

the Pavement

The *FREE* monthly for the West Midlands' homeless

February 2013



**TO LET US KNOW ABOUT YOUR
EXPERIENCE OF STOP & SEARCH**



thePavement The Editor

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The first issue of 2013

The powers of 'stop and search' in England and Wales are not the same as those in Scotland, and police forces have different approaches to how they implement them. The brother of the late Stephen Lawrence recently complained of police harassment, so we want to examine how these powers affect our rough-sleeping readers. We begin looking at them on page 12, but we need you to get in touch if you've something to say on this topic. Contact details to the left.

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"I see they're letting women drive now"



John Bowkett

Age at disappearance: 37

Missing from:
Doncaster

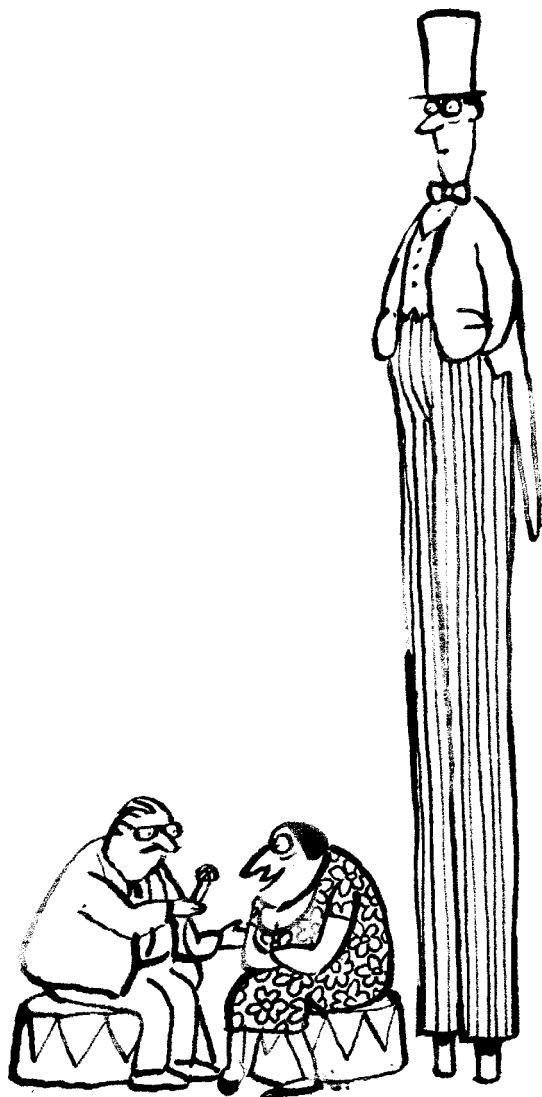
John has been missing from Doncaster since 12 July 1992.

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

John, we would love to hear from you. **Call. Text. Anytime. Free. Confidential. 116000**

missing people

Registered Charity No. 1029114



mike williams.

"It all started when he put lifts in his shoes"

BIN DEATH

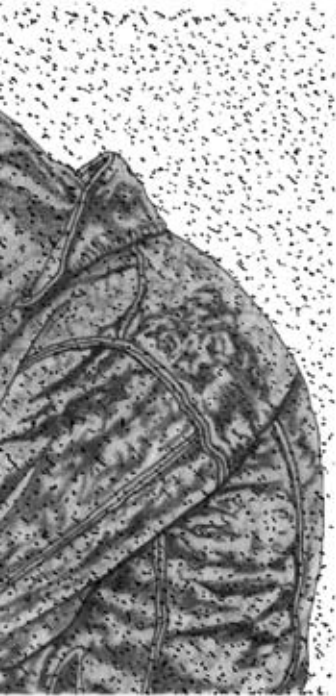
BIN DEATH IS A REAL PROBLEM FACING HOMELESS PEOPLE. EVERY YEAR, ACROSS THE COUNTRY, THERE ARE INJURIES AND EVEN DEATHS THAT RESULT FROM PEOPLE BEDDING DOWN IN BINS, SKIPS AND CLOTHING BANKS. BINS ARE OFTEN EMPTIED MECHANICALLY IN THE EARLY HOURS OF THE MORNING, THERE IS COMMONLY JUST ONE DRIVER WHO WOULD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

STAY OUT AND STAY SAFE!

