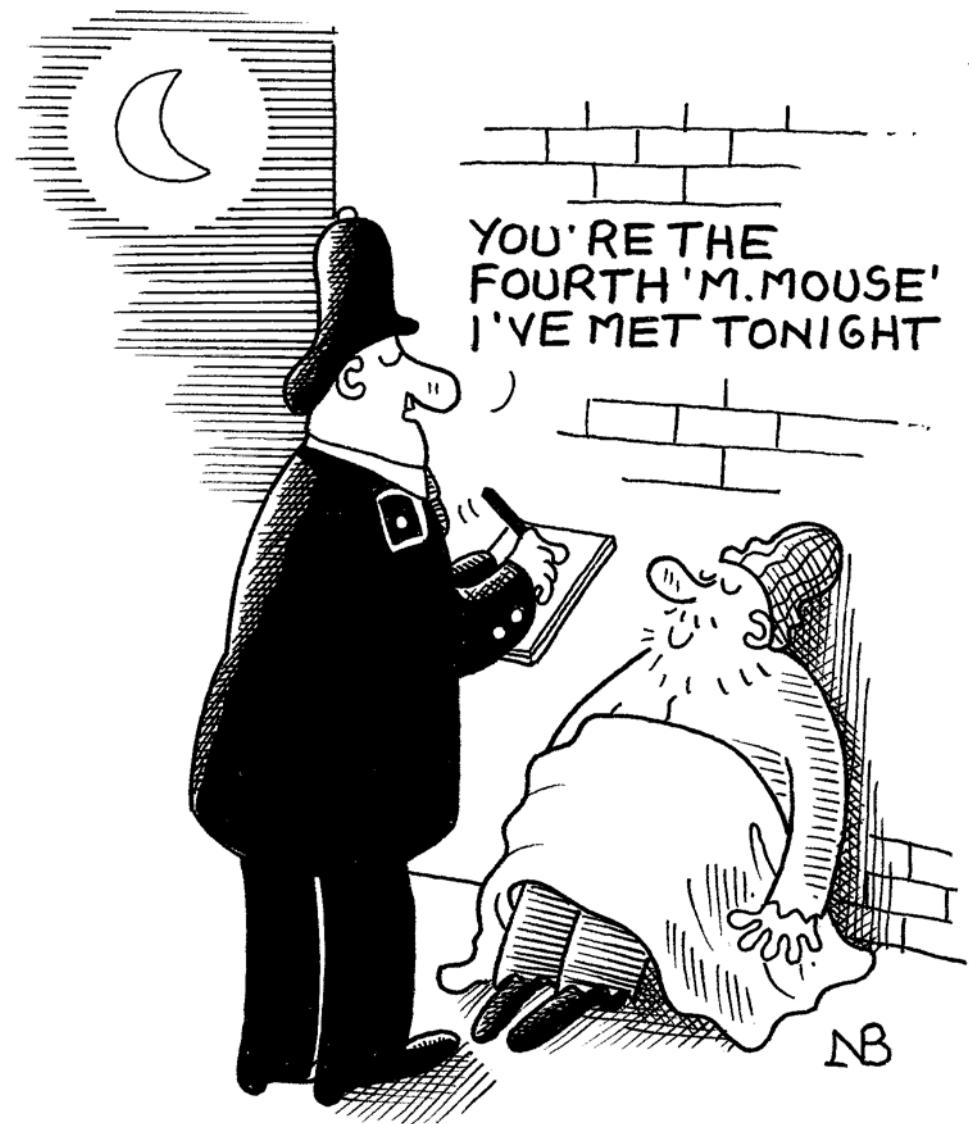
Though the CRI did not want to comment on our correspondent’s case individually, the statement confirmed that police involvement was a vital part of its outreach policy. “To deliver social care interventions, [we] work in close partnership with enforcement agencies such as the police”, it said. The main use of this partnership with CRI is in ‘enforcement interventions’, such as giving ASBOs, which are employed when “individuals choose not take up the offer of services to help to reduce their activity”.

CRI also confirmed that information on clients was shared not just between its outreach services and the police, but also with “wardens, hostel providers, substance misuse agencies, social workers and Camden council representatives”.

Before these so-called ‘Tasking and Targeting’ meetings, attended by all the organisations above, “all attendees sign up to an information sharing agreement... the attendees discuss and decide on a case plan for each individual and site that is identified by the group... Where someone refuses offers of help or does not successfully engage with partners the meeting will look at progressing enforcement options”.

The evidence strongly suggests that police are being used to take details from unwilling rough sleepers to share with outreach workers. But it seems no-one’s asked whether this is legal.

Jim O’Reilly



Scottish news

All your local homeless news

You looking at my bird?

A short film of about 12 minutes about a homeless man in Glasgow won the Scottish BAFTA for best fictional film. It was the work of Billy Campbell (22) who graduated from University For The Creative Arts in Farnham, Surrey, with a BA in Film Production last year. The spoof documentary compares the life of the homeless man with that of a city pigeon, an idea Mr Campbell had been thinking about since he became involved in documentaries from the age of 15.

Shot on a very low budget with the cast working for free, the film was completed in four days in the centre of Glasgow. 'Life of a Pigeon' picked up the Scottish BAFTA and was also nominated for 'Best Short Film' and for the 'Best Performance' for lead actor Owen Gorman. The awards were held at the Royal Scottish Music and Drama School and presented by Dougie Anderson, Presenter of the 'T in the Park' music festival.

Before coming to the Scottish BAFTAs the film was shown at festivals in Hamburg, Glasgow and Sheffield.

The film features a character appearing in locations around the city, caught up in his own world and seemingly oblivious to others; similar to the way pigeons can perhaps across to us.

Director Billy Campbell, from Campsie Glen, near Lennoxton, Dunbartonshire, won £800 and a year's subscription to the British Academy of Film and Television. He said of the film: 'It's very dark and humorous, a nice mix of message and entertainment. Winning was completely unex-

pected. I am just glad the judges saw what I was intending.'

Brian McDermott

Free dental care in Glasgow

From 20th July NHS Greater Glasgow and Clyde will be providing a dental service for homeless people.

It is mainly to cater to the need of the people on the streets and those living in temporary accommodation. The service consists of two dentists and support staff. A recent survey found that homeless people have high levels of tooth decay and statistics show that 30 % have false teeth.

Shelter Scotland welcomed the new service, and underlined how difficult for the homeless to get access to a range of medical services, including dentists, doctors and even pharmacies.

Staff

Edinburgh homeless numbers rise

The number of homeless people being put up in bed and breakfasts has risen by nearly a half in two years, new figures have revealed.

Hundreds of households – both single people and couples – are being forced to spend up to seven weeks in temporary accommodation as Edinburgh's affordable housing crisis deepens.

Only a handful of people were being placed in B&Bs a decade

ago but the numbers have recently rocketed. Just over 200 homeless people were housed in B&Bs in December 2006, but by December last year this had jumped to 292. The push towards B&Bs is part of the council's strategy to try and cut down on the number of people sleeping rough ahead of a 2012 Government deadline where it has an obligation to provide a home for everyone in the capital.

Putting people up in Edinburgh's B&Bs costs the council around £2 million a year. It is against the council's homeless policy to place children in B&Bs.

City leaders said the B&B problem will not be solved until they get extra money to invest in more affordable housing. Housing pressure groups and opposition politicians warned B&Bs do not provide any solution to homelessness.

