

the Pavement

The *FREE* monthly for the West Midlands' homeless

May 2012





“This should help our finances – we’ve just sold the exhibits in their entirety to a Scandinavian businessman”

thePavement The Editor

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Mostly good news

A massive "Congratulations" to Birmingham-based social enterprise ChangeKitchen CIC this month, who have just been awarded the prestigious title of "Birmingham's Green Restaurant 2012". In this issue we also catch up with Duane Derry, who has turned the wheel of fortune at Midland Heart; and report on Forgotten Vintage's bad judgement with a particular t-shirt sold in store.

Don't forget to have your say by getting in touch through any of the methods on the left. We can't report on what's important to you if you don't make your voice heard.

Amber Woodfull

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Duane Derry, ex-rough sleeper, now working at The Snow Hill - see story page 5.
Photography by Midland Heart

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Local news

All the homeless news and views from across the region

Support worker with first-hand experience for Midland Heart

Duane Derry (pictured opposite) once relied on Midland Heart for support and guidance, but his determination to change his misfortune has paid off; and as a result he will now be sitting on the other side of table. As a support worker for the new "The Snow Hill" project, Duane will be working for what has been described as a flagship for the organisation's homeless schemes.

Duane learnt about the multitude of problems faced by those who find themselves homeless through first-hand experience, after he lost his job as a sheet metal worker when the factory he worked at shut down. With nowhere to turn, Duane looked to Midland Heart for advice and found refuge at their South Road hostel. Whilst living there, he signed up to the "Venture Project", an initiative that enables individuals to volunteer as support workers to gain experience to ultimately progress into employment.

After six months on the project, Duane successfully gained employment with Midland Heart as a full-time support worker: "I was approached by my support worker who said it would be a good opportunity for me. I was intrigued as I'd always wanted to see what it's like on the 'other side' of the system, so to speak. It's really rewarding to help other people get their lives back on track."

Duane will be working at Midland Heart's new homeless scheme in Snow Hill in Birmingham city centre, which will provide 92 apartments and facilities includ-

ing training areas, an IT suite and a social enterprise business designed to help individuals develop skills and work experience. "The Snow Hill" aims to create a mixed community of people who have experienced homelessness, with private renters seeking affordable city-centre housing. Midland Heart hopes this community will be a departure from the more traditional approach of housing that can too often create segregation and barriers to integration.

Duane will help residents overcome problems including re-housing, employment and any personal issues that could lead to them becoming homeless. He concluded: "I'm so happy to have the chance to be a support worker full-time at Midland Heart. I love it that two days are never the same and obviously I'm so pleased to have job security; it's been an amazing experience."

Amber Woodfull

Award for Birmingham based catering company ChangeKitchen CIC

ChangeKitchen CIC, based in Digbeth, Birmingham has deservedly won the title of Birmingham's Green Restaurant of 2012. ChangeKitchen CIC is a vegan and vegetarian catering service providing delicious and healthy food at a range of events; from conferences to private celebrations. Formed as a community interest company, they are a social enterprise – using locally sourced materials and providing employment and training to people who have been homeless or other-



Maria Baron

Age at disappearance: 36

Maria has been missing from Coventry, West Midlands since 28 September 2011.

There is concern for Maria's safety and she is urged to contact our confidential service **Message Home helpline** on **Freefone 0800 700 740** or email messagehome@missingpeople.org.uk for advice and support.

Maria is 5ft 6ins tall, of large build with blue eyes and long brown hair.

If you've seen Maria, please call the 24-hour confidential charity **Missing People** on **Freefone 0500 700 700** Email: seensomeone@missingpeople.org.uk

missing people

Registered Charity No. 222118

wise disadvantaged. This opportunity to work for ChangeKitchen CIC gives disadvantaged individuals a platform to gain new skills and ultimately, change their lives.

Managing director of the company, Birgit Kehrer, said of the achievement: "To win this award is a great endorsement and recognition of the work that we do, not only in environmental terms, but also the work that we do for the community". She added they were honoured to receive the award, "especially against such worthy competitors". Other nominees for the award were much larger chains – for example Pizza Hut – as well as other restaurants and large hotels.

Birgit went on to say that ChangeKitchen CIC hopes the award will bring new opportunities for their catering business, as no doubt the publicity gained will make new people aware of their organisation and hopefully bring some fresh clients to the table. As awareness of ChangeKitchen CIC grows, the organisation will continue to be able to use the profit to employ and train members of the community, as well as support local businesses and promote a greener way of living.

Chloe Dormand

- To find out more about ChangeKitchen CIC, visit their website: www.changekitchen.co.uk

Birmingham homes to serve those who served

Homelessness is not something that "only happens to somebody else" and should never be so regarded. It is, in reality, a complex problem with many mitigating factors. Someone can unexpectedly find themselves on the street or in temporary accommodation regardless of whether they are struggling with drink and drug

abuse; the addictions "normally" associated with homeless people.

But for those unaccustomed to the who, why, what and where of the homeless community, the discovery that ex-military personnel – those who may well have put their life on the line for queen and country – make up a significant portion of the number in this situation is a shocking one.

Although housing accommodation in the West Midlands (and beyond) has always been something of a thorny issue, for the ex-services fraternity at least, help is at hand with 12 new properties being made available in the Northfield area of Birmingham, specifically in response to the need of homeless ex-service personnel.

"The allocation of the homes is the same as if one were applying for a council house, but you have to be able to prove you have served in the armed forces and there is no minimum service time." Said a spokesperson from the council's building scheme, the Birmingham Municipal Trust.

"The homes are the property of the Alderson Trust (a charity for ex-military personnel established in 1933 which owns an additional 16 homes in Birmingham) but are managed, allocated and repaired by Birmingham City Council. The Trust's priority is disabled ex-service personnel.

"Those not allocated one of the new properties but who meet the eligible criteria for housing can bid on our choice-based letting system for general needs housing."

Three of the new homes, a mixture of houses, bungalows and apartments are now occupied, with Anthony McGowaran, former Second Battalion of the Royal Regiment of Fusiliers among the successful applicants.

Anthony said: "When I left the army one of my big concerns was being able to get a house for me and my family. When I

heard about this scheme I was elated, knowing that ex-armed forces personnel would be treated as a priority is fantastic.

"We are soon to move into our home and have been given a glimpse of what it will look like, and from what I've seen it looks fantastic. I'm thankful that Birmingham City Council has taken the initiative on this scheme, having a new house has changed our lives."

The remainder of the scheduled 12 homes are due to be completed by the end of April and occupied in early May. With more than 50 ex-services people having applied originally, demand is high, but the Council has said that this may well lead to further properties being built in future.

Fraser Tennant

Film club for homeless and socially excluded comes to Birmingham

Open Cinema has opened Birmingham's first community cinema for homeless and vulnerable people.

Launching last month and residing at SIFA Fireside, a frontline support service for homeless people in the city that works in partnership with national homelessness charity Crisis, the network has arrived to bring various seasons of film throughout the year. The unique collaboration between the four organisations aims to bring both educational and cultural cinema to a socially excluded audience across the city. The theme of the first 12 week season of screenings, "The Future is Now: Man & Technology," was programmed by SIFA Fireside's participants with support from Open Cinema and Open University.

Film industry professionals, including the producers of the Academy Award-nominated "Hell and Back Again", join OU lecturers



in visiting the film club to introduce films, and also lead post-film discussions. Open Cinema, founded in 2005, is a social enterprise and national network of film clubs programmed by and for homeless and socially excluded people. The nationwide network has received praise and interest from various worldwide media including Italian VOGUE, The Times and the BBC.

Speaking about the initiative, Christoph Warrack, Open Cinema's CEO, said: "This is a dream come true, to be able to connect our participants in frontline support services with the expertise of the Open University, on the platform of cinema."

Chris High, a lecturer at the Open University, added: "We're delighted to be supporting this initiative. It's true to our mission to promote educational opportunity and social justice, and a great opportunity to put our expertise to good use."

You can find Birmingham's Open Cinema at SIFA Fireside, 48-52 Allcock Street, Birmingham, B9 4DY. Showings take place every Wednesday afternoon at 1:15pm until the 13th June.

Have you been to one of the screenings?

Luke Davies



Forgotten Vintage "didn't intend to offend" with "F**k the homeless" t-shirt

Forgotten Vintage, a SIFA Fireside and Trident Reach the People retail outlet based in Birmingham city centre's Great Western Arcade, has come up against criticism this week after advertising a t-shirt with the slogan "F**K THE HOMELESS" blazoned across the front.

The vintage shop had been launched earlier this year by the charities as a way to offer volunteering and training opportunities to those affected by homelessness, with profits being invested in homeless projects and work experience opportunities for their service users.