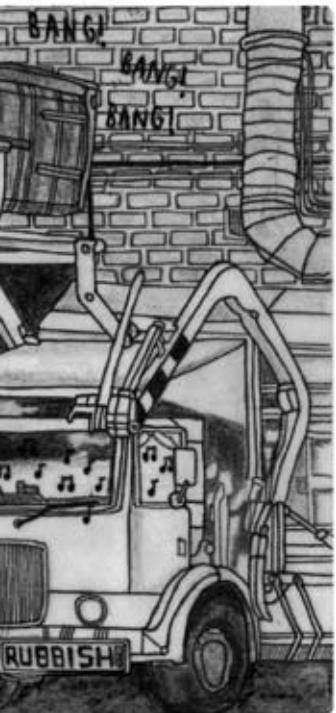
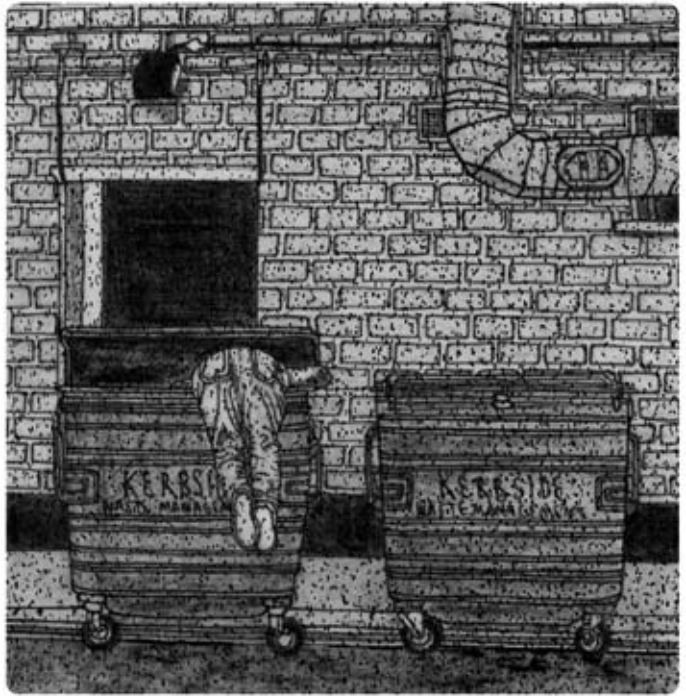
thePavement

ILLUSTRATION BY
LO PARKIN





2



5



A round-up of the news

The homeless news from across the UK and the World

Suicidal teen discharged after just two days

Concerns have been raised after a vulnerable young homeless woman was discharged from Charing Cross Hospital less than two days after nearly dying.

The teenager was admitted to Charing Cross Hospital around midnight on 29 December after taking an overdose.

Christina Lawford, a volunteer shift leader at the Crisis Christmas centre that had welcomed Mary, had explained to the ambulance drivers that the young woman was vulnerable and had previously attempted suicide. She was

unconscious on arrival and too unwell to be moved from A&E. The Crisis night shift team was asked to contact her next of kin.

The following day the hospital reported that Mary was conscious but confused. However, by the early afternoon of 31 December, a psychiatrist had assessed her as not vulnerable and fit to be discharged, and when Ms Lawford arrived at the hospital, a nurse told her Mary had been sent "home".

Ben Maitland, head of public relations at Imperial College Healthcare NHS Trust, under which Charing Cross Hospital falls, said she was referred to the Robes Project in Bermondsey and given transport there.

However, Ms Lawford tracked Mary to the Lambeth HPU, which was due to close for the public holiday. The duty manager was concerned about Mary's vulnerability and desperate to get her into emergency accommodation. The HPU team worked with Crisis to get Mary an emergency assessment and into accommodation.

We have previously reported people being discharged in pyjamas – <http://bit.ly/14r1mpC> – discharged into snow and with head wounds.