Graeme Brown, director of housing charity Shelter Scotland, said: "The substantial rise in couples and individuals being temporarily housed in bed and breakfast accommodation is worrying.

"Bed and breakfast deprives people of privacy and is also one of the most expensive forms of temporary accommodation. These figures indicate the increasing pressure on the housing system and the lack of affordable housing in the city.

"Investment in more affordable homes to rent is urgently needed to tackle the housing crisis in Edinburgh and across Scotland."

Other statistics show the council is failing to meet its targets on how long people stay at B&Bs. In the year up to January, homeless people on the council's books had racked up a total of 18,763 days in B&Bs – 3,963 more than the target.

Councillor Paul Edie, the city's housing leader said: "The acute shortage of affordable housing in the city has its greatest impact on the 5,000 households who become homeless each year. We need 12,000 more homes for people to rent or buy at a price they can afford. At the moment there are more than 320 households staying in B&Bs.

"Whilst we try to keep their time there to a minimum the problem won't ever be solved until we receive investment to build the homes that are needed so desperately."

Imran Ali

Funding slashed

Projects in Scotland helping homeless and disadvantaged people are concerned that their Government funding is being cut.

A worker at Starter Packs, a support service in Angus, said: "The Scottish Government ended ring fencing for homelessness initiative monies last year, with the promise that no voluntary organisation would be disadvantaged. In fact, Angus Council has taken the opportunity to bring in a new system of using vouchers to be used at the three furniture projects and ourselves (Starter Packs Angus). This means the end of core funding for us all and a high degree of uncertainty.

"Only those assessed as homeless by Angus Council will be able to get a voucher, which gives limited items from one of the furniture recycling projects and ourselves. There is no support to anyone who secures their own tenancy, who does not wish to go through the council or is any other type of housing need, crisis or emergency. The time scale is also very difficult. In short, there is money allocated to this scheme which will, at best, give help to about half of

those assessed by Angus Council, and none at all for all others in need, and we are concerned."

Staff

Rural homeless

People facing homelessness in rural Scotland should not be allowed to become second class citizens.

That was the warning from Shelter Scotland responding to the findings of the Scottish Parliament's Rural Housing Inquiry.

The report shows that an estimated 29 per cent of housing association lets in rural areas go to homeless people. This demonstrates that people on waiting lists continue to get the lion's share of new homes that become available to let.

Graeme Brown of Shelter Scotland said, "The Committee has produced a substantial report which correctly identifies the acute shortage of affordable housing as the root cause of tensions in rural Scotland. Their findings add yet more weight to the argument that housing is the number one issue for rural Scotland.

"Any attempt to water down the 2012 legal commitment to end homelessness in Scotland would make second class citizens of homeless people in rural Scotland."

Eugenia Cabaleiro Pereira

Right to buy scrapped

Government plans to scrap the right to buy for new-build affordable housing in Scotland have been welcomed by the The Scottish Federation of Housing Associations (SFHA) and homeless charity Shelter Scotland. Tenants moving into newly-built council or housing association homes would no longer be entitled to buy them under Scottish Government plans published in a draft bill.

Graeme Brown, director of Shelter Scotland, said that radical reform of the right to buy was the right thing to do.

He added: "We commend the inclusion of radical reform to right to buy in the proposed draft housing bill and hope that it will be the death knell of this outdated policy.

"Since the policy started more than 25 years ago, nearly half a million public sector homes have been sold off in Scotland, while only around 42,000 council homes have been built over the same period."

Mr Brown added: "Selling off council stock, while starving local authorities of cash to replace them, has been a contributing factor in the current housing crisis that sees hundreds of thousands of people either on waiting lists or in temporary housing."

Jacqui Watt, chief executive of the SFHA, said: "In these difficult economic times, a plentiful supply of well-managed and affordable rented stock is more important than ever."

Staff

Revamped services in Edinburgh

Following on from the story, 'Service provision deal falls through', in the last edition of *The Pavement*, we asked what is the current situation on the new services to tackle homelessness in Edinburgh.

Despite initial setbacks, including visiting support arrangements with SAMH falling through, new services to provide assistance have been introduced in the capital. The City of Edinburgh Council has maintained its commitment to working alongside several different organizations, with the intention of establishing a number of places where people can find support. These include The Bethany Christian Trust,

Edinburgh Cyrenians, Streetwork, FourSquare, Community Help and Advice Initiative, Move On, Fresh Start, The Rock Trust, Granton Information Centre, Orchard and Shipman and Gowrie Home Care.

One of the leading fronts of the initiative is to help prevent homelessness by getting to the root of problems.

Councillor Norman Work, Chair of the Edinburgh Homelessness Forum, said: "Prevention is better than cure in many instances. We are providing more services that will help people stay in their homes in the long-run." This aim will be aided by Edinburgh Cyrenians, who offer weekly visiting support and have Personal Advisors available to assist people at important housing meetings.

The service revamp still includes crisis support for anyone at risk of sleeping rough and assistance is being provided to help clients find homes with good private landlords. Kate Poulson of Streetwork said, "Crisis service is an exciting addition to our current services. Working with the Council allows us to reach the most vulnerable people across the city. We're very supportive of the new strategy."

It is hoped that there will now be a smooth transition period for the new services. The Council provides information on any changes clients might experience. Housing Convener, Councillor Paul Edie, commented, "We have put a lot of work into making sure that we are providing the best possible services for those who come to us for help. I am encouraged by the good work undertaken by these service providers so far and we look forward to tackling homelessness together with them."

Mateo Stanger

US handouts

Sad scenes in America as the super-power feels the pinch

In America, desperate scenes are unfolding due to soaring living costs, and in any areas, it's not the local burger bars seeing a boom on business - it's the soup kitchens.

One in six of West Virginia's 1.8 million people receive government food stamps - one of the highest rates in the country - and the total is rising every week. Also in the food lines are elderly people who have seen their pensions wiped out by the stock market crash, families driven into destitution by medical expenses because they cannot afford insurance, and the large numbers of people who are continually dependent on welfare.

However most of the people claiming food stamps need more due to the cost of living rocketing over the past 12 months.

Nardella, who has worked with the food bank in Gassaway, West Virginia, for 25 years, says the programme is feeding 260,000 people a month, and is increasingly seeing entire families coming for help - even when the main wage earner works full time.

How can this be?

She explains: "A few years ago I was working at a soup kitchen and there were a few men who came in. You could tell they lived on the street. Now there are families, the parents are bringing their children in and feeding them in the soup kitchen. For these mothers especially, that's a hard thing for them to do."

She adds: "The people who go into a soup kitchen and take their families are people who thought they would never have to go in and get help".

The parents say the neighbours know about their hardship, and the local church has helped them out

but they don't want their names known to the wider audience because they're scared they'll been seen as weak and that they'll be accused of being spongers.

"There's a view, an attitude towards people on welfare. People around here think God helps those who help themselves", said a father who works in a fast-food outlet. This isn't his chosen career; it's a new job, one he desperately needed due to him losing his previous one, one he was delighted to get but, if he's honest, one's he's embarrassed about because of its low status and poor wage.

"I never thought we would be asking for food, but if I want to keep the job I have to pay for the gas. I have to pay utilities. What's left goes on food, but there are four mouths to feed and it's not enough. I blame everything on the price of gasoline. When it went up to \$4 a gallon 18 months ago it affected everybody. It forced up the cost of utilities and food. People were working all day and they still weren't earning enough to pay all the bills", he said.