The t-shirts were met with intense criticism on the shop's Facebook page, with one angry customer commenting, "F*** you, and that t-shirt". According to the *Sunday Mercury*, the t-shirts were advertised for sale online and within the shop for £10 each, though at the time of press this had been removed.

It has been reported the t-shirts are no longer available for sale in

the city-centre store. Forgotten Vintage said of the fiasco: "We have seen the comments on Facebook and are really sorry if anyone has been offended ... that was never our intention. We did not mean any harm and, as far as we know have not sold any of these t-shirts".

Let us know your thoughts.

Staff

- Join the conversation [@thepavementwm](https://www.facebook.com/the-pavement-wm)

News in brief

The homeless news from across the UK and the World

Man in hole moves for Olympics

An Iranian, who has lived in a hole on Blackheath, London, for nearly four years, was housed in March.

The elderly gentleman lived in his camouflaged hole year-round, unseen by most of the local population. However, with work beginning for the Olympics at the heath, including a possible surface-to-air missile site nearby, his lonely life was interrupted.

Ward Councillor Chris Maines told the *Blackheath Bugle* in March: "The world's press will be descending on the area to cover the Olympic Games... People living rough in a bivouac is a poor reflection on Lewisham's homeless policies."

A spokesman for Lewisham Council announced later that "on March 26 he agreed to go into temporary accommodation in the borough and we are now working with him to find the most appropriate permanent housing solution to meet his needs."

Staff

A night in the cells

On the 19 March this year a 55 year old man was arrested after allegedly urinating on the Cambridgeshire Constabulary sign in front of Park-side police station in Cambridge.

Peter Christopher had been spotted earlier in the day behaving strangely by the police. Christopher had been seen talking to himself, throwing items into the road and most worryingly jumping off the

kerb and into oncoming traffic.

So why was nothing done to assist the man, a rough sleeper who according to his legal defense claims no benefits and survive by eating food left in bins and on the street?

Cambridgeshire constabulary refused to comment on individual cases however local homelessness charity FLACK expressed concern that the issue wasn't dealt with sooner stating that "an intervention earlier in the day, when Peter was spotted behaving in a manner dangerous to himself and others, might have prevented his relieving himself on the police sign."

After spending a night in the cells Christopher was released with no further penalty. It is not known whether he was offered any further assistance, vital to deal with any mental health problems he may have been suffering from. Flack spokesperson Diane Morrison explained this would be key to preventing a reoccurrence of the events.

"It is unclear whether or not the police referred Mr Christopher to other services that may have been able to assess and help him but if not this is something that would be necessary and could prevent repeats of the incident."

Jo O'Reilly

Florida homeless paper's editor dead

A man who created a newspaper to be sold by homeless and destitute people to protect them from harsh new laws against begging has committed suicide, leaving the future of the paper in doubt.

Bill Sharpe, of Tampa, Florida, established the *Tampa Epoch* at the end of 2011 after the city made begging in the street a crime six days a week, permitting people to beg only on a Sunday.

But the law did not forbid newspaper sales in the street – so Sharpe created the monthly publication which vendors could buy for 25 cents each and sell for a dollar, keeping 75 cents for each copy sold.

The paper succeeded in giving Tampa's homeless people a way to make a small income, and had gathered 300 vendors in only four months of publishing.

One vendor, Atiya Brown, 21, said she made about 35 dollars for about two hours of selling the paper.

"There's a lot of homeless people out there that need to be heard," she said. "This is the only way that we can survive."

There was uncertainty about the future of the paper following the death of Sharpe, 59, who had put his savings into establishing it.

However, Steven Sapp, who worked with Sharpe on the *Epoch*, said: "Not one single vendor needs to worry about the future of *Tampa Epoch*. Our staff and supporters don't want to see it die."

Katharine Hibbert

Cornish man sparks air sea rescue

A homeless man sparked a search of a Cornish coast after leaving his belongings on a cliff top, raising fears that someone had fallen off.

A member of the public called the emergency services after spotting the unattended personal items near Whip-siderry Beach in Newquay.

Coastguards were sent to abseil down the cliff in search of an injured person while a police helicopter also arrived to help.

However, it was a false alarm - the man whose belongings were found, believed to be a rough sleeper, was spotted at a campsite later and then on the following day in the town centre.

Andrew MacCreadie, of the Newquay cliff rescue team, asked people to remember to take personal items with them when stopping for a break on cliffs.

He said: "Our message to people is please don't leave belongings unattended on cliff tops because this will trigger a response from the emergency services."

Katharine Hibbert

Homeless residents sue US city

Homeless people in California are suing the government after their property was lost during the demolition of a tent city. Twelve former residents of a homeless encampment in the city of Fresno have filed lawsuits against the City on the grounds that personal property was unlawfully taken as the camp was levelled.

The settlement, home to around 1,000 people, was bulldozed in October and now a group of former residents have taken a stand.

One of the nine lawsuits filed in the U.S. District Court in Fresno said: "It may just be a tent or sleeping bag to you, but the reality is this was their shelter and it provided them safety, and privacy from the cold, rain and freezing temperatures.

"We're human beings and we feel just like everybody else does."

It is claimed that in addition to shelters and tents, warm clothing and irreplaceable personal items were also destroyed.

One of the suits also point out how the City chose to begin its demolition of tents and shelters just at the start of winter began.

In 2008 the City of Fresno paid a \$2.3million lawsuit for destroying the property of homeless people who had their belongings discarded in street sweeps.

The City, which cleared the encampment on the grounds that it was a health and safety hazard, say some property was stored.

Around 2,000 people are homeless in Fresno, a city with a population of half a million.

Rebecca Evans

Croydon wasn't an isolated case

In a move similar to Croydon Council's plans to offer its residents housing in Hull, Yorkshire's East Riding, (see story February edition - online at www.thepavement.org.uk/issues.php) Newham Council, East London, wrote to housing associations across the UK in April seeking accommodation for people on its housing waiting list.

Media condemnation of the situation was high, citing examples of Londoners being offered housing in, for example, Walsall, West Midlands. Allegations that this amounted to 'social cleansing' of the area were rebutted

by the council and others.

Keith Fernet, Director of Anchor House in East London, said, "We believe that the introduction and focusing on the concept of social cleansing to be both unhelpful and emotive. Such a radical proposal is a reflection upon the seriousness of the housing situation generally and especially in Newham."

However, as reported in *The Pavement*, we know the shortage nor the solution are not restricted to Newham Council. The BBC reported that Smart Housing Group, a private housing provider, had approached three other London authorities with a plan to purchase housing stock in cities such as Nottingham to house London families.

Regardless of what these moves suggest about the state of housing in London, there are genuine concerns about support services available in areas which appear to have ample housing, and whether local authorities can cope with the extra residences coming onto their books.

Staff

Emmaus man walking to Paris

Francis, a former rough sleeper and resident of Emmaus Gloucestershire, is on a sponsored walk Paris to raise money for the charity that helped him.

On 1 June, Francis, with another Emmaus resident Billy (pictured opposite - Francis on the right), will set out on the 276 mile walk to the French capital. It's a gruelling task, but walking 15 miles a day they should reach their target in 20 days, using Emmaus communities along the way for support.

Francis, who ended up homeless after multiple personal tragedies,





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.

finally found support and peace with the Gloucester branch of the international charity.

Now he wants to give something back. Speaking on the charity's work, he said: "I initially found it very hard to integrate socially again, and sometimes still do despite the months I have been here, but working in Emmaus's Stroud shop has been my salvation. Praise should be heaped on the staff and residents at Emmaus Gloucester for the unstinting support they have given me throughout my stay."

Staff

- Find out more at www.emmaus.org.uk

Homeless soldiers' charity criticised for BNP links

A charity established by former members of the British National Party to help homeless ex-soldiers has been dogged by criticism because of its links to the controversial political party.

Soldiers off the Streets (SotS) was set up by Hugh William "Bill" Murray, the BNP's former Welsh secretary, and a handful of other senior BNP members. The charity, established in 2010, aims to provide social work in the form of clothing, food and advice to ex-servicemen.

However, anti-BNP campaigners have questioned the charities credentials, challenging its ability to deal with the complex problems soldiers. And homeless veterans who have been approached by SotS have also raised concern.

One rough sleeper reported that he was offered a place to stay in return for helping raise funds for the organisation. Another soldier who worked

with the charity described being subjected to an online hate campaign after he expressed disapproval of SotS activities.

The charity denies these claims. Murray is adamant that he has severed all ties with the BNP and denies that ex-soldiers approached by the charity are asked to raise funds for it.

