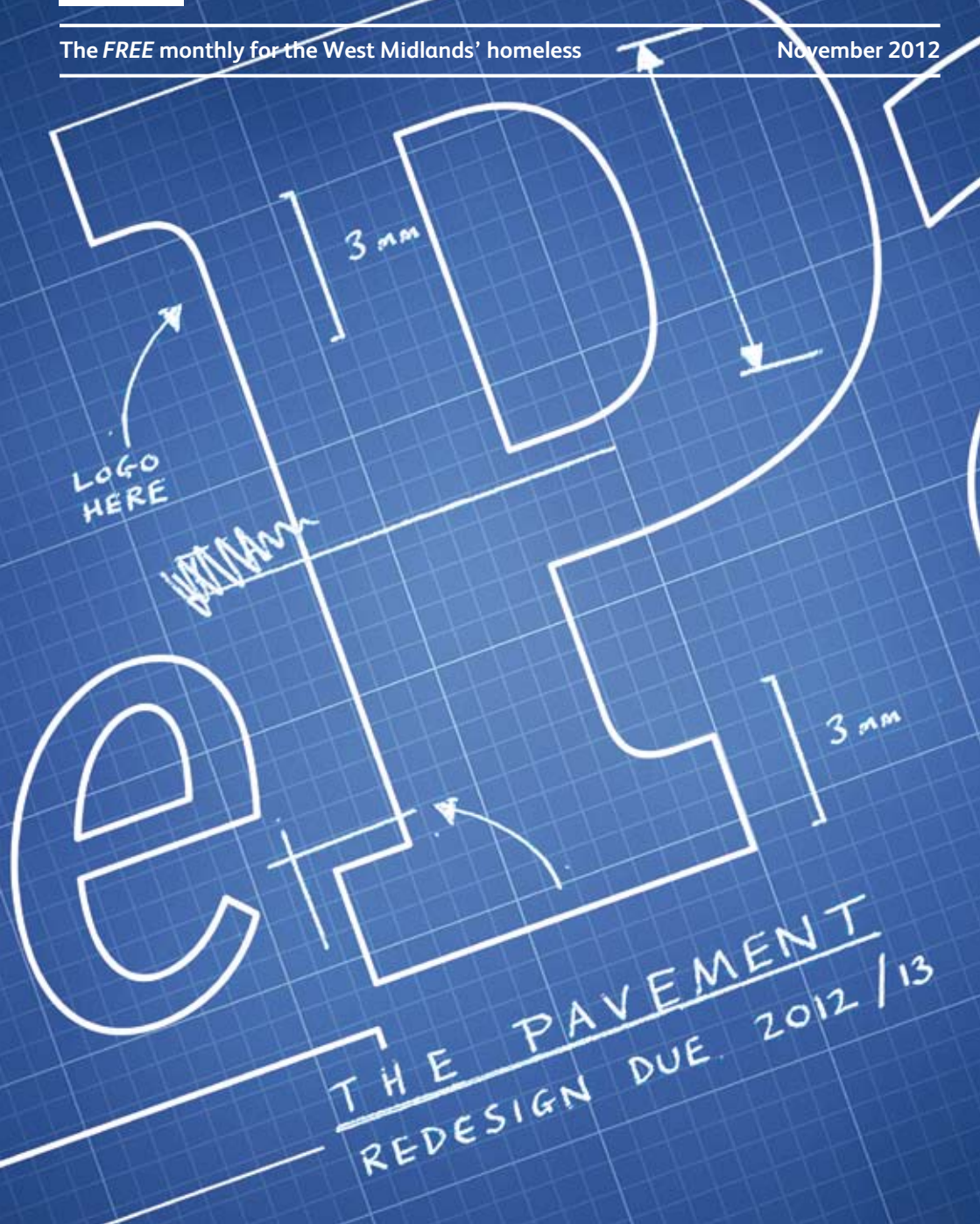
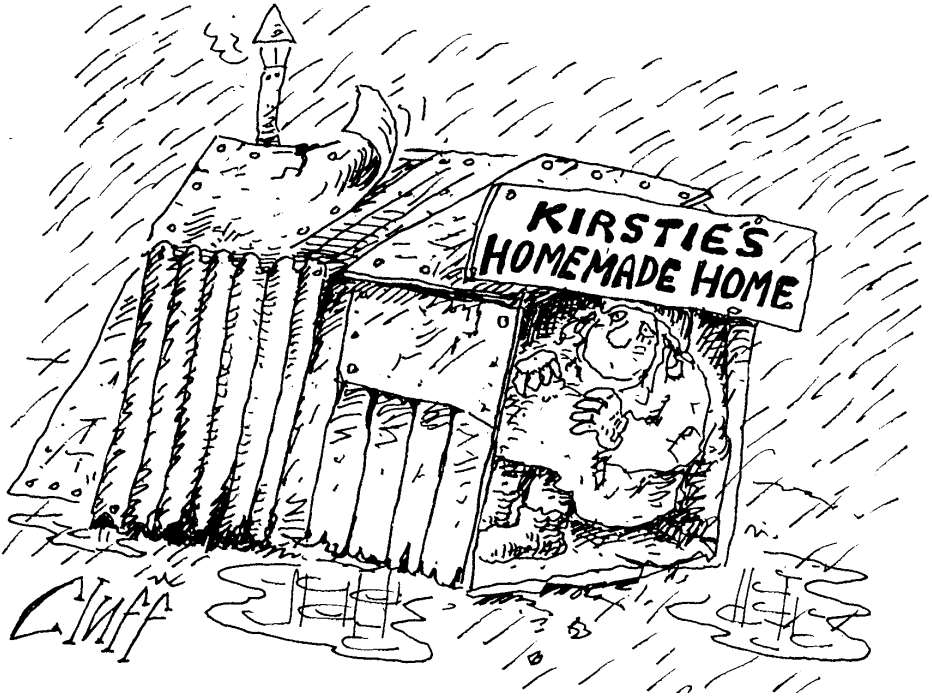


# thePavement

The FREE monthly for the West Midlands' homeless

November 2012





# *the*Pavement The Editor

[www.thepavement.org.uk](http://www.thepavement.org.uk)

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## *Sticking to the plan, but just taking long than expected*

We're back. Yes, it is the old format, and no, that doesn't mean the redesign is cancelled. The redesign is underway, and hopefully will be ready in a couple of months, but we wanted to get an issue out before winter hits.

*Amber Woodfull*

Editor

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## Paul Robinson

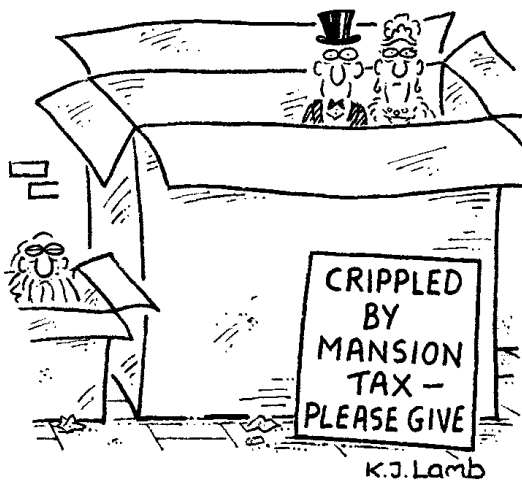
Age at disappearance: 39

Paul has been missing from Rugby since 14 February 2012.

If you think you can help the search please call Missing People.

He is urged to contact our confidential service **Message Home** helpline on Freephone **0800 700 740** or email [messagehome@missingpeople.org.uk](mailto:messagehome@missingpeople.org.uk) for advice and support.