Back at the soup kitchen, Nardella explains that "Families are moving in with other families because they can't survive in their own households".

Sadly as the recession continues to bite, the soup kitchens are only of the few places people can go in their hour of desperate need, even those who work full time.

Anthony Walsh



"One in five of you will have to clear off - the unemployment figures have just been seasonally readjusted!"

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The Mayor's year

We look at Boris Johnson's record on the homeless and housing

This month marks the one-year anniversary of Boris Johnson's time as Mayor of London. So what has he achieved?

We look at what the Mayor has done to improve housing in London – and if he's followed through on his key election promises.

Affordable homes

Pledge: Work with the boroughs to build 50,000 more affordable homes by 2011

Action: Mr Johnson has gone back on his election pledge, changing 50,000 new homes to 50,000 more affordable homes. Empty homes that have been brought back into use, for example, could now be counted. Even the 50,000 target is looking shaky, with the *Evening Standard* reporting that Mr Johnson has admitted the recession could make the goal difficult to meet.

Mr Johnson has also scrapped the obligation on local councils to guarantee that at least 50 per cent of their new housing will be affordable. Instead, individual targets are being decided with each borough. **Response:** Adam Sampson, outgoing chief executive of Shelter, said in the *Guardian* (20th January 2009): "The inevitable result of this will be that boroughs will proceed to play pass the parcel with affordable housing supply, each arguing that while they support the overall target, they themselves should be exempt from it".

Social housing

Action: Mr Johnson has shifted resources from social housing to 'intermediate' housing (eg, home ownership schemes). Previously the allocation was 70:30 in favour of social housing; now it is 60:40. **Response:** Jenny Jones, Green Party

Assembly Member (20th November 2008): "By shifting the focus away from social rented housing and onto homes for middle income earners, the Mayor is cutting support for those in greatest need".

Empty homes

Pledge: Invest £60m from the Regional Housing Pot to start renovating the capital's 84,205 empty properties to help low-income Londoners off waiting lists.

Action: The Draft Housing Strategy has allocated £60m of the Targeted Funding Stream to bring empty homes back into use.

It pledges that no more than one per cent of homes should stand empty and unused for over six months and there should be no financial incentives to leaving homes empty.

An audit of derelict abandoned homes will also be undertaken.

Getting on the property ladder

Pledge 1: Release GLA-owned land and £130m from the Regional Housing Pot to launch a new 'First Steps Housing Scheme', which will be open to first-time buyers frozen out of Government schemes.

Pledge 2: Increase shared ownership schemes for low-income families by a third. **Action:** The Draft Housing strategy outlines plans to increase opportunities for low-cost home ownership by a third.

As promised, £130m will be earmarked to start the First Steps housing programme. Controversially the maximum household income of those eligible for discounted and low cost homes has been raised to £72,000.

Response: Rob Williams in the *Guardian* (22nd November 2008): "Quite frankly, if housing is so expensive that an income of £72,000 cannot get someone on the 'property ladder' then it is clear that prices must come down to earth."

Space and overcrowding

Pledge: Work with local councils to deliver more family-sized homes.

Action: The Draft Housing Strategy aims that 42 per cent of social rented and 16 per cent of intermediate homes should have three bedrooms or more.

The increase in overcrowding in the social rented sector should cease by 2012, the paper adds.

Security and protection for private tenants

Pledge 1: Protect private tenants from unscrupulous landlords by publishing an online 'Fair Rents Guide'.

Pledge 2: Explore the possibility of a tenant deposit scheme with a guaranteed arbitration period of one month.

Action: The Draft Housing Strategy outlines plans to set up the London Rents Map, a web-based guide giving details of rent in the capital, and to raise awareness among tenants and landlords or Tenancy Deposit Schemes. However, no new tenancy deposit schemes are mentioned other than those that have been mandatory since April 2007 for all new and renewed tenancies with rents of up to £25,000 a year.

Carinya Sharples

We will be interviewing Boris Johnson in a forthcoming issue.

News-in-Brief

All the homeless news – national and international

A death and a near miss

A homeless man has been found dead at a waste disposal site in Nottingham, on the same day a rough sleeper was almost crushed by a bin lorry in Brighton.

Raymond Pickering, 54, was found dead at the Biffa waste disposal site in Colwick, Nottingham, on Friday 15th May. The police believe he was sleeping rough in bins in Nottingham, but the exact cause of his death has yet to be determined.

On the same day, a council bin lorry in Brighton had a near miss with a rough sleeper in one of its bins. The driver, working alone, stopped emptying bins with the lorry's automatic lift when he heard screams. The man escaped injury.

Brighton and Hove council are discussing adding a man to their lorries to check the bins first, but this is a problem across the UK. Before the July issue, we aim talk to Biffa, one of the UK's largest waste disposal companies, which, we understand, is working on a campaign to stop this type of accident.

Staff

Investigating Novas

Allegations of financial impropriety have led to the government launching an independent inquiry into a running of a leading social justice charity.

Exactly what instigated the investigation into the money management of Novas Scarman, until now a large homeless hostel provider, has been kept tightly under wraps, but the organisation

has been shrouded in controversy for more than a year. The report, due out last month, has been delayed until July.

One ex-employee did not mince his words when describing what he saw as the charity's problems. "I was astounded by the cavalier approach to financial management and reporting – to my mind, it bordered on fraud," he said. "The majority of senior managers' employment in Novas [...] usually ended in humiliating redundancies in breach of employment practice. It was highly questionable whether a charitable organisation should be spending such large sums of money on paying employees to leave and sign a variety of clauses that prevented them from speaking out or taking the organisation through a legal or employment process."

Novas strongly deny this, stating

that all payments were strictly in accordance with contracts. But problems continue to plague the charity: another disgruntled ex-employee, Ermek Sultanov, took Novas to the employment courts earlier this year for unfair dismissal. A couple of ongoing employment tribunals are also waiting to be heard.

Executive management assistant Kellie White defended Novas's position, saying the organisation's focus was shifting way from being a landlord towards primarily providing community-based support, and this had caused inevitable dissatisfaction among staff. "We have had to make some central posts redundant following rationalisation and regionalisation following two mergers," she explained. "We also take a strong stance where employees seriously threaten other



"Doesn't the second-hand smoke bother you?"

staff or customers,” she added, although she would not elaborate.

It is not just staff who are unhappy with the new direction. Last August, two board members, Peter Bird and Camden town councillor Patricia Callaghan, resigned when Novas decided to sell off its flagship property, the Arlington House hostel for single men in Camden. The search for prospective landlords for the hostel has been harder than expected, although Novas says One Housing Group had shown interest recently.

Callaghan told Inside Housing magazine she was “spitting blood” over the decision, which she blamed on financial pressure from massive investment in social enterprise as well as historic debts arising from Novas’s merger with Path and the Scarman Trust in December 2007.

She declined to comment on the current inquiry before the report is published, stating only that it had been a “rigorous process” and she would be able to say more soon.

Katy Taylor

Big Issue vendor killed

Dorset police have arrested six teenagers, four boys and two girls, after the suspicious death of a Bournemouth *Big Issue* seller on Saturday 9th May.

The body of 41-year-old Ralph Millward was found on the pavement outside a Marks and Spencer in Bournemouth around 7am Saturday morning.