Murray said that, if the charity continues to be questioned, he will close it down. He said: "And then all the lads on the street can suffer and I'll name everybody that made us close it down. Anybody that stops it will be attacked for it and it won't be nothing to do with us."

Staff

Homeless candidate steps down from Orlando election race

Homeless Florida resident Bruce Shawen was forced to pull out of the race for Orlando City Council after shelters such as The Salvation Army (which operates hundreds of shelters across North America) refused to back his candidacy.

Shawen told *The Pavement* that the Salvation Army provided the proof of residency documentation for his current Florida State and voter ID card but when asked to provide further documentation to help him qualify for the election, they refused.

"I ran for city council on the suggestion of an Orlando City Police detective, that was hoping that if I were to oust the current District 4 commissioner, I would once again allow the City Police to get back to the job of arresting bad guys, and stop harassing people that wanted to give a sandwich to someone that was hungry!"

The Salvation Army typically provides letters for long-term transitional residents but could

not confirm whether or not they had been involved with Shawen.

"The Salvation Army used the excuse that they did not want to get involved in the political arena, but my honest belief is that someone in the city government instructed their administrators to refuse to help," Shawen told *The Pavement*.

After being let down by the Salvation Army, Shawen then requested letters from other homeless and legal advocacy groups in order to verify that he lived in Orlando. Shortly after submission these were deemed 'unsatisfactory'.

In order to qualify for office in Orlando a candidate must have proof of residency in the form of a lease or mortgage document, utility bills and a Florida driver's licence registration.

Despite being a registered voter, Shawen was unable to qualify as a candidate in the Orlando City Commissioner ballot as he does not rent, lease or own his own property in Orlando and as a result is not considered to be a resident.

"Unless you can prove home ownership, a rental agreement, or a lease of some kind, you are not considered a resident. However, I do find it rather disturbing that one essentially can "buy" their way onto the ballot for the right price. In my case I even had the money, but couldn't get onto the ballot," Shawen told *The Pavement*.

"When I found that there was no agency or shelter that would back me in terms of helping me to prove my residency, I knew that the race was over and that there was no way that I would be able to qualify for the city ballot... therefore, I pulled out of the race."

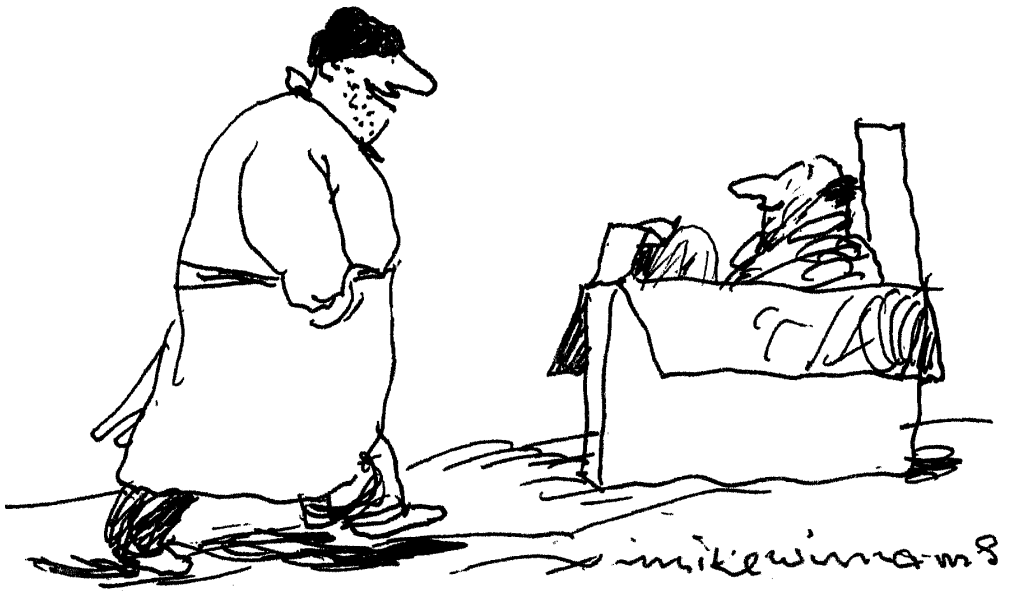
Had Shawen been allowed run for office he said he would have voted to eradicate the anti-feeding policy in Orlando whereby someone is legally required to

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



If you have a mobile, and can spare a few pounds, please text **PAVE11** followed by the amount in pounds* (max £10) to **70070**

*all this money will go to *The Pavement* (registered charity no. 1110656), the charges being met by Vodafone. Find out more at www.justgiving.com/thepavement



*“Great news from the City! They’re saying failure is
the new success”*

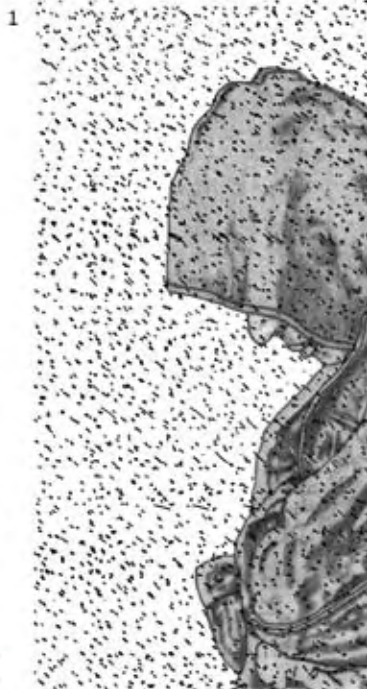
BIN DEATH

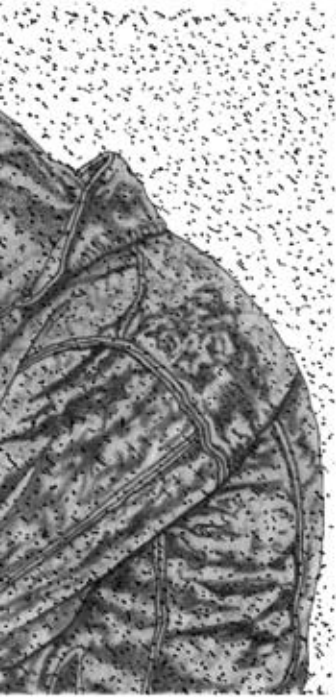
BIN DEATH IS A REAL PROBLEM FACING HOMELESS PEOPLE. EVERY YEAR, ACROSS THE COUNTRY, THERE ARE INJURIES AND EVEN DEATHS THAT RESULT FROM PEOPLE BEDDING DOWN IN BINS, SKIPS AND CLOTHING BANKS. BINS ARE OFTEN EMPTIED MECHANICALLY IN THE EARLY HOURS OF THE MORNING, THERE IS COMMONLY JUST ONE DRIVER WHO WOULD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

STAY OUT AND STAY SAFE!