If you've seen Paul, please call the 24-hour confidential charity **Missing People** on Freephone **0500 700 700**  
Email: [seensomeone@missingpeople.org.uk](mailto:seensomeone@missingpeople.org.uk)



**missing  
people**

Registered Charity No. 1023419





# 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, SLEEPING AND CLOTHING BANS. BINS ARE OFTEN EMPTIED MECHANICALLY IN THE EARLY HOURS OF THE MORNING, THERE IS CONSIDERABLE 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!

ILLUSTRATION BY  
JO PAVEN

the Pavement



# 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!

**thePavement**

ILLUSTRATION BY  
LO PARKIN

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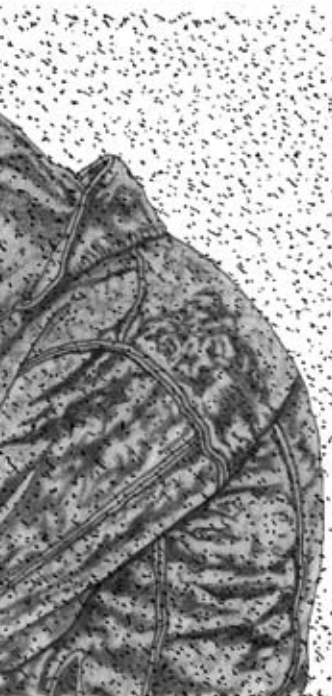


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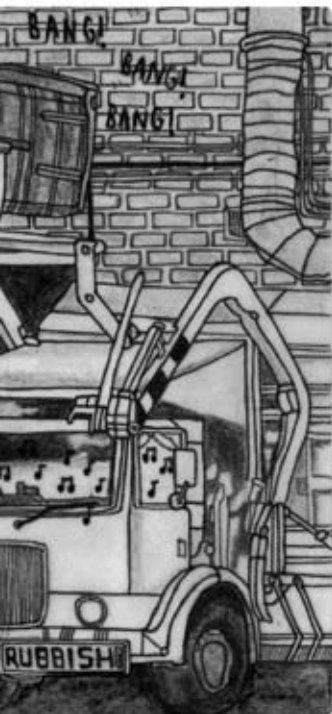
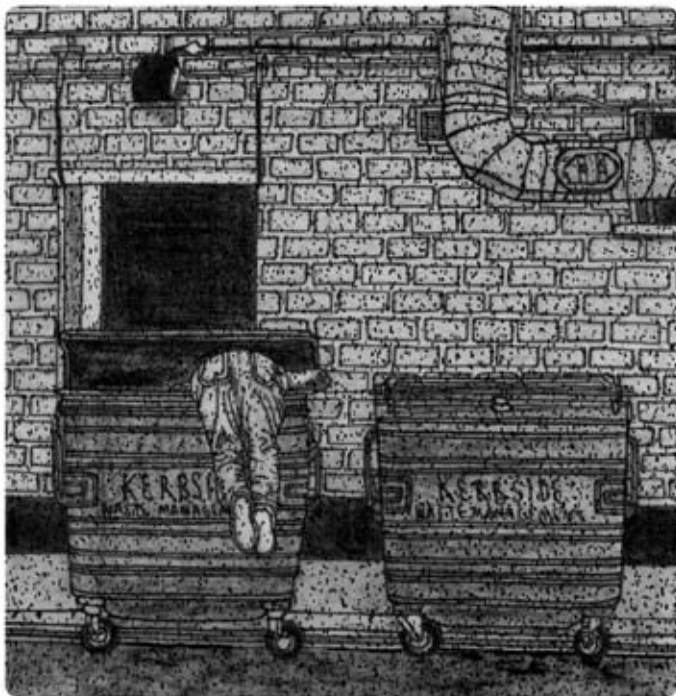


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5





# A round-up of the news

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

## The rise

The 25 per cent rise in homelessness over the past three years has coincided with cuts in funding to services, according to data company SSentif.

Figures published by the Department for Communities and Local Government show that there are now more than 50,000 people classified as priority homeless – a quarter more than in 2009/10.

The east of England bore the brunt with the highest increase in homelessness in the period. The only area to show a decrease was the North East, with a 10 per cent reduction.

SSentif has collated figures from local authorities showing

this happened while funding to homeless services was reduced.

Across England spending on homelessness fell from £213.7m to £199.8m between 2009/10 and 2010/11.

In Birmingham, for example, homelessness increased in line with the national average while spend dropped from £7.8m to £5.5m (29 per cent).

SSentif managing director Judy Aldred said cuts to spending had played a major role in the increase in rough sleeping.

"While these [homelessness] figures are perhaps not surprising given the state of the economy, some of the results for specific councils are quite shocking," she said. "By analysing the data at council level

we were able to highlight areas that are showing much greater increases than the national average."

Aldred singled out Broxbourne Council in Hertfordshire as the worst offender, recording a rise in the number of people registered priority homeless 1 to 118, a vast increase. When contacted about the rise they were unable to comment.

Maidstone in Kent saw the second highest increase, from 7 to 189.

However it was cities like Birmingham and Sheffield who were dealing with cases of priority homeless in the thousands with 3,929 priority homeless in Birmingham and 1,383 in Sheffield.

*Jo O'Reilly*

**You can read the news,  
keep informed & search our  
directory of services online @  
[www.thepavement.org.uk](http://www.thepavement.org.uk)**



## One dead and three injured in squat fire

A fire at a squat on London's Lower Clapton Road has claimed the life of Polish national Kzysztof Waleczek. The police and London Fire Brigade are working together to determine the cause of the blaze at the former rehab clinic.

Forty firefighters attended the blaze at 4am on Saturday 4 August. They used breathing apparatus to rescue a man and a woman from the first floor of the three-story building. The victims suffered smoked inhalation, but were released from hospital later that day.

Two men escaped before the emergency services arrived - one of them jumped 25 feet from a window, sustaining critical injuries. The other got out unharmed. All the survivors are in their twenties.

Though the flames were under control by 8am, the fire crew were still attending to the scene that afternoon.

Mr Waleczek's body could not be moved until the site was secured three days later. He was discovered to have died from smoke inhalation at the postmortem on the 8th.

A 37 year old man was arrested for suspicion of arson near the scene the following day. He was bailed to appear at a north London police station in September.

Detectives are still appealing for witnesses and new information about the Lower Clapton Road fire. The police can be reached on 101 and **Crimestoppers** are taking anonymous calls on **0800 555 111**.

*Jane Evans*

## UKBA crackdown on homeless illegal migrants

Some 15 Indian rough sleepers are being held in a detention centre pending their removal from the UK after being arrested by UK Border Agency (UKBA) staff in September.

At 6am on 19 September, UKBA officers and representatives from Hounslow Council swooped in on the area where the men were sleeping, under an M4 bridge in Heston, west London.

Three additional Indian nationals found at the site - two of whom required medical treatment (one for TB) - have been granted immigration bail and will have to report regularly to UKBA while their case is progressed. The Highways Agency has now sealed off the site to prevent other rough sleepers gaining access.

"Obviously they were living in pretty squalid conditions with serious concerns for their welfare, which is why they remain detained," said Adam Edwards, a spokesman for UKBA London and South East.

"It's not possible to say exactly how long each will be held for because each case has to be dealt with individually.

The same site was raided by UKBA officers in March earlier this year, leading to the arrest of 13 individuals - 10 of whom have been returned to India.