A spokesman for the police said the six teenagers are helping police with their enquiries. A post mortem has suggested Mr Millward died of injuries resulting from a violent assault.

Staff

Man told “go down south” by judge

A homeless man caught in breach of his anti-social behaviour order (ASBO) has been told to move out of East Yorkshire and “go down south”, a local newspaper has reported.

The Beverly Local reported at the beginning of May that John Bernard Martindale, known locally as Bernie, had been told to move south on his release from prison. He had been caught drinking alcohol in public, having been released from a jail sentence imposed at Hull Crown Court in February for another breach of his ASBO in January. It was his eighth breach of the court order.

East Riding Judge Michael Mettyear told him to “go down south when you get out and leave us alone up here,” as he sentenced the man to three months in prison.

When he was jailed in February, Martindale had said he intended to move south and stay with family there.

Staff

Brighton authorities back out of LGBT funding

Brighton and Hove leaders have backed out of proposals to sign up to the specialist work of the Albert Kennedy Trust (ATK), a charity dealing with young people aged 16–25 from the Lesbian, Gay, Bisexual and Transgender (LGBT) community who are homeless or living in a hostile environment.

The city’s cabinet meeting, controlled by the Conservative Party, voted against a Green Party motion calling for the allocation of £3,000 to fund the Trust’s work in Brighton and Hove, despite an earlier unanimous vote by the full council in favour of

getting the help of the charity.

LGBT Green spokesperson Phelim Mac Cafferty described the decision as a “kick in the teeth” for all young LGBTs, blaming the Tories for either “homophobia” or “pure heartlessness”.

He told *The Pavement*: “The Conservatives have basically signed a charter to continue destroying the needs of that socially fragile group. “We know from the statistics that the young LGBTs who live on the streets or in temporary accommodation are far more likely to harm themselves or try commit suicide.

“The council will spend more than £700 million on services this year. The money needed to bring in the ATK is barely a drop in the ocean, and the return that would come back to Brighton would be far more beneficial”.

Brighton and Hove’s cabinet, which turned down the proposal for the third time in the past few months, said it did not feel that the ATK’s services “added sufficient value to the city council’s priorities, commitments and directorate development plans.”

Councillor Maria Caulfield, cabinet member for housing, added: “Over the past two years all our housing staff have been trained in LGBT housing awareness and over the past year have received training in transgender issues.

“Brighton & Hove is also in the process of appointing an LGBT Housing Options Officer in consultation with the LGBT community and they are helping us define the post.”

Following the cabinet’s decision, the ATK said on May 11 that it had been “regretfully forced” to pull out of Brighton and Hove.

Teo Kermeliotis



Little Bo P45

Hope House triples to cope with demand

A London treatment centre for women suffering from alcohol and drug abuse has tripled in size to cope with a rising number of cases.

Hope House – the only one of its kind in London – has moved from an eight bedroom centre in Maida Vale, West London to a 23-bedroom building in Clapham Common, South London, a building previously used by male addicts.

The centre’s users – many of whom have been homeless – stay there for 12 to 24 weeks. Most have already been through detox and are given help to cope with life after the first stages of rehab.

The number of women seeking help for drink or drug addiction has

reached an all-time high and for the first time, is virtually on a par with men. The problem is expected to get worse as binge-drinking teenage girls develop addictions.

Amanda Williams, director of the charity Action on Addiction, said the percentage of women to men being treated in its main centre, Clouds House in Wiltshire, had risen from 29 to 47 in five years.

“We have had to turn women away because we were not big enough,” she said. “You can’t fail to see the statistics binge-drinking has increased among British women more than any other European country in the last decade.

“Professional women are more likely to drink regularly, and that lifestyle can lead to problem drinking. Some professional women get addicted because

of this lifestyle, while someone else could be drinking because they are single mums. We are expanding Hope House because we are aware of these needs.”

Williams added: “Women do a lot better when they are with other women. They can explore issues such as abuse, eating disorders and the guilt they feel because their children are not with them.”

Established 20 years ago, Hope House treats NHS and private patients. The renovation cost £300,000, with money donated by an anonymous family charitable trust.

Research shows that British teenage girls are now out-drinking boys. The European School Survey Project on Alcohol and other Drugs, of 15- and 16-year-olds in 35 countries, found that 55 per cent of girls admitted binge-drinking, compared with 52 per cent of boys.

Rebecca Evans

Camden ‘cuts’ rough sleeping to single figures

The number of people sleeping rough in Camden has been reduced to “single figures”, according to the borough’s Safer Streets Team. Last month, it was recorded that just six people had been found sleeping rough in the north London borough on the last street count.

These figures are thought to make Camden SST one of the most successful organisations in reducing homelessness in England and Wales, with numbers declining from more than fifty individuals a decade ago.

Councillor James King, from Camden Council, said: “[The low street count] is positive both for vulnerable individuals on our streets and for the community at large, which previously suffered from street-related antisocial behaviour.”

However, Frankie Allwright

from the Camden-based charity the Simon Community, questioned the steep drop in the official rough sleeper numbers for the borough.

"We do head counts of the whole of London bi-annually, and our figures are consistently higher than those published by the government," she said. "We are also aware of a systematic programme by Camden Council officials – in particular, outreach workers and the police – to move rough sleepers out of Camden in order to keep numbers down."

Police involvement with outreach and council workers often "immediately precedes any count that takes place in order to produce the best numbers possible", she added.

Jim O'Reilly

Worthing beggar beaten and left for dead

A beggar was beaten and left bleeding on the street for hours before anyone contacted the emergency services.

The man, in his 50s, was found lying on the pavement in Chapel Road, Worthing, on the evening of Monday, 4th May. He had serious head injuries and his head was covered in blood. Sussex police believe he was left fighting for his life for several hours before a member of the public called for an ambulance.

When paramedics arrived they called the police, suspecting he had been assaulted. According to a report in the *Argus* on 6th May, the man had been begging outside the Blockbuster store when two men beat him up after they objected to being asked for change.

Sergeant Ian Kerr of Sussex Police was quoted in the *Argus* as saying: "The male was a local street drinker who was begging for

some cash as people walked by... It is believed he remained at the scene for at least two hours before anyone came to his assistance".

Sergeant Kerr also made an appeal for anyone who witnessed the attack or who saw the man lying in the street to come forward, adding: "We think he was attacked at around 10pm, so there probably would have been people around".

At the time of writing, no one has come forward with information and no arrests have been made.

Due to the lack of witnesses, Sergeant Kerr told *The Pavement* that there was "some doubt whether his story was true", but said "we can't disprove it".

According to Sergeant Kerr, the man in question had drunk a bottle of vodka and may have fallen over.

Carinya Sharples

Little House on the Pallet

A 40-year-old web designer from California, USA, has responded to the recession and the potential threat of losing his job by designing and building small houses out of throwaway materials.

Using discarded pallets from skips and building sites, Michael Janzen has designed a range of small dwellings, the first of which he built for no outlay, having gone online to the US website craigslist.org to find free materials.

Mr Janzen saw this first design of the Tiny Free House as a reaction to the modern obsession with earning more and buying bigger house. He told *The Pavement*: "I don't currently need the Tiny Free House as a home for myself, but if I were to lose my job, it could become my home. In many ways, it is part of my job loss back-up plan."