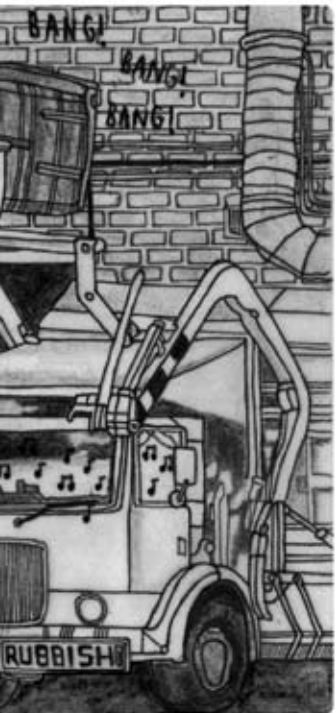
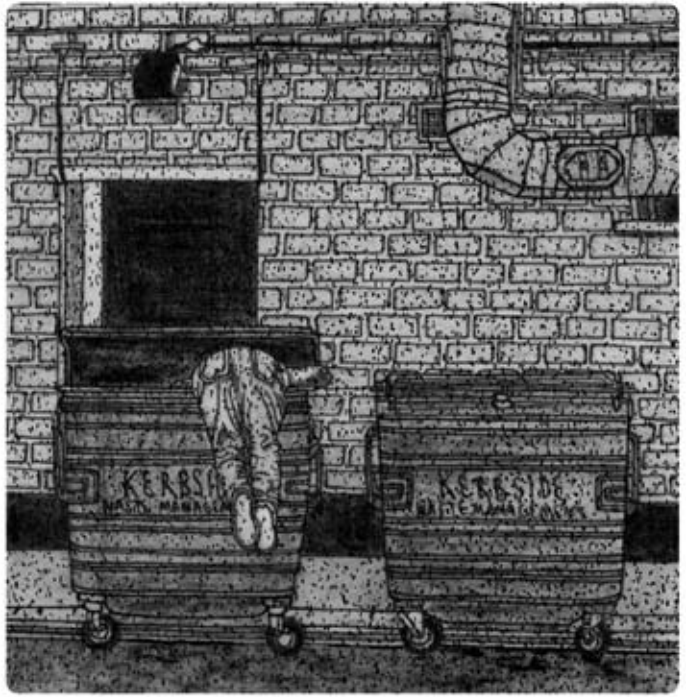
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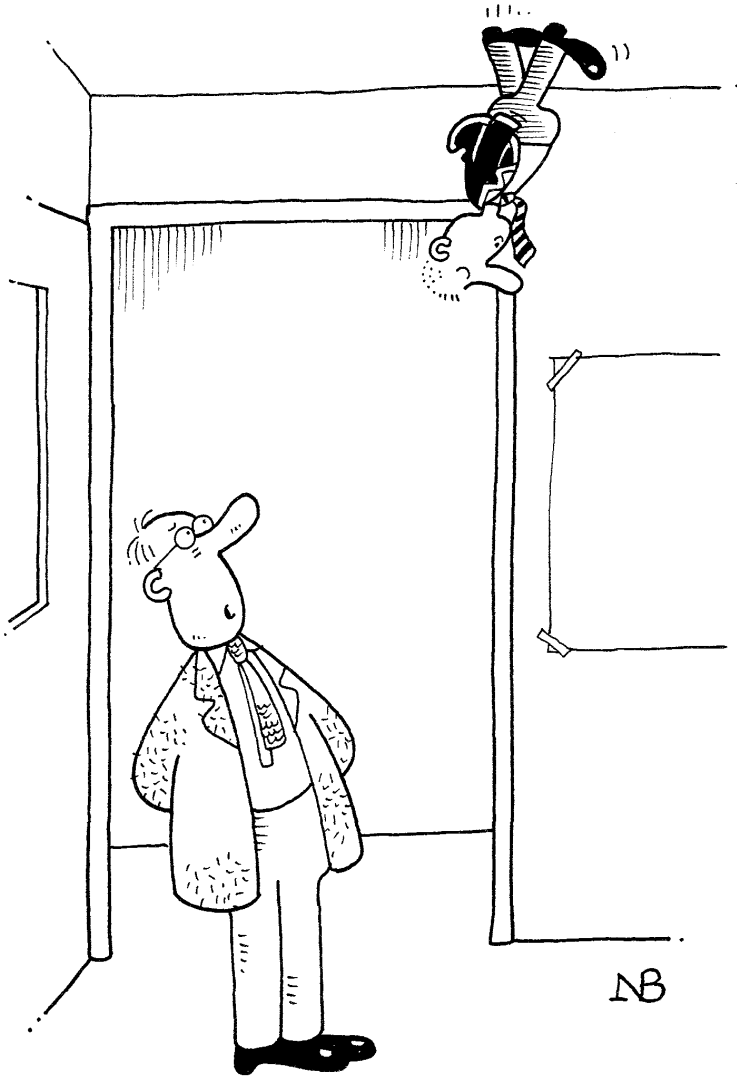


2



5





"I suppose you think that's clever, Atterwick?"

hold a permit before they can feed a crowd of 25 people or more, with only two allowed per year for each of the city's parks.

He also said that he would have overturned the city's controversial program that allows for a homeless person to leave town via a pre-paid bus ticket courtesy of the City of Orlando, provided that the homeless person in question can supply a phone number of a contact person in their home town.

"What the city government fails to recognise is that many homeless people have lost many of their possessions, which usually includes phone numbers and addresses of friends and relatives," said Shawen.

"I would have pushed to allow individuals to leave regardless of the availability of a contact number, provided that they agree in writing not to return to Orlando as a homeless transient."

Shawen even raised the \$1,438 required to pay filing fees to run for office by responding to advertisements in the local newspaper. As a result, he is considering taking legal action against the city supported by former attorney for Food Not Bombs, Jacqueline Dowd, who signed his residency claim.

Orlando has been described as being the third meanest city with regards to its treatment of the homeless and Florida claims the number one spot for being the most violent towards homeless people. In 2009 alone, there were nearly 50,000 filings for foreclosure in Florida.

Part of the Florida's so-called 'underclass', Shawen has been homeless for over three years and lives in a camp in the woods, which he describes as "quite comfortable...with all of the luxuries of home, sans electricity".

Shawen's story is not unlike many in the US who have found themselves in debt as a result of the economic downturn. Shawen has a Bachelor's Degree from

Frostburg State University in Maryland but became homeless after he lost his job as a plumber and struggled to keep up with his rent. He claims it is nearly impossible for a homeless person to get a job in Orlando as an address is required by most employers.

"Unfortunately, the ranks of the homeless are growing every day at an alarming rate. Since the economic collapse during the G.W. Bush administration took place here in America, those that used to be considered the middle class are now considered the poor, and those that were once the poor are now the homeless. Foreclosures and unemployment are steadily growing concerns and little to nothing is being done to alleviate the situation."

Dearbhla Crosse

US hotspots surveyed

The word 'hotspot', when used by local authorities across the UK, usually precedes a council action to move on rough sleepers, but in a recent survey of US homeless population it had literal significance.

Using information from the National Alliance to End Homelessness, *Atlantic Monthly* mapped the numbers in the United States' large homeless population, specifically asking why some places had significantly higher levels of homelessness?

And their results? They concluded that a key reason for some cities having higher numbers is that they're warmer. The southern states, with their warmer climates, make life more comfortable, so people on the streets gravitate towards cities such as New Orleans.

Staff

Health and wellbeing

The Pavement's health team aim to help keep you healthier, if not happier

Take care of the pair

Try this simple foot check:

Do you have pain free feet?
YES/NO

Can you reach your feet?
YES/NO

Do you regularly inspect your feet?
YES/NO

Is the skin on your feet smooth?
YES/NO

Can you cut your toenails?
YES/NO

Do you wash your feet daily?
YES/NO

Do you dry your feet carefully?
YES/NO

Do you moisturise your feet and heels?
YES/NO

If you answered NO to any of the above, then you may want to change your habits. Routine foot examination helps you monitor foot health and by taking simple and effective action when things are not quite right you can save complications later.

If you are unable to cut your own nails or tend to hard skin, then you need to see your podiatrist.

Some foot problems are associated with persistently high blood glucose levels in the blood. This is called Diabetes Mellitus and is a medical condition very common in the 45 plus age group (Type II). Complications vary from mild

irritation like pins and needles in the feet and legs to ulceration and eventual amputation. Research confirms by keeping within the normal range of blood sugar levels, taking regular exercise and taking care of your feet, many of the more serious foot complications can be prevented.

Feet are made all the more vulnerable because diabetes and poor diet can affect the blood and the nerve supplies to the extremities. A good blood supply is very important for healthy tissues. Diets which consist of high cholesterol levels leave fatty deposits laid into the walls of the main arteries which cause them to narrow. This used to be called "hardening of the arteries" but blood passing through narrower arteries causes blood pressure levels to increase which slows down the blood supply to the toes.

More complication arise in the smaller blood vessels, especially in smokers. Damaged veins (which take de-oxygenated blood back to the heart) delay removal of carbon monoxide and other waste products increasing the risk of night cramps. Feet with poor blood supply cause delay in healing even with the simplest cuts and when combined with chronic high blood glucose levels, infections will follow. A reduced blood supply to the legs may result in cramps of the calf muscles and the feet may feel cold. The presence of high blood glucose levels also causes damage to the nerve supply the feet, starting with loss of protective sensation and leading to neuropathy. Common symptoms of neuropathy include: numbness or tingling, pins and needles, cold or sometimes hot

and burning discomfort. In severe cases there may be a complete lack of feeling which makes the feet extremely vulnerable. Persistent high blood glucose levels, high alcohol intake and smoking all contribute to peripheral neuropathy. A secondary complication of diabetes is the skin becomes dry. If you have any of these symptoms then please see your doctor or health professional as delay may result in serious damage.

Here is some simple advice to improve your foot health.

Check your feet daily. Look for abnormal colour changes, swelling, blisters or cuts. If you have difficulty reaching your feet, use a mirror or have someone look at them for you. Always check the top and bottom of the foot; the nails and tips of the toes; in between the toes and the heels. Use a saline solution (salt water) to wash infected areas and cover with a clean, dry dressing. If the condition does not improve within a few days see the nurse, doctor or podiatrist. Never feel your problem is too small to seek attention.