"This particular issue and this particular site involving homeless migrants is something that local immigration teams have been aware of for some time," said Edwards, "We've been engaged in a number of projects with local authorities, charities and police and community groups to assist - and those projects are mirrored across the country."

These charities include Thames Reach, which Edwards says "we liaise with quite closely

and they've been involved in a quite a lot of work that we've done with regards to homeless migrants, for example outreach work and going out to places where homeless people are known to sleep to get the ball rolling with regards to documentation."

Edwards confirmed that the UKBA is involved in a government drive "to prevent abuse of the NHS and benefits system", alongside Border Force - tackling issues such as people fraudulently claiming benefits using false identity documents.

"The agency holds fairly regular surgeries at gurdwaras [Sikh places of worship] in Southall and Hounslow, as well as working closely with charities in the area - such as United Sikhs - with the aim of helping migrants who wish to go home voluntarily. Since those surgeries began, around 170 people have returned to India and the majority of those were of no fixed abode."

However Edwards said there was no reason to believe that the men were trafficked.

Regarding legitimate migrants, Edwards told *The Pavement*: "We only have powers to deal with those who are unlawfully in the UK or subject to immigration controls so we don't have powers to arrest people who are sleeping rough... [But] we work closely with the local authorities, police, charities and community groups who could offer assistance in those cases - we're just one of a number of agencies involved".

*Carinya Sharples*

## Squatting law change

A 21-year-old man has become the first person to be jailed under new anti-squatting legislation which was introduced on 1 September.

Alex Haigh was sentenced to 12 weeks in prison after pleading guilty to occupying a housing association flat in Pimlico, central London, without permission.

Haigh, an apprentice bricklayer who had moved to London hoping to find work, was arrested alongside two other squatters the day after the new law was introduced.

Michelle Blake, 33, awaits sentence and possible jail, while Anthony Ismond, 46, was fined £100.

Squash (Squatters' Action for Secure Homes), a group which campaigned against criminalisation, condemned Haigh's sentence as "deeply disproportionate and unjust", and pointed out that the flat had been empty for a year before Haigh moved into it.

Haigh's father, Hugh, said: "They have made an example of him. To put him in that prison environment, I don't understand it. If he broke the law, he should be dealt with, but it is like putting someone who has not paid their taxes into Dartmoor prison."

The new legislation criminalises squatting in residential premises,

imposing punishments of up to six months' jail and fines of up to £5,000. Previously, squatters occupying empty buildings could only be removed through the civil courts.

Squatting in commercial properties remains a civil matter, and is not affected by the new law.

Housing charities have warned that the legislation may trigger a surge in homelessness as squatters are forced on to the streets in order to avoid a criminal record.

But government ministers called on police to be "robust" in enforcing the law, saying swift action will protect householders from the trauma of seeing their homes "stolen" and be a deterrent.

Ex-justice minister Crispin Blunt said that the new legislation was intended to show that "squatters' rights have come to an end". The government estimates that up to 4,200 squatters could be prosecuted each year.

Evictions have been carried out across the country under the new

legislation, with a squat in Brighton raided just days after the law was passed.

Three suspected squatters who glued themselves together in the loft of the building were arrested after being removed by police.

Two men who were on the roof of the building made their own way down and were not arrested.

Five people were arrested for allegedly occupying a house in the Somerset town of Street.

Squatters have also been warned that they will be arrested under the new law in Birmingham, Bristol and Chichester, and across London. Many have moved out of buildings that they were occupying following these warnings.

*Katharine Hibbert*

## A life remembered: Bill Moore

While we were on our publishing break we heard that Bill Moore (pictured), a stalwart of the Simon Community London, had died. To mark his passing we are happy to publish this in remembrance of him; something he wrote about his life:

"I was born many moons ago in Wexford, Ireland. I had a good upbringing, but like lots of other young and old Irish men and women came over to London looking for work in 1966. I lived most of my life in London except for two years, which I spent in Edinburgh. I ended up on the streets like a lot of other people through circumstances (in my case bereavement) for about 18 months.

"While on the street, I often woke to find myself covered from head to toe with snow, and I often found myself wondering whether



I could get off the street again or just fall deeper and deeper into the gutter. It was the Simon Community who got me going again, to whom I am very grateful.

"I have been involved with the Simon Community since 1993. My main roles in Community are doing street work, tea and soup runs and nights at the shelter. Since 1996 I have been heavily involved in organising collections, walks, headcounts and talks. Between September and Easter I give 70 – 80 talks at schools, churches, youth groups, Universities (Career Fairs), rotary clubs and other groups. These talks have taken me far afield as Newcastle (where I spent a whole week with four other people), Wales and to Westport, Ballina, and Castlebar in County Mayo in the west of Ireland. The main purpose of these talks is to bring awareness of pitfalls and of course to collect funds for the community. I have also been on management for the past five years.

"I am hoping to return to my beloved Ireland for good next year, and I know that this is going to be a big challenge for me."

His funeral took place on 8 October at Islington Crematorium, London.

## Quarter of winter shelter residents go back out

Homeless Link, an umbrella organisation for homeless charities, has released research showing that one in four people who sought help from a seasonal shelter returned to the street with the warmer weather.

The research, carried out with 101 local authorities across the UK, also stated that almost half of those using the shelters were actually rough sleepers.

In total, 2308 people sought shelter of some sort, with the

majority of provision coming from hostels or B&Bs.

Over a third of temporary residents had no previous contact with services, and more than 730 people either moved into accommodation or into another service.

## Staff

- Our listing of winter shelters in your area is in *The List* under 'Seasonal Shelters.'

## Homeless couple marry in Australia

The average cost of a wedding in the UK is now more than £20,000 – but a couple in Australia last month proved money doesn't buy love.

According to *MSN News* Ian and Wyuna Stewart, who met through a mutual friend, held a wedding for 40 guests at Bayswater's Church of Christ. The couple, who are both unemployed and homeless, stayed with friends after the nuptials.

Making cost savings where they could, the bride hired her dress from a party shop whilst the church provided food for the reception and decorations were donated. The guests were made up of friends they had met at the church's weekly meals service.

The couple said they would be spending their honeymoon in Tasmania, sleeping in their hired car and touring the countryside during the day.

*Lizzie Cernik*

## World Cup update

UK fans may be hoping that a British team makes it to Brazil in 2014 but the fight for another World Cup is already underway in Mexico City.

A total of 62 teams entered this year's Homeless World Cup, gathering in Mexico City for nine days of football. England, Scotland, and Wales were all represented at this year's tournament. England was the only UK nation to field a women's team as well as a men's team in a small but growing category.

Mel Young, founder of the Homeless World Cup, said: "It is possible to change the world and improve people's lives by taking small steps forward and inspiring each other and the Homeless World Cup is one of these small steps in the bid to end homelessness and poverty forever."

The event has grown from 18 teams in its first year to more than 60 now, but Britain's teams left eager for the challenge at the start of the month.

England's women faced a difficult start when they came up against world champions Brazil, losing 1-15 on the opening day while then men's team suffered a narrow defeat against Russia, losing 2-3.

But Scotland matched Lithuania goal for goal, finishing 5-all in their first match while Wales beat Denmark 6-5.

England went on to beat France 7-1 on day three, while Scotland had their chance to shine in a six to three victory against Peru. Wales meanwhile celebrated victory of eight to four against Hong Kong.

Sadly this year's world cup saw no UK teams reach the quarter-finals with tournament coming down to a thrilling final between host nation Mexico and surprise stars, Chile. Mexico may have been firm favourites but Chile stole the show with an impressive display, winning 8-5. However the host nation enjoyed victory in the Women's Cup, beating Brazil 6-2.