He also sees their use for temporary accommodation in areas affected by natural disaster

and cities affected by homelessness. "I'm also trying to show that human ingenuity can overcome any obstacle," he explained. "My hope is to inspire everyone, from policy makers to the people who need homes, and show that there is no excuse not to build simple tiny homes for anyone that needs one."

Although Janzen stressed pallets were "not ideal for building anything", they were great for making "walls and floors" – "a pallet house can be built just using a hammer, wood saw, hack saw, and nails," he said.

However, he added: "The biggest challenges with building any alternative housing centres around community and local government acceptance. I'm avoiding permits and approvals with my Tiny Free House project by building it on a trailer and parking on it on rural land owned by relatives. Technically, it's a shed on wheels, but it will be complete with a toilet, shower, bed, and kitchen."

His first pallet house is shown in our centre pages, and his work and those of others he blogs about can be seen at www.tinyhousedesign.com.

Staff

Families in Wales lose out

Hundreds of families in Wales could be made homeless after a Government decision to halt funding for a successful landlord scheme.

The families, who were originally living in temporary B&B accommodation, were given secure housing as part of an initiative where councils obtained properties from private landlords.

On the Welsh island of Anglesey alone, the project managed to reduce the amount councils were paying for B&Bs by more than £300,000 and housed 207 families thanks to a £1 million subsidy.

But the Treasury suddenly withdrew the funding at a time when the recession was fuelling the homelessness problem. Cash-strapped councils have been left the choice of a massive overspend or of a rent hike that could force people out the properties.

Anglesey Council leader Phil Fowle has written to the Assembly calling the withdrawal of the Private Sector Leasing subsidy (PSLS) "scandalous".

He said: "The consequences for those vulnerable households living in PSLS properties and future clients are far reaching. As the recession continues to deepen, added burdens will inevitably be placed on the homelessness service and social renting sector."

The Welsh Assembly said the withdrawal of funding was a "surprise" and that they would do all they could to ease the financial burden on local authorities.

Rebecca Evans

Peyroux plays Endell Street

French-American jazz artist Madeleine Peyroux broke off her world tour on 15th April to visit St Mungo's Endell Street hostel in Covent Garden, London, as part of the charity's 40th birthday celebrations.

The smoky-voiced singer lent her support to the organisation's clients, who participate in the training programme based in the recently refurbished hostel's recording studio.

Peyroux jammed on several songs with the St Mungo's musicians, including her own single 'Instead' and songs composed by St Mungo's resident Steve.

Alpheous Little, St Mungo's social enterprise manager, said: "We were absolutely delighted to

welcome Madeleine as the first internationally renowned musician to visit our studio and our clients. It was an extremely successful and enjoyable afternoon.

"Many of our Endell Street residents, and other homeless people in Camden who use the studio, are passionate about music. As well as having a therapeutic, cultural and social function, it's an amazing way of helping clients create a sense of possibility and hope for the future."

St Mungo's clients receive training in music skills, including composing and recording, which encourages their creativity while developing transferable skills that can help them advance into further training and voluntary or paid work.

Matt Catlow, music production trainer at St Mungo's, said: "At the moment we have about six homeless men and women working with us in the studio towards an accredited qualification. In future, we hope to introduce an element of social enterprise to the project – local bands will have the opportunity to book studio time at a subsidised rate while our clients engineer and mix the sessions. This will give our clients a feel for what it is like to work in a professional recording environment while also creating a level of sustainability for the project."

Teo Kermeliotis

Polish shelter fire kills 23

In mid-April, a blaze ended the lives of 23 people waiting for social housing in Poland's shelter for homeless, and left 20 more seriously injured.

The fire in town of Kamien Pomorski in north-western Poland has sparked a debate within the country about the state of government-provided shelters for those who cannot afford a home. The three-storey communist-era build-



"He used to be some sort of government tsar"

ing became an inferno on early April morning. The cause is still unknown.

Investigators noted that the hostel had previously experienced two fires caused by inhabitants attempting to warm themselves with electric heaters. As the building originally housed temporary gas workers, there were almost no facilities.

When the local government acquired it several years ago, it did undertake no renovations: there was no fire alarm; and officials negligently allowed people to live in the building despite numerous violations of safety rules.

The Krakow Post has estimated there are about 300,000 homeless people in Poland. Officially the Polish authorities and local governments are responsible for taking care of those in need, but according to World Socialist Web Site, only a third of the homeless are housed in hostels provided by local governments. The shelter at Kamien Pomorski was one of these typically overcrowded institutions, with 77 registered residents at the time of the fire.

The tragedy at Kamien Pomorski was Poland's deadliest fire since 55 people were killed in a blaze at a psychiatric hospital in Gorna Grupa in 1980.

As Poland was in an official three-day mourning period, interior minister Grzegorz Schemtyna ordered a detailed check of all shelters in the country.

Giedre Steikunaite

Mortgage Rescue Scheme flounders

A government scheme to save families from having their homes repossessed has helped just one household since its launch in January.

The £285 million Mortgage Rescue Scheme was created to give

homeowners the chance to sell their properties to a social landlord such as a housing association, and then to rent it back, avoiding repossession. But despite an estimated 15,000 families losing their homes since the start of the year, just one out of 452 families who applied has been approved for help.

The scheme was targeted at people earning less than £60,000 a year who would be entitled to be re-housed under homelessness legislation.

Liberal Democrat housing spokesman Sarah Teather said: "This is an appalling failure by a government that is more interested in headline-grabbing than in helping families through the economic crisis."

The flagship scheme was launched to help buffer the effects of the economic downturn, with the Council of Mortgage Lenders forecasting a total of 75,000 repossessions this year – close to the peak of the 1991 recession.

In exchange for lenders agreeing to defer a portion of homeowners' interest payments, the government pledged to guarantee up to 80 per cent of the money owed to the lender.

Some critics argue that its selection criteria are too strict, as the scheme is open only to owner-occupiers, not buy-to-let landlords, and people must have bought their home using a mortgage before 1 December last year. Furthermore, homeowners are not eligible for assistance unless they have been making regular payments in agreement with their lender for at least five months. They must also be able to afford to continue to pay at least 30 per cent of the interest on their loan each month.

And they can also only take part in the scheme, which covers mortgages up to £400,000, if all other options have been exhausted, and if they are not eligible for income support for mortgage interest and

have less than £16,000 in savings.

But a DCLG spokesman said: "The Mortgage Rescue Scheme has made a successful start and is one part of a comprehensive package of measures to help households at risk of repossession. It is important to remember that mortgage rescue is just one of the levels of protection we have put in place."

The government originally unveiled the Mortgage Rescue Scheme last September at the start of the banking crisis in response to fears of soaring numbers of people losing their homes, with ministers claiming the move would aid 6,000 people over two years. It was part of a package of measures that the government claimed would provide "real help." Originally a £200 million scheme, it was given an £85million boost in April's budget.

Tory spokesman Grant Shapps added: "These shocking figures show what a sham the Government's Mortgage Rescue Scheme has been. Thousands of families looked to Gordon Brown for help to survive his recession and he's looked the other way. He got us into this mess, and he needs to help families through it."

Rebecca Evans

Homeless on Display at Chelsea

Homeless men and women from across the UK have been given the chance to use their green fingers at this year's Chelsea Flower Show. More than 20 homeless agencies were involved in creating the show garden, from growing seedlings to designing, creating and maintaining the plot in the West London site. The project, entitled The Key, was a collaboration between Homeless Link, the Homes and Communities Agency, the Department for Communities and Local



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 ★

Government and the Eden Project, and featured a pathway made of old discarded keys donated from cutting shops across the UK. It was hoped participation would inspire a sense of growth in the gardeners and help to break cycle of social exclusion. The Chelsea Flower show ran from 19th–23rd May 2009.