Keep the feet clean and soft. Dissolve a handful of table salt in a basin of lukewarm/hand hot (46 C) water. Check the temperature with a thermometer and bathe your feet for no longer than ten minutes. Alternatively use mild soap and lukewarm water to wash the feet. Once wet, gently rub any areas of dry skin with a pumice stone to remove dead skin cells before patting at the skin dry with a fluffy towel taking care to dry in between the toes.

Do not hurt yourself with nail clippers or razors. A footbath or shower will soften the nail plate making it easier to trim the



CRIPPS

toenails. Using toe nail clippers, cut them straight across the growing edge and following the natural curve of the nail before gently filing the rough edges. Avoid cutting down the side of the nails as this often leads to bleeding points and or ragged nail edges. Never cut calluses with sharp metal objects. If you cannot see or reach your feet then see your podiatrist.

Pamper your feet. Use moisturising cream all over making sure to apply to the heel area. This feeds the skin cells water which helps the old cell separate from the new. The gentle massage aids superficial circulation and giving a general feeling of well-being to the feet. Never put cream between the

toes but use a spirit solution to dry up the moist skin. Dust the feet with a light baby talc.

Take care of the pair, and as always stay healthy, happy and be safe.

Toe Slayer
Registered Podiatrist
& Shoe Historian

Smoking

I've been writing this column for a while now and there's a subject I've shied away from for a long time. Smoking. I don't like writing about smoking for a couple of

reasons. Firstly because it gets enough discussion and people tend to switch off because all it really comes down to is this: smoking is bad for your health and you shouldn't do it. Consider for a moment the amount of time, effort and money expended over the past 50 years getting this message across.

Second reason is I am a smoker and telling folks not to do things I do myself makes me uncomfortable. Over the past 20 years I've been a non-smoker, a heavy smoker, a secret smoker, a social smoker



and an ex-smoker. But if I'm being honest I've mostly just been a smoker. In the words of Mark Twain "Quitting is easy, I've done it a hundred times."

I intend to keep trying until I succeed. For the record I stayed off the fags for most of last year before a stressful time last month and a well meaning offer of a draw of someone's cigarette tipped me back into smoking. I intend to avoid my smoking friends when stressed in

future. Being a serial quitter is not a bad thing because each time you fail you learn something. Most people require several



the weed if I can't? One thing I know for sure is you really have to want to quit. You have to not want to be a smoker any more. If you've had enough of smoking then read on and I'll share what I've learned from people who have quit for good.

NRT, or nicotine replacement therapy, is available on prescription from your GP. Research shows it is a very useful tool for getting off the cigarettes. It comes in a variety of forms such as patches, inhalers, gums and lozenges. The idea is the nicotine in the NRT controls your cravings while you get used to giving up the habit of smoking. People have preferences for different forms of NRT. Personally I like the lozenges as they seem to work most quickly and you can take one whenever you get a craving. Some people prefer a patch because they can just stick it on and forget about it. Discuss it with your pharmacist, nurse or doctor and if one type doesn't suit, try another.

If you don't want to try NRT, or you've tried it before and didn't like it, then there is an excellent book by Allen Carr (not the one on the telly) which talks you through the process of giving up smoking: "Allen Carr's Easy Way to Stop Smoking". I know of a few people who've read the book and never looked back. Allen Carr was an 100 a day smoker who managed to give up overnight and he went on to write a book about how he did it. It is recommended that you smoke whilst reading the book so if you can get hold of a copy, give it a read. What have you got to lose?

The above are the most common approaches but as with most things in life, having some support and encouragement can be a big help. Personally I don't like these very scary adverts on the TV and at the cinema because they remind me of what I already know at a time when I don't want to think about it. If you're a smoker you have to

forget about the damage you've already done to your body, believe you can give up and keep trying.

If you're a smoker who's not ready to quit then there are some things you can do to keep healthy. Eat as healthily as possible and take a multivitamin every day, as smoking decreases the vitamins in your body. Cut down as much as you can and ask yourself how many cigarettes you actually enjoy each day. Go to the dentist as they are good at spotting the early signs of mouth cancer. If you get a cough that lasts for more than two weeks then see a doctor about it.

Good luck! If you know anything about staying off the fags for good then please share with me.

Good health,

Susie Rathie
Our Nurse Flo

attempts before they quit for good. So where am I going wrong and how can I help you to give up



"There's a little italian and a greek 'round the corner!"

www.thepavement.org.uk

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

- The Samaritans**
08457 90 9090
Free 24-hr drug helpline
- Frank**
0800 776 600
- Get Connected**
0808 808 4994
Free advice for young people
(1pm-7pm daily)
- Job Centre Plus (benefits agency)**
To make a claim, 0800 055 6688
For queries about existing claims
For Income Support, Jobseekers
Allowance or Incapacity Benefit
0845 377 6001
For Social Fund enquiries
0845 608 6661
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
- Help for Depression**
A comprehensive explanation
of the various approaches and
treatments for depression, *MH*
www.helpfordepression.com
- WEBSITES**
- UK Human Trafficking Centre**
0114 252 3891
- Stonewall Housing advice line**
8am-8pm daily
0808 800 4444
Housing info and advice
0808 800 4444
- Shelter**
Housing info and advice
0808 800 4444
8am-8pm daily
- Stonewall Housing advice line**
Housing advice for LGBT people
020 7359 5767
(Mon, Thu, Fri 10am-1pm;
Tue & Wed 2-5pm)
- UK Human Trafficking Centre**
0114 252 3891
- Sock Book**
sockbook.referrata.com
- Stonewall Housing**
Housing advice for LGBT
people of all ages
www.stonewallhousing.org
- The Pavement online**
Regularly updated online
version of *The List*.
www.thepavement.org.uk/
services.htm
- National Homelessness Advice Service**
www.birmingham.gov.uk
www.nhas.org.uk
Readers can click on the
section 'need advice'
- Birmingham City Council**
Click through 'housing'/'finding a
home'/'help for homeless people'

SPECIALIST SERVICES

Anawim

PO Box 8902, Birmingham B1 2 9JZ
0121 440 5296

Mon-Fri: 10am-4pm (out of hours): 07976 188 220)

Reaches out in friendship to women trapped in prostitution.

Courses and activities, creche. Methadone programme, 24-hour helpline: 0800 970 8232.

AS, AD, AS, BA, CL, C, D, ET, FF, H, LA, SH

The Castle & Crystal Credit Union

25 New St, Dudley DY1 1LT
01384 815771

All credit union members (18+ can apply for a Handloan (£100 to £500) and anyone living or working in Dudley can join.

Centrepoint Streets Project
PO Box 2156, West Bromwich,
Birmingham B70 6HA
0871 717 7284

Outreach to asylum seekers, refugees, and the homeless. Education and training for children and young people.

AD, CA, ET, H

Covenry Refugee Centre

15 Bishop St, Coventry CV1 1HU
024 7622 7254

Mon-Thu: 9am-5pm; Wed & Fri: 1pm-5pm; Fri: 9am-4pm

Helps asylum seekers and EU citizens. Helps refugees given leave to remain to set up home. Women's and youth groups.

AS, AS, C, ET, H, LA, TS

Dudley Refugee Support Team

17 St James's Rd, Dudley,
Birmingham DY1 1JG
01384 812626 or 815108

Mon-Fri: 9am-5pm

Culturally sensitive support service. Advice on benefits, harassment, domestic violence, housing. Floating support.

BA, H, OW

Gilgal

PO Box 3918, Birmingham B9 5AQ
0121 773 1431

Mon-Sun: Open 24 hours

Emergency accommodation for women and children escaping domestic violence.

Birmingham Domestic Abuse Refuges

0800 111 4223
RefugeeLine: 0800 111 4223

The Haven Wolverhampton

PO Box 105, Wolverhampton WV1 4LP
01902 572140

Mon-Sun: Open 24 hours

For women affected by domestic violence and their children. Emergency accommodation, advocacy, emotional support, benefits and immigration support, resettlement, and help for children and young people.

AS, AD, BA, C, H, MH

IWIC (Older Irish Adults Project)

St Anne's, 45 Alcester Street,
Derwent, Birmingham, B12 0PH
0121 604 6111

Mon, Tue & Thu: 11.30am-4.30pm; Wed: 2.30-5pm; Fri: 1.30am-3.30pm

Activities centre for older (50+) Irish people, inc. people who are homeless, isolated, living in poor accommodation, ex-offenders, those needing support around life skills.

AS, AW, BS, CL, F, H, MS, MH, OB, TS

Pananghar

Coventry - phone for details
0800 055 6519

Support for Asian women and their children facing domestic violence. Safe house, advice, info, advocacy, counselling, and children's services.