*Mairi Gordon*

# 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

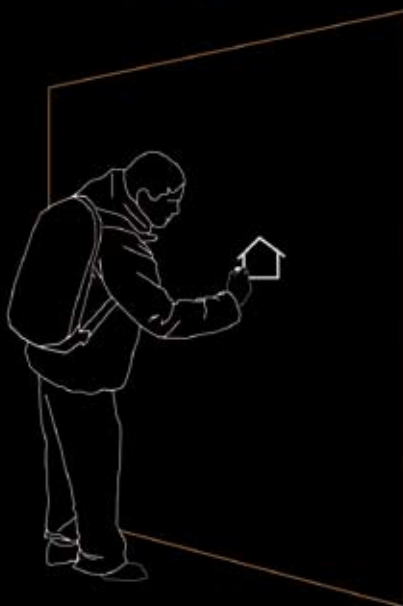


you'll get moved on here

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.



## Illegal beer operations emerge from new Skid Row property law

A recent court ruling has prohibited Los Angeles's law enforcement from seizing objects off Skid Row's sidewalks.

The order has been put in place to protect the destruction and confiscation of homeless people's property if it is left temporarily unattended.

The city has long argued that belongings left on sidewalks constitute a health hazard, but others contest that valuable possessions have been destroyed while their owners were showering or eating in nearby shelters – something they claim was a violation of constitutional rights.

Although many are pleased with the outcome of the federal order, it has caused some to take advantage with a number of homeless vendors illegally selling beer under the cover of the clutter.

Operating in small crews, they are using clusters of shopping carts, wheelchairs and baby strollers to conceal their merchandise and lookouts to watch for police.

The illegal operations are contributing to the overall increased crime rate of the area and adding to the already grim atmosphere (the number of people sleeping on Skid Row's streets has increased by 70 per cent since 2010).

Residents at nearby shelters have complained that those involved are drunk and rude to women. Others have raised concern that the emergence of illegal alcohol vendors is seriously damaging the ability of addicts who are trying to rebuild their lives.

*Laura Ogryzko*

## Number of homeless in Southend underestimated

Official homeless figures for Southend have been underreported, according to a local pastor.

Del Thomas told the Southend Standard Street that the estimate of eight rough sleepers was "a joke", adding that at least 50 people were homeless. Sleeping in derelict buildings, sofas and empty office blocks, many of these people are receiving adequate no assistance and are going undetected.

"I don't have the files on numbers or experience of anywhere other than central Southend, but there are about 50 people I am aware of who are rough sleepers," he explained on his blog.

"I don't know how the official figure was dreamt up, but it is so inaccurate it would be laughable, if not for the seriousness of the subject matter."

The claims were backed up by the Homeless Action Resource Project (Harp), a local homelessness charity. Local Conservative Councillor Lesley Salter also agreed the figures could be wrong.

She said: "I think there are probably a number of rough sleepers who we are unaware of. The figure for homeless people in Southend is actually quite low, but we realise that doesn't take everyone into account."

*Lizzie Cernik*

## An eviction, a fire, and a fence in SF tent city

San Franciscan officials and the US army evicted 50 homeless people from their Caltrain tent city on 28 August, reducing the site to dirt.

Some people were told that they should take only what they could carry or wheel away, while others were simply told to get out.

The local highway patrol said remaining possessions were stored and tagged pending retrieval, but residents reported workers removing their things and throwing them away.

Once all the officials and newspapermen tired of the site and left, residents began to filter back.

However a fire broke out in one of the homemade shelters a few weeks later. Although no-one was hurt and the flames were swiftly put out by firefighters, neighbours were rattled and discussions about the camp flared again.

Now Caltrain station, which owns the property, has requested bids to erect an iron fence, designed to keep the homeless off it.

Jennifer Friedenbach, director of the Coalition on Homelessness, believes the fence is unnecessary, insisting the site supports a community that includes school children and the disabled with no reported incidents of health or hygiene concerns.

Ms Friedenbach commended campers for the beautiful garden they grew on the site.

"From our perspective, these people have nowhere to go so they're basically displacing people who are in an emergency situation to the streets and forcing them to experience further crises," she told the San Francisco Chronicle.

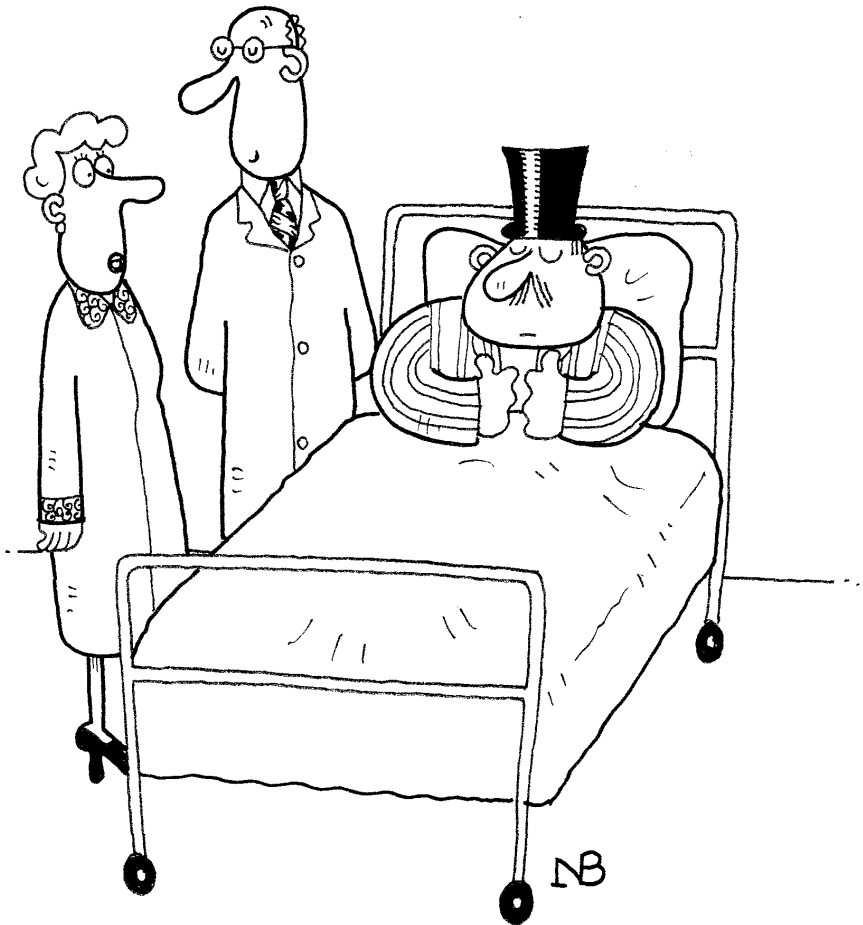
*Jane Evans*

*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](http://www.justgiving.com/thepavement)



*"Our patients come here to die with dignity"*

## Drop in homelessness applications

The number of homeless people in Scotland is falling as a result of new measures – but concerns have been raised over the lack of permanent housing.

Fewer applications are being made to councils for homelessness assistance, with quarterly numbers down 13 per cent on the previous year.

The overall number of households with children in temporary accommodation was also down 11 per cent to 3,293.

Although the figures are a step in the right direction, there are, however, over 10,000 “households” still living in temporary accommodation including hostels and bed and breakfasts and of those assessed, 93 per cent are regarded as high priority cases.