Rebecca Wearn

Hackney hostel facelift

A north London hostel has reopened after a £5m facelift, with beds for 60 people and a more energy-efficient utilities system.

St Mungo's Mare Street has fewer than half the number of beds it had during its days as a "dormitory-style" hostel with communal bathrooms. Instead, Mare Street now has 45 en-suite rooms, arranged into groups of six with a shared kitchen between

them, and 15 self-contained flats.

Communal areas include a main kitchen, an internet area, training rooms, an art room, a meeting room and a library. Some of the facilities are already being used by other Hackney organisations.

The beds were made by some of St Mungo's residents in the charity's wood workshop.

In addition, a sound recording studio is expected to be up and running soon, with St Mungo's staff planning to work with local Hackney musicians to develop residents' music skills.

The building, a former police section house, had been refurbished with funds from the Department of Communities and Local Government as part of its Hostels Capital Improvement Programme (HCIP), the second phase of which – The Places of Change Programme – has since transferred to the Homes and Communities Agency (HCA).

Sir Bob Kerslake, chief executive

of the Homes and Communities Agency, formally re-opened the Mare Street hostel on 8th May. He said: "The solution to street homelessness is not just about building more hostels. Our programme seeks to provide not just better facilities for homeless service users, but to encourage a major change in the way services are delivered."

Mare Street residents also have access to the Greenhouse Health Centre – a St Mungo's, Thames Reach and Hackney Primary Care Trust partnership, for access to doctors and specialist health workers.

A complex needs worker, who assists with any issues around mental health or substance use, and a resettlement worker to assist residents moving on into permanent accommodation, are also available to residents.

Staff

Michael Janzen (story, page 14) advises the following if you decide to build a pallet house:

- 1. Build your house in a welcoming location.** This is also the hardest part and the first step – talk to your local authority as well as the land owner.

- 2. Your safety is a top priority.** Be extra careful with heating methods. Don't take risks with open fire.

- 3. It's not easy to test pallets for toxins, so handle them with care.** Most chemicals used to fumigate pallets (and their loads) evaporate and dissipate quickly, but some residue may exist so use a respirator when cutting wood. Don't burn pallet wood for the same reason. Also be sure to watch for pallets that are clearly contaminated with visible chemical spills.

- 4. It's best to use pallets for the walls and floor and other lumber for the roof.** If no other lumber is available look for long non-standard pallets and cut through the nails with a hacksaw to free the individual lumber pieces.

- 5. Look into using a sawdust toilet and compost human waste**

- 6. Consider a simple grey water system for your home's drain water.**

- 7. Obtain a simple backpacker-style water filter for clean drinking water.**

Ask Agnes

The Pavement's agony aunt answers the hard questions

Dear Agnes,
I am bipolar and have suffered with this since I can remember. My illness is fairly bad and is the main cause of my homelessness. I have been encouraged – and, every now and then, forced – to take pills. I have had lithium, olanzapine, and many others, but generally I chuck them out as soon as I feel better. I don't get on with medication. I need to try and cope in another way, which is why I am writing to you. I genuinely enjoy the ups of my illness and would hate to lose this side of it, although I can get a little out of control! But the downs are crippling and I have in the past contemplated suicide.
John, 37, Edinburgh

John,
Why would you give up the rich and velvety flavour of hot coffee, or choose to go to bed at 10pm with a good book when instead you could throw yourself into the night-time streets, dance until dawn with your heart on your sleeve, talk away hours and hours of time and melt yourself into the backdrop of the world, mingle with the stars, reveal hidden secrets of thought, motion, poetry and love?

Why, indeed, would you choose to go to bed at 10pm?

Such is often the dilemma posed by bipolar disorder. This is a complicated diagnosis, and what works for one person will not necessarily work for another. However, it is common for sufferers to recount gloriously happy times which they feel unwilling to give up, even if it were in exchange for banishing the punishing low spells. And, indeed, some people are lucky enough to find ways to manage their low periods while keeping

the good times, but this does not work for everyone and is only really tenable if you can maintain a functional life, something you confess has escaped you already.

"The psychiatrist recommended a long break. I came to America, and for months I saw a therapist and walked up and down this beach. My mind was full of questions. Am I now mad? How have I got this illness, could it have been prevented, can I be cured of it?"

Stephen Fry

Most people experience times of great excitement during their lives. Obvious examples would include leaving home, falling in love and travelling the world, all of which bring with them the heady thrills of a new experience. But for most people these become happy memories which form the foundations of who they are, and the extreme emotions are largely replaced with steadier energies.

For you, the option to have these highs over and over again is surely tempting. It must be difficult to resist. Bear in mind those wild highs and plummeting lows are not two separate states of being but one set of symptoms which constitute an illness. I fear that you either lose both or neither. And perhaps

the plus side of losing the beloved highs is that you will make way for the possibility of new pleasures: loving relationships, a roof over your head, even children one day.

So where can we go from here? It seems a natural step to imagine that your condition might benefit most from continuity. Perhaps you might consider trying a lower dose of medication but sticking to it for a while rather than chucking it out as soon as you feel better? In tandem with this, you could keep a journal of your mood (making sure you include details of your sleeping, energy levels, eating habits, and any use of alcohol, drugs and caffeine) in order to identify any factors which trigger downward spirals of your illness.

It sounds like a bit of a chore, I know, but anecdotal evidence suggests that the extremes swings typical of bipolar can be somewhat relaxed by avoiding stress, sleeping well, eating healthily, and bypassing your daily cuppa.

Perhaps you will notice better moods on your more virtuous days?

If you manage to identify some of the factors which make your condition worse (for example, coffee or sleeplessness) and quit these, you might find the symptoms of your illness become more tolerable.

Of course you'll have to try and get to bed at 10pm every night to make this approach as effective as possible, and with that I wish you luck.

Agnes

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



Bipolar expedition



Glenn Way



"Turned out nice again..."

Foot care

On what to do to prevent and treat blisters

Foot blisters can become a real pain and not just a source of minor irritation. They can ruin your whole day. Fortunately, for most of us blisters are nothing more than a temporary nuisance which can be easily avoided with a little care.

Most skin blisters are caused by (friction) shearing stress over the skin. This causes the local temperature to rise, and fluid gathers underneath the damaged area to protect the deeper structures. A common cause of the simple blister is the foot rubbing against the inside of a shoe or sock.

The most vulnerable part of the foot is the heel (back and underneath), but friction may cause them to arise elsewhere.

A complication of blisters is when blood leaks into the tissue, causing a dark discolouration. Blood blisters usually cause hot, burning discomfort. Skin blisters can also be caused by contact allergies and fungal infections. So it is important if they persist to see your GP.

Simple blisters rarely pose serious health risks, though if you ignore them or treat them carelessly, they can turn into more serious infections. Tempting as it may be, 'popping' a blister and tearing away the top skin is definitely not the way to go – a blister is Nature's way of telling you something is wrong, so it is well worth finding out the cause (rough surfaces, tight shoes or skin friction etc) and dealing with that first.