AS, C, OL

SAFE Project

Phone for details
0121 440 6655

Mon: 12:45am-1:45pm (clinic) - 0121 440 0034); Mon: 1:15pm-3:30pm (walk-in clinic); Wed: 12am-4pm (drop-in clinic); Thu: 11am-1:30pm (Methadone clinic - 0121 446 5381)

Promotes the health and wellbeing of female sex workers (18+) in Birmingham, Sandwell and Walsall.

AD, BA, CA, C, D, MS, OB, OL, SH

Stonewall Housing

Housing advice for LGBT people of all ages
020 7359 5767 (advice line)
www.stonewallhousing.org

Free, confidential service, offering specialist advice on housing, benefits, tax credits, debt etc.

Domestic Violence Helpline

0808 2000 247

time2talk Mediation Service

DACHS, Dudley MBC, 5 St James's Rd, Dudley DY1 1HP
01384 812 422

Mon-Fri: 9am-5pm (message service outside these hours. Interpreters can be arranged)

Free for Dudley residents.

Walsall Metropolitan Borough Council (Refugee Support Team)

2nd Fl, Civic Center, Darwall St, Walsall WS1 1TP
01922 653827, 653840, 653476

Mon-Fri: 9am-5pm

AS, BA, H, OL

The What? Centre

23 Coventry St, Stour-bridge DY8 1EP
01384 379992

Advice, information and therapeutic counselling for people aged 13-25 in Dudley.

AS, AD, BA, C, DA, ET, H, LA, MS, MH, SH

Valley House

Navigation Centre, 55-57 Bell Green Rd, Courthouse Green, Coventry CV6 7GQ
024 7626 6270 or 6290

Mon-Sun: Open 24 hours

Single people and parents, inc. women escaping domestic violence, young homeless people, and young women who are pregnant or single parents. Referrals to other agencies for specialist help.

CE, LA, OL

TELEPHONE SERVICES

Birmingham Drug & Alcohol Team

0800 073 0817
Helpline. Daily 9am-5pm

A, D, ET

Community Legal Advice

0845 345 4345

Nationwide
www.communitylegaladvice.org.uk

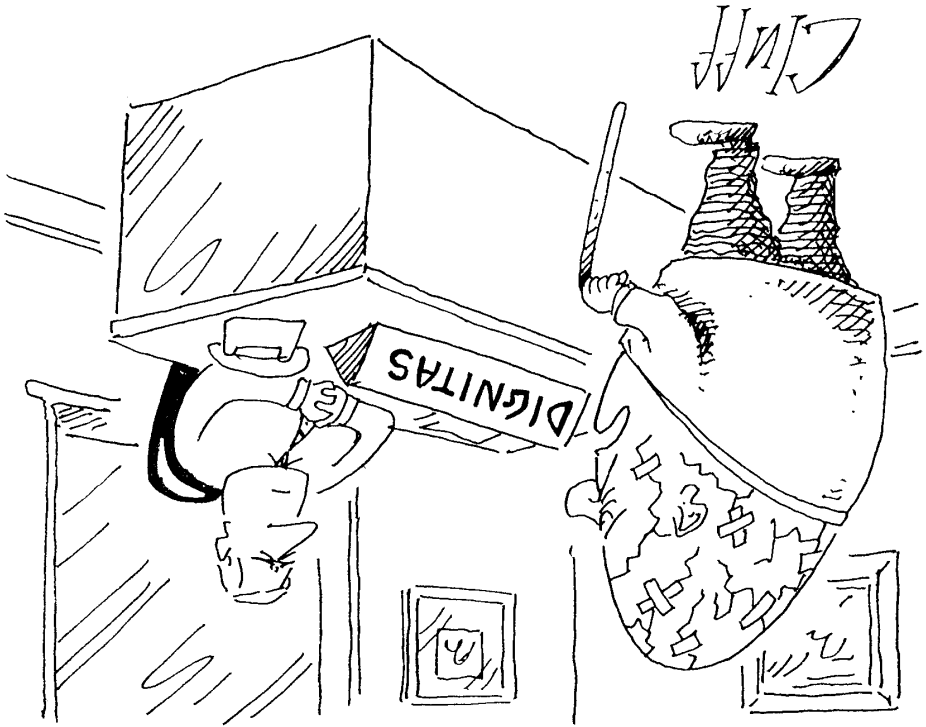
Mon-Fri: 9am-8pm; Sat: 9am-1:30pm

AD, BA, DA, H

Domestic Violence Helpline

0808 2000 247

*"I don't want all the King's horse and all the King's men
intervening this time"*



For people with alcohol, drugs and gambling addictions. 01 21 685 6340 (North B'ham); 01 21 414 0888 (South B'ham). AW, C, D

Birmingham Drug & Alcohol Team

1st Floor, Technology Block, Gee Business Centre, Bir-

mingham, B7 5PA
0121 465 4930

0800 073 0817
Helpline: Daily 9am-5pm

A, D, ET

Norman Imlah Day Centre

2nd Fl, The Matthews Centre, Duddleston Manor Rd, Dud-

deston, Birmingham B7 4LZ
0121 685 6346

Mon-Thu: 9am-5pm; Fri: 9am-4pm
For people wanting help and

support in addressing their alcohol problem/dependence.

AS, AD, AW, AS, C, ET, LA, MH, SH

Turning Point Birmingham

Drugline Rough Sleepers

Vulnerable Persons Team (RSP)

Street, Birmingham, B4 7SX
0121 632 6363

Mon-Wed, and Fri: 9:30am-5:30pm; Thu: 9:30-10am

Service for adults (18+) who are affected by drug use, homeless-

ness and/or the male sex industry
AS, BA, C, D, ET, H, NE, OB

Turning Point Birmingham

Drugline

Dale House, New Meeting Street, Birmingham, B4 7SX
0121 632 6363

Mon-Wed, and Fri: 9:30am-5:30pm; Thu: 9:30-10am

Service for adults (18+) who are affected by drug use to reduce

harm and support recovery
C, D, ET, NE, OL

EASTERN EUROPEAN

Polish Club Birmingham

Polish Millennium House, Bordesley St, Birmingham B5 5PH
0121 643 3577

Fri: 1pm-3pm

Advice on employment law, social benefits, housing and accommodation.

AS, BA, DA, H, LE

EMPLOYMENT AND TRAINING

ENTA

10 Mill Street

Birmingham

B6 4BS
0121 380 4801

Mon-Thu: 8.30am-4.30pm; Fri: 8.30am-1.30pm

CA, ET
www.entapeople.com

Jericho Foundation

196-197 Edward Rd

Balsall Heath

Birmingham
B12 9LX
0121 440 7919

www.jcp.org.uk/
birmingham@jericho.org.uk

CA, ET

The Big Issue (West Midlands)

Face House, 23-25 Summer Lane, Birmingham B19 3TN
0121 236 1936

Employment and training.
CA, ET

EX-FORCES

AWOL?

01380 738137

Call the 'Reclaim Your Life' scheme from SSAFA (Soldiers, Sailors, Airmen and Families Associa-

tion): Mon-Fri: 9am-10am

Birmingham City Council (Housing)

Patways)
PO Box 13254B1, Bir-

mingham B15 1DL
0121 675 1683

If you are leaving, or have left, the armed forces, you

can apply directly. Phone or email (HOUVUnireadlep@-

sons@birmingham.gov.uk).
AS, H

Mon-Fri: 8:30am-5pm
Supported accommodation for ex-services personnel.
AS, BA, H, TS

Veterans UK

0800 169 2277

Free help and advice for veterans and access to dedicated

one-to-one welfare service
www.veterans-uk.info

MEDICAL SERVICES

Community Mental Health

Homeless Team

3rd Fl, Morcome House, Ledzam St, Ladywood, Birmingham B16 8DN
0121 685 6970

Mon-Fri: 9am-7pm; Sat & Sun: 9am-5pm

Help with accommodation, benefits, employment and resettlement. Help with access

to mental health services.
AS, AD, BA, CA, C, H, MH, OB, OL

The Health Exchange

William Booth Lane, Bir-

mingham B4 6HA
0121 465 3965

Mon & Fri: 2:30pm-4:30pm; Tues, Wed, Thu: 1pm-4pm;

Wed & Thu: 9am-11am
Medical practice for home-

less people in Birmingham.
MS

Vision Care for Homeless People

William Booth Centre, Shad-

well St, Birmingham B4 6HA
Mon: 10am-1pm (except

bank holidays)
Comprehensive eyecare serv-

ices, totally free of charge
MS

PERFORMING ARTS

Crisis Skylight Birmingham

0121 348 7950
PO Box 15850, Birmingham, B9 9HL

Running at various locations - call for details
AC, ET, IT, MC, PA

Stonham (Ellesmere)