Graeme Brown, director of Shelter Scotland, said: “It is good that fewer families and individuals are experiencing the tragedy of homelessness. A 13 per cent reduction is welcome, but we must not lose sight of the fact that over 10,000 households lost their home in the last quarter.”

The Scottish government has set an end of year target that all unintentionally homeless people will be entitled to settled accommodation, and not just those classed as priority.

To help achieve the objective, the government has set up the “Scottish Housing Options Approach” enabling local authorities to look at all options such as private rental accommodation, low-cost home ownership and other measures.

The new approach has already contributed to the reduction of applications but the Liberal Democrat’s housing spokesperson, Jim Hume, expressed concerns that the “final push” to meet the

end of the year goal must not become a “box-ticking exercise”.

“I’m particularly concerned that local authorities with low social housing stock may be forced to place families in long-term temporary accommodation,”

“Liberal Democrats continue to call on the Scottish government to build further permanent homes for social rent.

“Local authorities must have the full support of the Scottish government if they are to meaningfully enforce this world-leading legislation.”

Scottish housing minister Margaret Burgess said: “Homelessness is a scourge on our society and this government will not waver in its determination to help people facing the distress of being made homeless. We will continue to drive forward with our partners in local government and elsewhere to ensure we remain on course to meet our 2012 target and sustain this into 2013 and beyond.”

*Laura Ogryzko*

## Homeless men rescue teen from sex offender aboard local bus

Four disabled homeless men saved the day as they intervened in a sex attack on a 15-year-old girl in Modesto, California.

Joe Baretta, Ken Falls, Curtis Mitchell and Dave - second name unknown - held and detained Kevin Michael Long - a previously convicted and registered sex offender - aboard a local bus, as he lunged and groped the girl on her way to school.

Another passenger ran to the local police station to inform officers, who then waited to apprehend the suspect at a nearby transit center, where the bus terminated.

Long, 37, had been released from prison on similar charges just one day previous.

*Joe Donnelly*

## Further officer charged after death of homeless man in US

A third police officer has been charged in relation to the death of mentally ill homeless man Kelly Thomas in Fullerton, California.

Joseph Wolfe, 37, faces charges of involuntary manslaughter and excessive use of force; crimes which carry a maximum penalty of four years imprisonment.

The former Fullerton Police Department officer was not charged initially. However, following a thorough review of the case, he was indicted on the 24 September by a grand jury.

This comes a year after Manuel Ramos was charged with second-degree murder and manslaughter for his involvement in the incident. Corporal Jay Cicinelli was also charged with involuntary manslaughter and excessive use of force.

The review, carried out by 10 jury members who considered 113 exhibits, re-visited CCTV footage taken from a nearby bus depot, which shows Wolfe striking Mr Thomas repeatedly with a baton amidst the brutal encounter, which left the victim fatally comatose.

Wolfe pleaded not guilty and was released on \$25,000 bail. He faces a pre-trial hearing on the 2nd of November.

*Joe Donnelly*





“...if you hear anyone coming, drop it in the river and we’ll pretend that we’re playing ‘Poo Sticks’”



*"And how may I help?"*

## Epidemics and how to avoid them

Homeless people worldwide are significantly more likely to become infected with TB, HIV and Hepatitis C than those in housing, according to a recent study at the University of Oxford.

The study also noted that rough sleepers had a higher than average rates of other infectious diseases, including hepatitis A and B, diphtheria, foot problems and skin infections.

In Britain specifically TB rates were around 34-times higher in homeless people than in the general population, and the prevalence of hepatitis C infection was almost 50-times higher.

Both HIV and Hepatitis C are blood-borne viruses, which can be contracted by unprotected sex, sharing of needles for drugs use or tattoos, or other contact with infected blood.

TB is a bacterial infection spread through air droplets, exchanged when people cough or sneeze. It kills an estimated 1.4 million people annually and its symptoms can be hard to distinguish from general coughs and colds picked up when sleeping rough.

TB symptoms can include a persistent cough that brings up thick phlegm - which may be bloody, breathlessness, weight loss, lack of appetite, a high temperature of 38C or above, extreme tiredness and a sense of feeling unwell.

TB can now be treated successfully with a course

of antibiotics but it is vital that if you recognise any of these symptoms in yourself you visit a doctor.

An individual carrying active TB can infect another 10 to 15 people a year.

*Jo O'Reilly*

## Homeless man croc attack

British cities can be as dangerous as any for the rough sleeper, but at least the wild animals in the UK are limited to pigeons and the occasional vicious dog.

Last month, police in Mexico reported that a homeless man was attacked by a crocodile that bit off his right hand in the popular tourist resort of Cancun.

Alejandro Lopez, 27, was walking through a mangrove swamp when he was bitten by the croc, before being discovered by police and taken to a local hospital for emergency surgery.

Cancun, one of the fastest growing cities in Latin America, is visited by

more than 7 million people a year – and its increasing popularity has been bringing more and more people into contact with its huge crocodile population.

Despite hundreds of signs being pinned to the trees surrounding its swamps and lakes, there have been several reports of attacks in recent years. In 2009, a 23 year-old Irish tourist nearly lost his left arm after taking a drunken swim in the lagoon.

Not long after, a young man from Texas was also severely wounded after attempting to relieve himself into the swamp – and onto the back of an unsuspecting croc.

*James O'Reilly*



# STREET SHIELD

EPISODE 29

JACK  
IS  
BACK!

OUTSIDE THE SEAMAN'S REST.

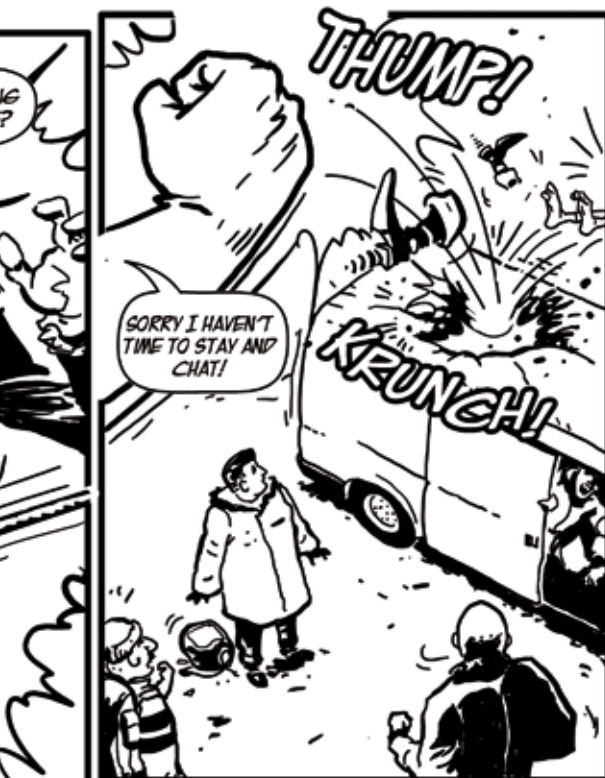
FIFTY QUID GETS  
YOU A JOB THAT  
WILL PAY A HUNDRED OR  
MORE EVERY DAY!

IT'S AN OFFER  
THAT'S TOO GOOD  
TO REFUSE!

YOU MEAN IT'S  
TOO GOOD TO  
BELIEVE.







# Health and wellbeing

*The Pavement's health team revisit old topics that need looking at*

## Take care of the pair

Old skin cells account for 90 per cent of the dust in buildings. You may not know that you have dry skin around your heels, and it's often not a problem. But if you have diabetes, check your feet regularly – a vanity or inspection mirror lets you see those out-of-the-way places! A lack of feeling in your hands and feet is a common complication of high blood sugar levels, and you may be unaware your skin is damaged. Normally, the outer skin can cope with moderate shearing stresses (rubbing against another surface), but when it is damaged, callus (thickened skin) replaces the normal, soft skin.