The perfect way to prevent blisters is to remove the source, keep the feet clean and dry, and wear two pairs of socks. In severely painful cases, home treatment may involve sterilising a dressing pin by boiling it or cleaning it with an alcohol wipe, then puncturing



the blister in two separate places (top and bottom) to encourage the fluid to drain out. This can reduce the pain and should be followed with an antiseptic footbath, e.g. a handful of common salt dissolved in a basin of luke-warm, hand-hot water (46°C).

Strapping the skin tightly with adhesive tape applied across the blister provides a sturdy second skin which reduces the effect of shear on the damaged skin and helps reabsorb the fluid back into the tissues.

A simple way to prevent blisters is to maintain good foot hygiene at all times.

A bland talcum powder, such as would be suitable for babies, can be applied after washing and drying feet. A light coating of powder helps absorb excessive sweat as well as giving a friction-free surface for toes to pass over each other.

Wear shoes that fit, keep the feet dry and are comfortable. Maintain them regularly, and replace when excess wear is apparent. Shoe insoles can, in some cases, help prevent excess foot movement within the shoe which

reduces blistering. Socks should be acrylic/cotton mix – the combination wicks sweat away from the skin and is easy to wash and dry. Socks should be washed daily in non-biological detergents. Wear two pairs of socks, with seamless socks next to the skin. When friction is present, the shearing stress will arise between the socks and not on the skin. Special socks with reinforced heels and toes (double knit or visco-elastic padding) also can help. If you think you are beginning to have a blister, then strap the skin down with tape as a precaution.

Some people coat their feet with petroleum jelly or another lubricant to help decrease friction. One major disadvantage of this common practice is that it forms a barrier over the skin, preventing the natural evaporation of sweat. The increased water content reduces the skin's resistance to blistering. Coating the feet with spirit is another 'no-no', as the alcohol dries out the skin when it evaporates.

Toe Slayer

Podiatrist and Shoe Historian

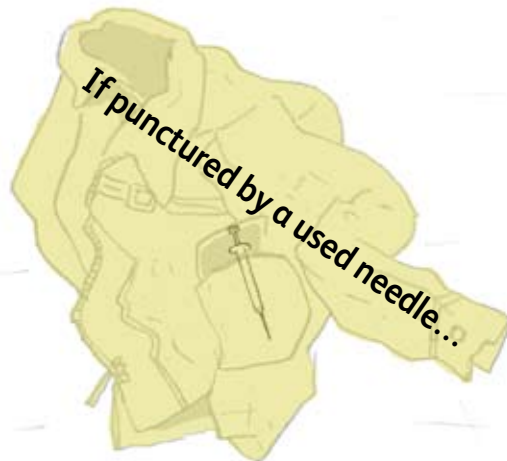
Dear Flo...

Needlestick injuries – part two

Last month in these pages I covered the prevention of needlestick injuries by being vigilant. This month I look at what to do if you are 'stuck' by a needle.

Firstly, **don't panic**. Secondly, follow these simple steps. Good health,

Flo



No. 1

Bleed the wound

Bleed the wound by squeezing the area around it.



No. 2

Wash the wound

Wash the wound and area around it with soapy water – if no soap is available, put the wound under a running tap.



No. 3

Seek medical help

As soon as possible go to your doctor, a walk-in clinic or Accident and Emergency (A&E).



No. 4

Check the needle's history

If possible, check with the person who used the needle before the accident, and ask if they know their Hep A, B, C and HIV status. Ideally...

No. 5

Take the person along

...ask the previous user of the needle to accompany you to the doctor or A&E. If they can also give blood, it'll help the lab staff check for risk of transmission, type and amount of virus, and for any resistance to treatment.



Illustrations by Alex Barrow



"I'm trying to grow the business"

missing people
Help. Charity No. 1040819

If you have seen Quentin,
please call the 24-hour
confidential charity Missing
People on Freephone 0500
700 700 or email:
seen someone @
missingpeople.org.uk

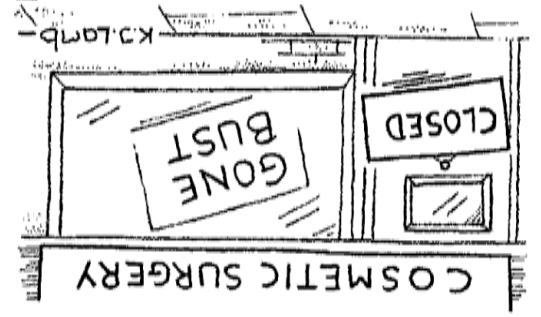
Quentin is 6' 1" tall, of slim
build, with short, brown
hair. When last seen he was
wearing a black waterproof
jacket with FLY 53 written
on it, jeans and tan coloured
Rockport boots.

There is great concern for
Quentin and he is urged
to call our confidential
service Message Home on
Freephone 0800 700 740 for
advice and support.

Quentin, has been
missing from Banochry,
Aberdeenshire, since 6th
November 2008.

Age at disappearance: 40

Quentin Adams



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

Streetmate
An independent site with sub-
stantial information on housing,
working and learning, built for
those homeless who use the
internet and want to do-it-them-
selves as much as possible.
www.streetmate.org

Homeless Edinburgh
A comprehensive website contain-
ing information about services
in Edinburgh including hostels,
advice and support centres. Also
has information on over 8,000
services outside Edinburgh
www.homelessedinburgh.org

WEBSITES GLASGOW

Homeless Information Pages
Glasgow
Lots of useful information
and advice on homeless serv-
ices in and around Glasgow
www.hipin glasgow.com



“Being in the red is the new black”

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

Little Sisters of the Poor
43 Gilmore Place, EH3 9NG
0131 229 5672
Every day 1 - 2pm and 6 - 7pm
FF

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

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

Waterloo Street
G2
Thurs: 10pm - 12am
FF

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

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

Glasgow Women's Support Project
31 Stockwell St, G1 4RZ
0141 552 2221
Mon, Tues, Thurs, Fri: 10am - 4.30pm; Wed: 2 - 4.30pm

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

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 counselling by appointment

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

SOUP KITCHENS & SOUP RUNS GLASGOW

Frank
0800 776 600
Free 24-hr drug helpline

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

Get Connected
0808 808 4994
Free advice for young people (1pm - 7pm daily)