Fullwood House, Ellesmere, Shropshire SY12 0AA
01691 623756

men and ex-servicewomen how they can help ex-service-

Ring the Legionline to see

Royal British Legion

08457 725 725

St Anne's Hostel
112 Moseley St, Birmingham B12 0RY
0121 772 4406
Mon-Sun: Open 24 hours
For single homeless men aged 25+, may accept dogs.
AW, BA, D, ET, F, MS, OL

Stonham (St George's House)
Old Hall St, Wolverhampton WV1 3AT
01902 420536
Mon-Sun: 8am-10pm
Single homeless men and ex-offenders.
AS, AD, ET, H, OL, TS

P3 - Bilston Hostel
53 Wellington Rd, Wolverhampton WV14 6AQ
01902 490050
Mon-Sun: Open 24 hours
Single homeless men, inc. ex-offenders and rough sleepers, D

P3 - Dickens Lodge
89-95 Dickens Rd, Wolverhampton WV10 8SD
01902 572162
Mon-Sun: Open 24 hours
Single homeless men, inc. rough sleepers, ex-offenders, people with mental health needs and those with alcohol or drug problems.
AS, AD, AW, D, ET, H, MH, TS

Women

Helen Dixon House
76 Alcester Road, Moseley, Birmingham, B13 8BB
0121 449 3748
For women aged 16-45
Young people (16-25)

Coverity Foyer
Holyhead Court, Lower Holyhead, Rd, Coventry CV1 3AX
024 76251001
Mon-Sun: Open 24 hours
For young people 16-24 who require support around independent living.
AS, AD, CA, ET, H, IT, OL

CHADD - On Route Project
6 Dixons Green Rd, Dudley DY2 7DB
01384 455464
Mon-Fri: 9am-10pm; Sat & Sun: 7pm-10pm

Stonham (Gilson Way Hostel)
c/o Morris House, 430-432 Chester Rd, Castle Bromwich, Birmingham B36 0LF
Mon-Fri: 9am-4:30pm

St Anne's Hostel
112 Moseley St, Birmingham B12 0RY
0121 772 4406
Mon-Sun: Open 24 hours
For single homeless men aged 27, inc. ex-offenders or those at risk.
AS, AD, ET, H, OL

Midland Heart - Gilbert Road
100-108 Gilbert Rd, Smethwick, Sandwell B66 4PZ
0121 555 6500
Mon-Fri: 8am-7pm (ring)
For young people aged 16-25 with low support needs.
AS, H, TS

Midland Heart - Girange Road
c/o 100 Gilbert Rd, Smethwick B66 4PZ
0121 555 6500 or 0121 558 5739
Mon-Fri: 8am-7pm (ring)
For single homeless 16-25-year-olds with support needs.
AS, H, TS

Midland Heart - Murdock Road
1-3 Murdock Rd, Smethwick B66 2LS
0121 555 8444
Mon-Fri: 8am-7pm (phone)
For appointment)
Single homeless people aged 16-25 with medium support needs who are home-less or in housing need.
AS, C, H, MH

Midland Heart - Roffe House
69 Roffe St, Smethwick B66 2AR
0121 558 5739
Mon-Fri: 8am-7pm (phone)
Young single homeless people 16-25.
AS, AD, BA, CA, C, ET

Young people (16-25)
For women aged 16-45
0121 449 3748
Birmingham, B13 8BB
76 Alcester Road, Moseley, Birmingham, B13 8BB
0121 449 3748
For women aged 16-45

Addiction Birmingham
279 Gooch St, Highgate, Birmingham B5 7JE
0121 465 4030
Mon-Fri: 10am-6pm
Information, support and advice for those with alcohol or drug problems.
www.addaction.org.uk

Stonham (Morris House)
430-432 Chester Rd, Castle Bromwich, Birmingham B36 0LF
Mon-Fri: 9am-5pm
AS, AD, BA, CA, ET, H, OB, TS

West Bromwich & District YMCA
38 Carters Green, West Bromwich B70 9LG
For single homeless people aged 16-40 with support needs.
CA, ET, IT

Wolverhampton YMCA (Badger Court Foyer)
Cannock Rd, Wolverhampton WV10 0AD
01902 870382
Mon-Sun: Open 24 hours
Single homeless people aged 16-25 who have support needs around life skills and are willing to engage in training and support.
AW, C, D, ET, IT, LF, OB, OL

Wolverhampton YMCA (Rugeley Foyer)
Aelfgar House, Church St, Rugeley, Staffordshire WS1 5 WH
01889 585232
Mon-Fri: 9am-6pm
(call in or phone for appointment)
Young single homeless people 16-25.
AS, AD, BA, CA, C, ET

DRUG / ALCOHOL SERVICES

Addiction Birmingham
279 Gooch St, Highgate, Birmingham B5 7JE
0121 465 4030
Mon-Fri: 10am-6pm
Information, support and advice for those with alcohol or drug problems.
www.addaction.org.uk

Stonham (Morris House)
430-432 Chester Rd, Castle Bromwich, Birmingham B36 0LF
Mon-Fri: 9am-5pm
AS, AD, BA, CA, ET, H, OB, TS

Midland Heart - Roffe House
69 Roffe St, Smethwick B66 2AR
0121 558 5739
Mon-Fri: 8am-7pm (phone)
Young single homeless people 16-25.
AS, AD, BA, CA, C, ET

Young people (16-25)
For women aged 16-45
0121 449 3748
Birmingham, B13 8BB
76 Alcester Road, Moseley, Birmingham, B13 8BB
0121 449 3748
For women aged 16-45

CHADD - On Route Project
6 Dixons Green Rd, Dudley DY2 7DB
01384 455464
Mon-Fri: 9am-10pm; Sat & Sun: 7pm-10pm

Stonham (Gilson Way Hostel)
c/o Morris House, 430-432 Chester Rd, Castle Bromwich, Birmingham B36 0LF
Mon-Fri: 9am-4:30pm

Midland Heart – Gibbs Road

Men

SIFA Fireside
18–28 Lower Essex St, Bir-

mingham B5 6SN
0121 666 7023

Mon–Fri: 9–10.30am (breakfast); 12–1pm (lunch); Sat & Sun: 10.30am–11.30am; (nurses Tue & Fri: chiropodist Thu)

One-to-one help, accommodation and support for people dealing with alcohol issues; counselling; resettlement and tenancy support; training opportunities; help for people on probation. Help accessing emergency accommodation.

AS, AW, AS, BS, BA, C, DA, ET, FF, H, LA, MS, OB, SK, TS

St George's House

St George's Hub, St Marks Rd, Chapel Ash, Wolver-

hampton WV3 0TZ
01902 421904

Mon–Fri: 9:15am–4:30pm

Helps people 18+ to avoid becoming homeless and to live independently after resettlement.

Leisure and sporting activities. AS, AD, BE, CL, F, H, LA, TS

St George's House Drop-in

1 Clarence St, Wolver-

hampton WV1 1WZ
01902 714746

Fri: 2:15pm–3pm; Mon–Thu: 2:15pm–4:30pm; Mon–Fri: 9:30am–1:30pm

For homeless people, ex-offenders, substance misusers and others who are often barred from other services and facilities. Practical advice, support and guidance, and signposting to other services. Big Issue distributor.

AS, AD, AW, BA, D, ET, F, H, LA, LF, OL

DIRECT ACCESS HOSTELS/ NIGHTSHELTERS

All with low-support needs

Coventry and Warwickshire YMCA – Daimler Green

Endavour Court, 20 Chelmarsh, Daimler Green, Coventry

West Midlands CV6 3LB
024 7659 7009

Mon–Sun: Open 24 hours

Single homeless people and care leavers with low support needs.

AS, AD, CA, ET, H, IT, TS

AS, H, TS
(83 men, 9 women).

For single people aged 17+ for appointment)

Mon–Fri: 8am–7pm (phone)

01384 423 771

Lyx, Stourbridge DY9 8SG

Gibbs Rd, (off Balds Lane),

House

support needs, and 1 room for married couples. Residents who have moved on can use the drop-in advice centre.

AS, AD, BA, H, TS

SHARP Hostel

57 Edgbaston Rd, Smeeth-

wick B66 4LG
0121 558 2104

Mon–Sun: 8:45am–11pm

(phone calls); Mon–Sun: 9am–8pm (referrals)

For single people or couples aged 18+. Considers people who are overcoming dependency, but active drug use is not acceptable.

AS, BA, H

Salvation Army (Lincoln St Centre)

1 Lincoln St, Coventry CV1 4JN
024 7625 1437

Mon–Sun: 7am–9pm

Staff provide help and advice as required. Job seeking sessions, computer literacy courses and basic skill sessions are also available.