Thickened skin can crack, which exposes the lower layer of skin (the dermis), and often leads to bleeding and infection. Cracked heels are often blamed on going barefoot or walking in flip-flops, but the condition is frequently triggered by not wearing a closed-in shoe that supports your heels and by dehydrated skin. If you have severe cracking, see your doctor or podiatrist – the hard-skin needs to be carefully removed.

Fortunately, you can improve dry skin with some simple steps. Rehydrating the cells encourages the old cells to separate from the new ones, leaving a more pliable surface which can cope with the external stresses around the surface of the foot.

However, hard skin always returns – a chemical enzyme in the blood determines how quickly the skin reproduces itself.

Dealing with cracks:

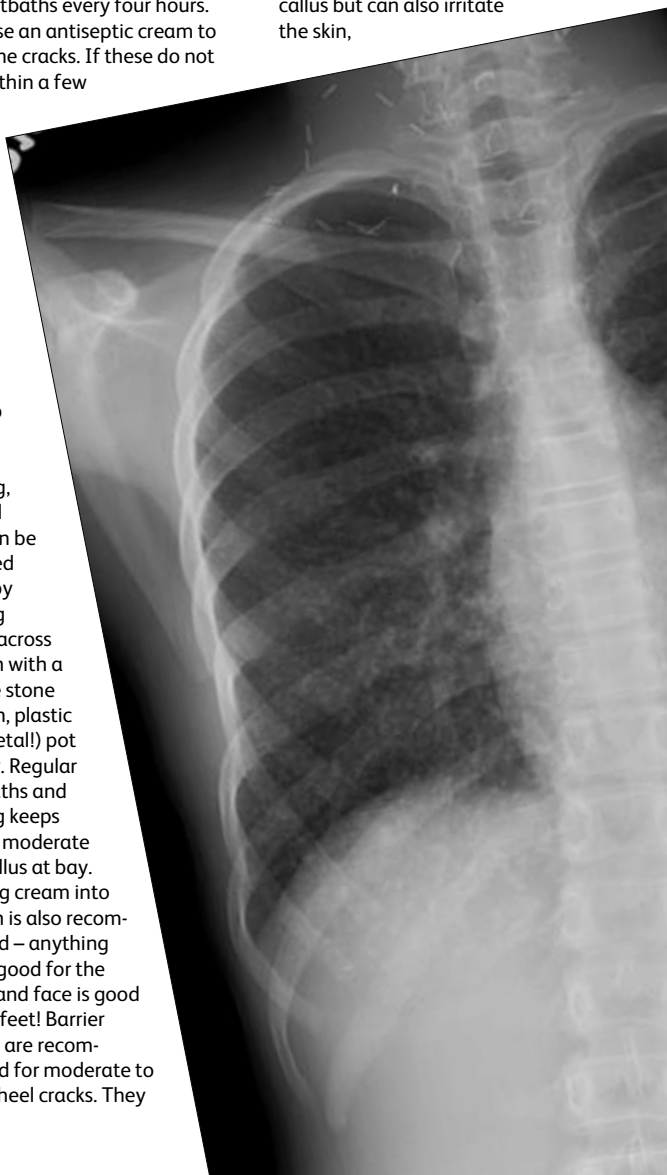
- Wash your feet in warm water (hand hot, 46° C).
- Dissolve a handful of table salt in a basinful of water and bathe

the feet for no longer than 10 minutes before patting them dry. (The saline solution is antiseptic and will clean out deeper fissures.) If your cracks are severe, repeat the footbaths every four hours.

- Use an antiseptic cream to cover the cracks. If these do not heal within a few days, then

report them to your doctor. Skin cells quickly take up water from bathing, and old cells can be removed easily by rubbing gently across the skin with a pumice stone or clean, plastic (not metal!) pot scourer. Regular foot baths and rubbing keeps mild to moderate heel callus at bay. Rubbing cream into the skin is also recommended – anything that is good for the hands and face is good for the feet! Barrier creams are recommended for moderate to severe heel cracks. They

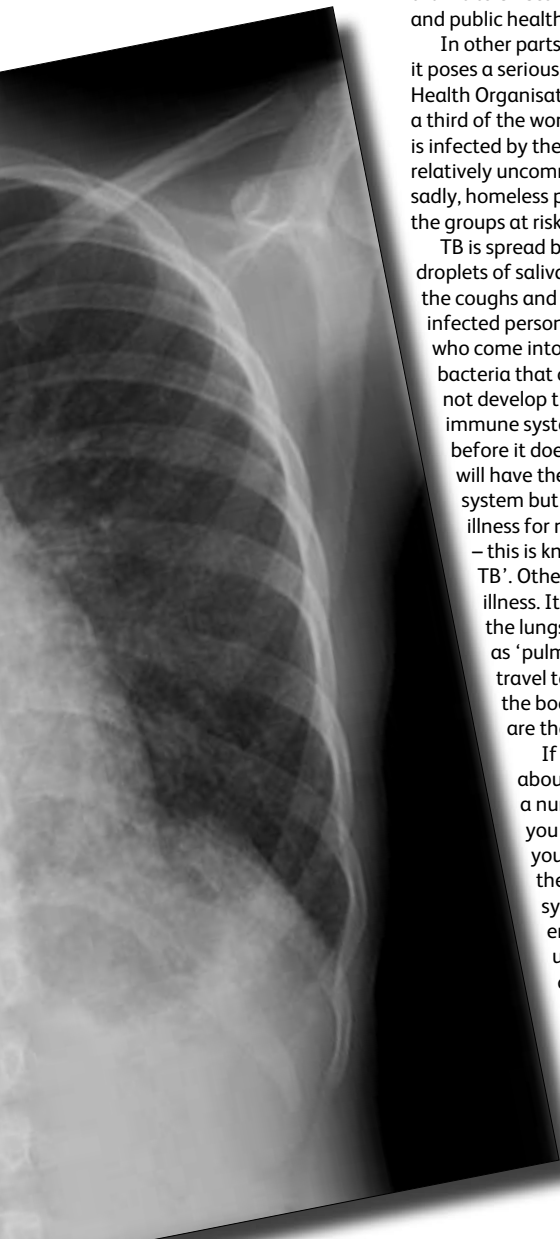
are greasier and form a temporary film that traps microscopic water on the skin's surface and helps it rehydrate. Cream containing urea can be very good for severe heel callus but can also irritate the skin,



so should be used only under direction. The doctor can prescribe other medicated creams.

### *Toe Slayer*

Registered Podiatrist  
& Shoe Historian



## **TB a disease worth banging on about!**

Before antibiotics, TB (tuberculosis) claimed many lives. By the 1970s, it seemed the end was nigh for this dreadful illness, thanks to effective treatment and public health campaigns.

In other parts of the world, it poses a serious risk: the World Health Organisation estimates that a third of the world's population is infected by the TB bacteria. It is relatively uncommon in the UK; but sadly, homeless people are one of the groups at risk of contracting it.

TB is spread by inhaling droplets of saliva (or spit) from the coughs and sneezes of an infected person. Most people who come into contact with the bacteria that causes TB will not develop the illness – their immune system will kill it off before it does any harm. Some will have the infection in their system but not develop the illness for months or years – this is known as 'latent TB'. Others will develop the illness. It usually spreads to the lungs, where it is known as 'pulmonary TB'. TB can travel to other parts of the body, but the lungs are the most common.