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

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

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

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

TELEPHONE SERVICES EDINBURGH

UK Human Trafficking Centre
0114 252 3891

MEDICAL SERVICES GLASGOW**EVENTS****EX-FORCES****AWOL?****ROYAL BRITISH LEGION****EX-FORCES EDINBURGH****SOUP KITCHENS & SOUP RUNS****PERFORMING ARTS****BARONY CONTACT POINT****CAITON CENTRE****CARRUBBER'S CHRISTIAN CENTRE****GRASSMARKET MISSION****EDINBURGH HOMELESS PRACTICE****EDINBURGH HOMELESS PRACTICE****EDINBURGH HOMELESS PRACTICE****EDINBURGH HOMELESS PRACTICE****EDINBURGH HOMELESS PRACTICE****EDINBURGH HOMELESS PRACTICE****EDINBURGH HOMELESS PRACTICE****EDINBURGH HOMELESS PRACTICE****EDINBURGH HOMELESS PRACTICE****EDINBURGH HOMELESS PRACTICE****EDINBURGH HOMELESS PRACTICE****EDINBURGH HOMELESS PRACTICE****EDINBURGH HOMELESS PRACTICE****EDINBURGH HOMELESS PRACTICE****EDINBURGH HOMELESS PRACTICE****EDINBURGH HOMELESS PRACTICE****EDINBURGH HOMELESS PRACTICE****EDINBURGH HOMELESS PRACTICE****ENTERTAINMENT & SOCIAL****EVENTS****EX-FORCES****AWOL?****ROYAL BRITISH LEGION****EX-FORCES EDINBURGH****SOUP KITCHENS & SOUP RUNS****PERFORMING ARTS****BARONY CONTACT POINT****CAITON CENTRE****CARRUBBER'S CHRISTIAN CENTRE****GRASSMARKET MISSION****EDINBURGH HOMELESS PRACTICE****EDINBURGH HOMELESS PRACTICE****EDINBURGH HOMELESS PRACTICE****EDINBURGH HOMELESS PRACTICE****EDINBURGH HOMELESS PRACTICE****EDINBURGH HOMELESS PRACTICE****EDINBURGH HOMELESS PRACTICE****EDINBURGH HOMELESS PRACTICE****EDINBURGH HOMELESS PRACTICE****EDINBURGH HOMELESS PRACTICE****EDINBURGH HOMELESS PRACTICE****EDINBURGH HOMELESS PRACTICE****EDINBURGH HOMELESS PRACTICE****EDINBURGH HOMELESS PRACTICE****EDINBURGH HOMELESS PRACTICE****EDINBURGH HOMELESS PRACTICE****EDINBURGH HOMELESS PRACTICE****EDINBURGH HOMELESS PRACTICE****DRUG / ALCOHOL SERVICES****GLASGOW****COCAINE ANONYMOUS SCOTLAND****HELPLINE OFFERING HELP AND SUPPORT**

"Here you go, one redundant businessman's lunch"



DIRECT ACCESS HOSTELS/ NIGHTSHELTERS GLASGOW
All with low-support needs

Salvation Army – Hope House
14 Clyde Street, G1 5JW
24hr Direct access
0141 552 0537
A,AS,BS,F
Laureston Centre
39 South Portland Street, G1 9JL
0141 429 6533
Ring first (Mon - Fri 9am - 5pm). Over 25 only
0131 229 1747
41 Lothian Rd, EH1 2DJ
Gowrie Care – Caledonia House

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
Ring first (Mon - Fri 9am - 5pm). Over 25 only
0131 229 1747
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

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

The Mungo Foundation – Rachel House
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

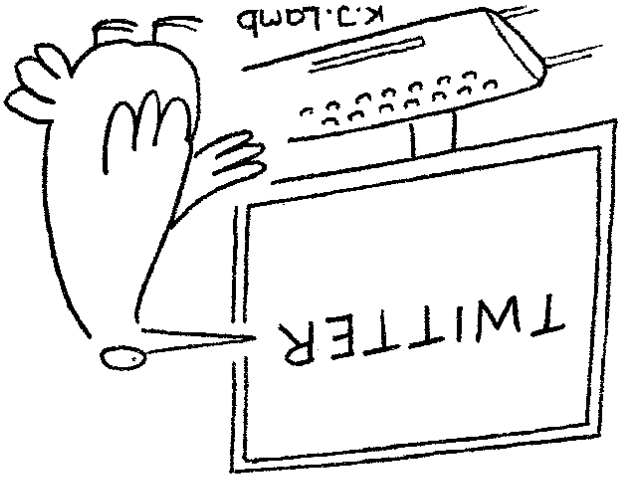
Rock Trust
55 Albany Street, EH1 3QY
admin@rocktrust.org
0131 557 4059
40 Grove Street, EH3 8AT
0131 229 6907
Young single homeless people aged 16-21 with a range of support needs
Ring first (8am - 8pm daily)

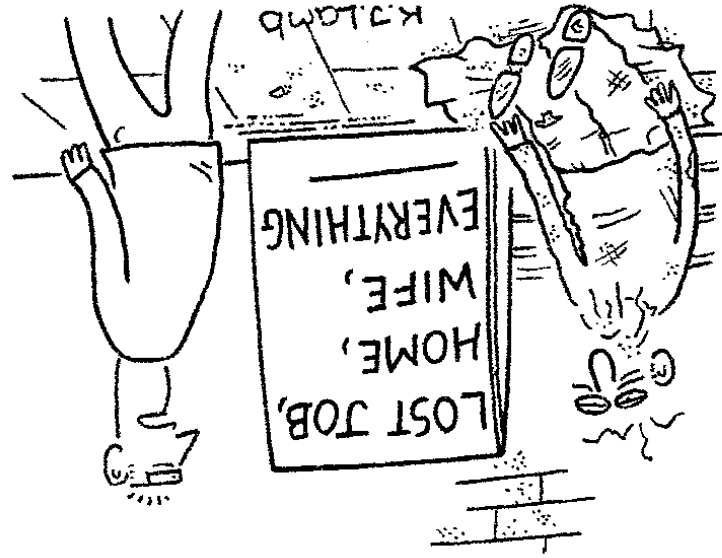
Open Door Accommodation
7-12 Adelaide Street, Liverpool, L1 4AD
01506 430221
Young single homeless people aged 16-21 with a local connection to West Lothian
Ring first (8am - 8pm daily)

Stopover (Edinburgh)
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
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





"I hope that sign is made out of sustainable materials"

Salvation Army – The Laureston 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 5JG
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

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
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-
dation June 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

BENEFITS AGENCY

AS, C, SH
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

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

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

Project

3rd Floor, 30 Bell St, G1 1LG
0141 552 5803
Provides support and counselling

the **OTHER** list

The directory of Scotland's homeless services

Updated 25th May 2009

Key to this list:

Accom assistance – AS

Advocacy – AD

Alcohol workers – A

Art classes – AC

Barber – B

Benefits advice – BA

Bathroom/showers – BS

Bedding available – BE

Careers advice – CA

Clothing – CL

Counselling – C

Debt advice – DA

Dentist – DT

Drugs workers – D

Education/training – ET

Free food – FF

Food – F

Foot care – FC

Housing/accom advice – H

Internet access – IT

Laundry – L

Leisure activities – LA

Leisure facilities – LF

Luggage storage – LS

Medical services – MS

Mental health – MH

Music classes – MC

Needle exchange – NE

Outreach worker links – OL

Outreach workers – OB

Pavement stockist – P

Safe keeping – SK

Sexual health advice – SH

SSAFA – SS

Tenancy support – TS

The Other List has details of homeless services in Edinburgh and Glasgow. We've made fewer changes this month, as we're working on updating the online version, but if you've any changes or suggestions write to us at the address on page 3, or email: scotland@thepavement.org.uk

New Stockists: 3

Updated entries: 2

Services added: 0

ADVICE SERVICES EDINBURGH

Advocad
332 Leith Walk, EH6 5BR
0131 554 5307
www.advocad.org.uk
Mon – Fri: 10am – 4pm
MH

City of Edinburgh Council – Housing Options Team 1
Cockburn St, EH1 1BJ
0131 529 7584 / 7368
Mon, Wed, Thurs 8.30am – 5pm; Tues 10am – 5pm; Fri 8.30am – 3.40pm
Advice and information on housing options for homeless people, including assessment of priority need for housing. Out-of-hours emergencies phone 0800 032 5968
AS, H

Edinburgh Cyrenians – Smartmove project
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

Homeless Outreach Project
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
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