AD, AW, CA, ET, IT, LA, LF, MS

Salvation Army (William Booth Centre)

c/o Homeless Single Point of Access, Midland Heart – Home-

less Services Centre, 44 Broad-

ford St, Birmingham B5 6HX
0345 60 20 540 (24/7)

Mon, Tues, Wed, Fri: 10am–6pm; Thu: 10am–2pm

For single homeless men aged 18+ with low- to medium-support needs, inc. refugees. Call in at Midland Heart's Homeless Services Centre.

AS, H

Allison House

52 Allison Street, Bir-

mingham, B5 5TH
0121 643 5094 For men over 50

Central and Cecil – Tullamore House

61 Stratford St, Coventry CV2 4NJ
024 7663 5105

Mon–Fri: 9am–5pm (phone for application form)

Move-on accommodation for local single homeless men 18+. Priority to Irish people. Dogs allowed.

AS, H, TS

Midland Heart – Handwood House

Leopold St, Highgate, Bir-

mingham B12 0QB
0121 753 1386

Mon–Fri: 8am–7pm (phone for appointment)

For single homeless men 25+.

AS, F, H

Midland Heart – Zambesi Project

185 Stratford Rd, Sparkhill, Birmingham B11 1AG
0121 766 7645

Mon–Fri: 8am–7pm

For single homeless men aged 45+.

AS, AW, D, H

FP3 – Bilston Hostel

53 Wellington Rd, Wolver-

hampton WV14 6AQ
01902 490050

Mon–Sun: Open 24 hours

Single homeless men, inc. ex-offenders and rough sleepers. D

FP3 – Thornley Street

27 Thornley St, Wolver-

hampton WV1 1JS
01902 773721

Mon–Sun: Open 24 hours

Single homeless men. Must be sub-

stance-free at time of admission.

ET, H, LA, LF, MH, OL

Princp Street Hostel

Waterloo House, 33–35 Princip

St, Birmingham B4 6LE
0121 359 5953

Mon–Sun: Open 24 hours

For single homeless men aged 25+ with support needs, inc. mental health and/or alcohol problems.

AS, AD, AW, MH

DAY CENTRES AND DROP-INS

St Martin in the Bullring Helpdesk

Housing Options (Sandwell)

The Bullring, Birmingham B5 5BB

Court House, 335-337 High St, West

0121 600 6536

0121 569 6000

Mon & Fri: 10:30am-12:30pm;

Mon-Fri: 8am-5:30pm

Tue & Thu: 10:30am-12:30pm &

If you are at risk of becoming

1.30-3.30pm; Sat: 10:30am-1pm

homeless, contact the Housing

Listening, advice and refer-

Options Team for advice. Outside

ral. Practical intervention and

office hours: 0121 525 4688 or

support in a friendly environ-

housing@sandwell.gov.uk.

ment. Many people seeking help

AS, AD, H

are encountering homelessness,

Midland Heart - Homeless

addition, mental health prob-

Services Centre

lems, bereavement and loss.

44 Bradford St, Digbeth,

BA, C, H, OB

Birmingham B5 6HX

Solihull Community Housing

(Chelsley Wood)

6/8 Coppice Way, Chelsley Wood,

0345 6020 540; 0121 233 6370

Solihull, Birmingham B37 5TX

Mon, Wed, Fri: 10am-6pm; Tues:

0121 704 1515

Drop-in and telephone housing

Mon, Tues, Thu: 9am-5pm;

advice. Welfare benefits advice.

Wed: 10am-5pm; Fri: 9am-

Rough sleepers. Tenancy support for

4:30pm; Sat: 9am-1pm

refugees and asylum seekers; young

AS, H

people with multiple needs; people

with current or past drug problems.

Alcohol and mental health referrals.

Solihull Community Housing

(Kingshurst)

Church Close, Kingshurst, Soli-

AS, BA, H, OB, TS

hull, Birmingham B37 6HA

Macro Services - Coventry Young

0121 717 1515

Homeless Accommodation Project

Mon, Tues, Fri: 9am-4pm;

1st Fl, Koco Building, The Arches,

01922 625687

Spon End, Coventry CV1 3JQ

Mon - Fri: 9am - 4pm

024 7671 5113

For people (18+) who are vulner-

Mon-Fri: 9am-5pm (call

able, including homeless, unem-

Advice on homelessness and

ployed, drug dependent, mental

finding accommodation. Tem-

health issues or socially excluded

porary accommodation with

Council (Homelessness and

support for young people.

Housing Advice Service)

pregnant women and women

2nd Fl, Civic Centre, Darwall

with a baby aged up to 2 years.

St, Walsall WS1 1TP

AS, AD, H

01922 653405

Mon-Fri: 9am-5pm

Call for an appointment or if it's

urgent, call in 2pm-3pm. Out-of-

hours emergencies, call 01922

650000 and speak to the duty

social worker. General advice

St Basil's Link

Worcester, WR1 2JD

The Tollhouse, 180-182 Fazeley

01905 25027

Street, Birmingham, B5 5SE

www.maggdsdaycentre.co.uk

Mon-Thu: 9am-5pm; Fri: 9am-1pm

AS, AD, BS, C, CL, D, FF, L, MS, OL, TS

For people aged 16-25 who are

Salvation Army - Homeless Action

Project (Leamington)

1A Chapel St, Leamington Spa,

Warwickshire CV31 1EJ

01926 883613

Mon & Wed: 10am-12am

Mon, Tues, Wed, Fri: 9:30am-

12am; Thu: 9:30am-12:30am;

Sat: 9:30am-11:30am

Emergency accommodation

Advice, support, signposting

and referrals to emergency

and longer term housing.

AS, AD, BA, CA, C, ET, OL

AS, BS, BA, ET, F, H, IT, L, LA, OL

(male); 0800 068 7499 (female);

0800 068 7499. Youthline (24/7

Emergency 24/7 freephone:

PO Box 1427, Walsall WS4 2YT

0800 068 7499. Youthline (24/7

01922 746798

job, voluntary work or training.

Mon & Wed: 10am-12am

you find accommodation, a

Walsall people registered as homeless.

emotional support and help

in Walsall to access private rents.

AS

the List

Directory of the West Midlands' homeless services Updated 30 April 2012

Key to this list:	Accom. assistance – AS	Advocacy – AD	Alcohol workers – A	Art classes – AC	Barber – B	Benefits advice – BA	Bathroom/showers – BS	Bedding available – BE	Careers advice – CA	Clothing – CL	Counselling – C	
	Debt advice – DA	Dentist – DT	Drugs workers – D	Education/training – ET	Free food – FF	Food – F	Foot care – FC	Housing/accom advice – H	Internet access – IT	Laundry – L	Leisure activities – LA	Leisure facilities – LF
	Luggage stowage – 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

If you've any changes or suggestions visit our website - www.thepavement.org.uk - or email: thelist@thepavement.org.uk

Updated entries: 1
Services added: 0

ADVICE SERVICES

Base 25

Castle House, Wheelers Fold, Wolverhampton WV1 1ST
01902 572040
Mon-Thurs: 12am-6pm; Fri: 12am-5pm; Sat: 1pm-3pm
Advice for people aged 11-25 on housing, sex, drugs and alcohol, emotional wellbeing and job search. Groups for young women, fathers, asylum seekers and refugees.
Free phone: 0800 073023
AS, AD, AW, BA, C, D, ET, H, LA, OL, SH

Derbyshire Housing Aid

Milleshone House, 93 Green Lane, Derby DE1 1RX
01332 642150
Mon-Sun: open 24 hours
(emergency); Mon-Fri: 1pm-4pm (assessment)
Assessment service for all single homeless people in Derby.
Emergency accommodation.
AS, AS, BS, BE BA, DA, H, LL

BA, DA, ET, OL, TS

Info about local services.
etc. Tenancy-related problems.
GP, schools, work and college
ents, debt, registering with a
Advice and assistance on ben-
Mon-Fri: 9am-5pm
01384 237555
Dudley DY2 7DJ
98-99 Dixons Green Rd,
CHADD Outreach Support Service

Dudley Tenancy Guarantee

Dudley Housing Office,
15-17 St James's Rd, Dudley,
Birmingham DY1 1JG
0300 555 2345
Mon-Fri: 9am-5pm
Helps people who are homeless
or threatened with homelessness
to access private rented property.
Phone 01384 815035 for details.
TS

AS, H

Dudley Area Housing Office
5 St James Rd, Dudley, Bir-
mingham DY1 1HP
01384 815035
Mon-Fri: 9am-5pm
If you find yourself homeless over
the weekend or outside office hours,
call 0300 555 8283 for help.