If you are worried about TB, there are a number of things you can do to protect yourself. First, know the most common symptoms: a persistent cough, coughing up blood, fevers, chest pain, night sweats and weight loss. Because TB is spread by droplets of saliva, being in close contact with someone

who has the disease means you could be at risk. So if you've been living closely with someone who has TB or you think may have TB, see a doctor.

People from sub-Saharan Africa, Asia (particularly India, Pakistan, Indonesia and Bangladesh), Eastern Europe, Russia and Central America do not necessarily have TB, but there is more of it going around, so they run at a higher risk of contracting it. People with HIV are at more risk of contracting TB because the virus weakens the immune system. If you are HIV-positive, you probably know this, but it's worth discussing it with your doctor or nurse. People who inject drugs are also at higher risk of contracting TB. Be aware of your risk factors and the symptoms, and if you suspect you have TB, get tested as soon as possible.

In Britain, most adults will have received the BCG vaccination – look for the scar on your upper arm. The vaccination protects 70–80 per cent of the people who have it, but don't depend on it to protect you – there are tests to check whether you are still immune. Children are no longer automatically given the BCG vaccination, so if you are worried your kids may be at risk, talk to your doctor or health visitor.

If you have symptoms, still see a doctor. TB is not the death sentence it once was, but if you don't treat it, your lungs will become so damaged that breathing becomes impossible. The good news is that TB can be treated, and most people will make a full recovery.

Sorry if that wasn't my cheeriest column, but best you are aware so you can take care of yourself.

Good health,

*Susie Rathie*

Our Nurse Flo



*"Help! I tripped and fell in the money"*

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

<p><b>Birmingham City Council</b>  Click through 'housing'/'finding a home'/'help for homeless people'  <a href="http://www.birmingham.gov.uk">www.birmingham.gov.uk</a>  <b>National Homelessness Advice Service</b>  Readers can click on the section 'need advice'  <a href="http://www.nhas.org.uk">www.nhas.org.uk</a></p>	<p><b>The Samaritans</b>  08457 90 9090</p>	<p><b>Frank</b>  0800 776 600  Free 24-hr drug helpline</p>
<p><b>The Pavement online</b>  Regularly updated online version of The List.  <a href="http://www.thepavement.org.uk/services.htm">www.thepavement.org.uk/services.htm</a>  <b>Sock Book</b>  <a href="http://sockbook.referrata.com">sockbook.referrata.com</a></p>	<p><b>SANeline</b>  6-11pm  0845 767 8000  Out-of-hours helpline for those affected by mental health</p>	<p><b>Get Connected</b>  0808 808 4994  Free advice for young people  (1pm-7pm daily)</p>
<p><b>Stonewall Housing</b>  Housing advice for LGBT people of all ages  <a href="http://www.stonewallhousing.org">www.stonewallhousing.org</a></p>	<p><b>Shelter</b>  0808 800 4444  Housing info and advice  8am-8pm daily</p>	<p><b>Job Centre Plus (benefits agency)</b>  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</p>
<p><b>UK Human Trafficking Centre</b>  0114 252 3891</p>	<p><b>Stonewall Housing advice line</b>  Housing advice for LGBT people  020 7359 5767  (Mon, Thu, Fri 10am-1pm;  Tue &amp; Wed 2-5pm)</p>	<p><b>Message Home Helpline</b>  0800 700 740, 24 hrs daily</p>
<p><b>Help for Depression</b>  A comprehensive explanation of the various approaches and treatments for depression, <i>MH</i>  <a href="http://www.helpfordepression.com">www.helpfordepression.com</a></p>	<p><b>WEBSITES</b></p>	<p><b>National Debtline</b>  0808 808 4000</p>
<p><b>Runaway Helpline</b>  0808 800 7070  Free line for under-18s who have left home</p>		

## SPECIALIST SERVICES

### Anawim

PO Box 8902, Birmingham B1 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  
01847 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

Birmingham B70 6HA  
0871 717 2284

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

AD, CA, ET, H

### Coventry 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

Refuge line: 0800 111 4223

AS, AD, H, LA, SH

### 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.

24-hour helpline: 01902 713001

AS, AD, BA, C, H, MH

### IWIC (Older Irish Adults Project)

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

Mon, Tue & Thu: 11.30am–4.30pm; Wed: 2.30–5pm;

Fri: 11.30am–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

### Panahgar

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); 1.15pm–4pm (drop-in clinic);

Wed: 12am–4pm (drop-in clinic); Thu: 11am–1.30pm (Metha-

done clinic – 0121 446 5381)

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

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

### www.stonewallhousing.org

020 7359 5767 (advice line)

people of all ages

Housing advice for LGBT

### 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.

AD, C

### Walsall Metropolitan Borough Council (Refugee Support Team)

2nd Fl, Civic Centre, 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.

C, ET, 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

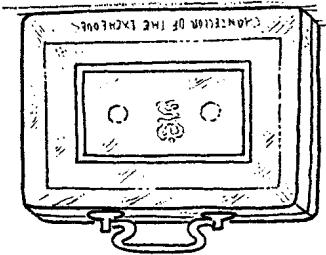
Free, confidential service, offering specialist advice on housing, benefits, tax credits, debt etc.

Domestic Violence Helpline

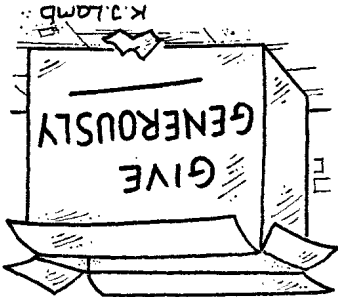
0808 2000 247



BUDGET BOX



NEW-STYLE BUDGET BOX



## EMPLOYMENT AND TRAINING

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,

Duddeston 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 (RSVP)**

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, 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, Bord-

eseley St, Birmingham B5 5PH

0121 643 3577

Fri: 1pm–3pm

Advice on employment law,

social benefits, housing

and accommodation.

AS, BA, DA, H, LE

## ENTA

Mill Wharf

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](http://www.entapeople.com)

**Jericho Foundation**

196–197 Edward Rd

Balsall Heath

Birmingham

B12 9LX

0121 440 7919

[www.jcp.org.uk/](http://www.jcp.org.uk/)

[birmingham@jericho.org.uk](mailto: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**

**Partways)**

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 ([HOUVulnerableper-](mailto:HOUVulnerableper-sons@birmingham.gov.uk)

AS, H

**Royal British Legion**

08457 725 725

Ring the Legionline to see

how they can help ex-service-

men and ex-servicewomen

**Stonham (Ellesmere)**

Fullwood House, Ellesmere,

Shropshire SY12 0AA

01691 623756

*Will be listed in December*

## SEASONAL SHELTERS

AC, ET, IT, MC, PA

– call for details

Running at various locations

PO Box 15850, Birmingham, B9 9HL

0121 348 7950

**Crisis Skylight Birmingham**

## PERFORMING ARTS

MS

Comprehensive eyecare serv-

ices, totally free of charge

bank holidays)

Mon: 10am–1pm (except

well St, Birmingham B4 6HA

William Booth Centre, Shad-

**Vision Care for Homeless People**

MS

less people in Birmingham.

Medical practice for home-

Wed & Thu: 9am–11am

Tues, Wed, Thu: 1pm–4pm;

Mon & Fri: 2.30pm–4.30pm;

0121 465 3965

mingham B4 6HA

William Booth Lane, Bir-

**The Health Exchange**

AS, AD, BA, CA, C, H, MH, OB, OL

to mental health services.

benefits, employment and

resettlement. Help with access

Help with accommodation,

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

## MEDICAL SERVICES

[www.veterans-uk.info](http://www.veterans-uk.info)

one-to-one welfare service

erans and access to dedicated

Free help and advice for vet-

0800 169 2277

**Veterans UK**

3rd Fl, Morcome House, Ledam 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

to mental health services.

benefits, employment and

resettlement. Help with access

to mental health services.

AS, AD, BA, CA, C, H, MH, OB, OL

**St Anne's Hostel**  
112 Moseley St, Birmingham B12 0RY  
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  
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  
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  
Mon-Sun: Open 24 hours  
For young 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)

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

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

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

**Midland Heart – Grange Road**  
c/o 100 Gilbert Rd, Smethwick B66 4PZ  
0121 555 6500 or 0121 558 5739  
Mon-Fri: 8am-7pm (ring for appointment)  
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)  
For young single homeless located aged 16-25 with medium support needs who are home-less or in housing need.  
AS, C, H, MH

**Midland Heart – Rolfe House**  
69 Rolfe St, Smethwick B66 2AR  
0121 558 5739  
Mon-Fri: 8am-7pm (phone for appointment)  
For single homeless 16-25-year-olds with support needs who are willing to engage with employment, education and training opportunities.  
AS, CA, ET, H, IT

**Macro – Allesley Old Road Hostel**  
43-45 Allesley Old Rd, Coventry CV5 8BU  
024 7669 1229  
Mon-Fri: 9am-5pm (call Single people 16-25 with low support needs.  
AS, AD, H, TS

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

**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 ZWH  
01889 585232  
Mon-Fri: 9am-6pm  
(call in or phone for appointment)  
Young single homeless people 16-25.  
AS, AD, BA, CA, C, ET

**Addaction Birmingham**  
279 Gooch St, Hightgate, 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

#### DRUG / ALCOHOL SERVICES

**Aquarius**  
2nd Fl, 16 Kent St, Birmingham B5 6RD  
0121 622 8181  
Mon-Fri: 9am-4:30pm



## DAY CENTRES AND DROP-INS

**Chace Centre**  
Chace Ave, Coventry CV3 3AB  
024 7630 2694  
Mon-Fri: 9am-12am; Mon-Thurs: 2pm-5pm; Fri: 1pm-4:30pm  
For single men 18+.  
CA, ET, LA, LF, OL

**Coventry Cyrenians**  
1 Bird Street, Coventry, CV1 1FX  
02476 228099  
Mon-Fri: 9:30am-4pm

**Midland Heart – Homeless Services Centre**  
44 Bradford St, Digbeth, Birmingham B5 6HX  
0345 6020 540; 0121 233 6370  
Mon, Wed, Fri: 10am-6pm; Tues: 10am-8pm; Thurs: 10am-2pm

**Soilhill Community Housing (Chelsley Wood)**  
6/8 Copple Way, Chelsley Wood, Solihull, Birmingham B37 5TX  
0121 704 1515  
Mon, Tues, Thurs: 9am-5pm; Wed: 10am-5pm; Fri: 9am-4:30pm; Sat: 9am-1pm

**Soilhill Community Housing (Kingshurst)**  
Church Close, Kingshurst, Solihull, Birmingham B37 6HA  
0121 717 1515  
Mon, Tues, Fri: 9am-4pm; Thurs: 10am-3pm

**AS, BA, H, OB, TS**  
Alcohol and mental health referrals. people with multiple needs, people with current or past drug problems. refugees and asylum seekers, young rough sleepers. Tenancy support for Outreach and tenancy support for advice. Welfare benefits advice. Drop-in and telephone housing support. 10am-8pm; Thurs: 10am-2pm

**Macro Services – Coventry Young Homeless Accommodation Project**  
1st Fl, Koco Building, The Arches, Spoon End, Coventry CV1 3JQ  
024 7671 5113  
Mon-Fri: 9am-5pm (call for appointment)

**AS, AD, H**  
Advice on homelessness and finding accommodation. Temporary accommodation with support for young people. pregnant women and women with a baby aged up to 2 years. 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 will be available on the out-of-hours service (0845 1112836).

**St Basil's Link**  
The Tollhouse, 180-182 Fazeley Street, Birmingham, B5 5SE  
0300 3030099  
Mon-Thurs: 9am-5pm; Fri: 9am-1pm

For people aged 16-25 who are homeless or are facing homelessness. Emergency 24/7 freephone: 0800 068 7499. Youthline (24/7) 0300 3030099 will give you emotional support and help you find accommodation, a job, voluntary work or training. Emergency accommodation hotline (24/7): 0800 056 4034 (male); 0800 068 7499 (female). AS, AD, BA, CA, C, ET, OL

**Walsall Rent Guarantee Scheme**  
PO Box 1427, Walsall WS4 2YT  
01922 746798  
Mon & Wed: 10am-12am  
Helps people registered as homeless in Walsall to access private rents.

**AS**  
Job, voluntary work or training.

**Salvation Army – Homeless Action Project (Leamington)**  
1A Chapel St, Leamington Spa, Warwickshire CV31 1EJ  
01926 883613  
Mon, Tues, Wed, Fri: 9:30am-12am; Thurs: 9:30am-1:30am; Sat: 9:30am-1:30am

**Mags Day Centre**  
St Albans, Deansway, Worcester, WR1 2JD  
01905 25027  
www.magsdaycentre.co.uk  
AS, AD, BS, C, CL, D, FF, L, MS, OL, TS

**Salvation Army – Homeless Action Project (Leamington)**  
1A Chapel St, Leamington Spa, Warwickshire CV31 1EJ  
01926 883613  
Mon, Tues, Wed, Fri: 9:30am-12am; Thurs: 9:30am-1:30am; Sat: 9:30am-1:30am

**Advice, support, signposting and referrals to emergency and longer term housing.**  
AS, BS, BA, ET, F, H, IT, L, LA, OL

# the List

Directory of the West Midlands' homeless services

Updated 01 November 2012

Key to this list:	Debt advice – DA	Luggage storage – LS
Accom. assistance – AS	Dentist – DT	Medical services – MS
Advocacy – AD	Drugs workers – D	Mental health – MH
Alcohol workers – A	Education/training – ET	Music classes – MC
Art classes – AC	Free food – FF	Needle exchange – NE
Barber – B	Food – F	Outreach worker links – OL
Benefits advice – BA	Foot care – FC	Outreach workers – OB
Bathroom/showers – BS	Housing/accom advice – H	Persistent stockist – P
Bedding available – BE	Internet access – IT	Safe keeping – SK
Careers advice – CA	Laundry – L	Sexual health advice – SH
Clothing – CL	Leisure activities – LA	SSAFA – SS
Counselling – C	Leisure facilities – LF	Tenancy support – TS

If you've any changes or suggestions visit our website - [www.thepavement.org.uk](http://www.thepavement.org.uk) - or email: [thelist@thepavement.org.uk](mailto:thelist@thepavement.org.uk)

Updated entries: 2  
Services added: 0

## ADVICE SERVICES

**Base 25**  
Castle House, Wheelers Fold, Wolverhampton WV1 1ST  
01902 572040  
Mon–Thu: 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

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

**Dudley Area Housing Office**  
5 St James Rd, Dudley, Birmingham 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.  
AS, H

**Dudley Tenancy Guarantee**  
Dudley Housing Office, 15–17 St James's Rd, 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

**Derbyshire Housing Aid**  
Milestone 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, LF