Research commissioned by the Department of Health (DoH) and produced last year by Homeless Link and St Mungo's, suggested that hospitals discharge more than 70 per cent of homeless people

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

www.thepavement.org.uk

Listening Books – free audiobooks for ex-offenders

If you find it hard to read books, then you might find audiobooks helpful. *Listening Books* is a UK charity offering access to a huge library of audiobooks, currently free to ex-offenders who have trouble reading due to a learning difficulty, such as dyslexia, or an illness or disability.

If you would like to call us on **020 7407 9417**, we would be very happy to set up your free membership. You will then be able to borrow our audiobooks through the post on MP3 CD or online via our website to download or listen live. We have over 7000 audiobooks in our library, many of which are recorded specifically to aid education for people who struggle to read the printed word. Our books cover a wide range of subjects, including biographies, history and comedy. Listening to books can remove any anxiety you may feel about the printed word, allowing you to sit back and soak up the information the books contain. We also offer many fiction titles including audiobooks by popular authors such as Dan Brown and Andy McNab.

Many of our members tell us that our service has helped build their confidence and self-esteem as they are now able to enjoy the same books that others can:

'Listening Books keeps me sane during those times when sleep eludes me and I give thanks every day for this service.'

We already support over 27,000 people across the UK who struggle to read books in the usual way and we would be delighted to have you on board. Please just call us on **020 7407 9417** and we will be happy to help.

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

straight back onto the streets.

The UCH Pathway Homeless Team (see Pavement 60 - available as a pdf or story on our website) was singled out for praise for having robust policies in place.

Mary's name has been changed to protect her privacy. This is an edited version of an article which appears online: <http://bit.ly/13orzod>

If you are feeling suicidal, please contact the Samaritans online (www.samaritans.org), by email (jo@samaritans.org) or by phone (08457 90 90 90).

Val Stevenson

Watch out for work gangs

Although it is not in the mainstream press anymore, the threat of work gangs picking people up from the streets is still high. Rumours, and they are just that, have

reached *The Pavement* of work gangs operating in London, particularly around Lincoln's Inn Field.

These gangs take people off the streets with the lure of work and shelter, but the reality is often more akin to slavery.

Readers are reminded to beware, for themselves and others.

Staff

Man charged over Big Issue murders

A homeless man has been arrested and charged with the murders of two *Big Issue* vendors in Birmingham City Centre on 11 January.

John Ward, 23, appeared at Birmingham Magistrates Court on 16 January, and has been remanded in prison awaiting trial.

The attacks took place at a busy shopping street just before 6pm.

Police officers and passers-by report-

edly administered emergency first aid to Wayne Lee Busst, 32, and Ian Watson Gladwish, 31, both from Birmingham, but they were pronounced dead at the scene.

One man was found outside Sainsbury's in Martineau Place, and the other near Boots in Union Street.

Ward was arrested shortly afterwards near the Odeon cinema in New Street.

The attacks come as government statistics reveal a surprise drop in the number of violent crimes reported throughout the UK.

Within the West Midlands, official figures of reported incidents involving knives have reduced by around 75 per cent over the past decade. This compares with an 11 per cent reduction nationwide over the past year.

However, the Office of National Statistics has admitted it cannot be certain whether crime has actually fallen or the incidents are simply not being recorded.

Emma Batrick

Have you seen people offering work at a soup run or other service for homeless people?

WARNING!

As exposed in the media recently homeless people are at risk of exploitation and virtual slavery.

DO NOT GO WITH ANYONE OFFERING WORK.

If you see people offering work:

Do **NOT** challenge them: they could be dangerous.

WARN everyone else at the soup run not to go with anyone offering work.

RECORD their vehicles' number plates and make a note of their appearance and anything that is said.

REPORT them to the police. If you are concerned for somebody's safety call 999. If there is no immediate danger call 101.

Czy widzieli Państwo osoby proponujące pracę w jadalni bądź innych miejscach oferujących pomoc osobom bezdomnym?

UWAGA!

Jak przedstawiono niedawno w mediach, osoby bezdomne są narazone na wyzysk i mogą być zmuszane do pracy niewolniczej. **NIE NALEŻY UDAWAĆ SIĘ NIGDZIE Z OSOBAMI PROPONUJĄCYMI PRACĘ.**

Jeśli zauważą Państwo osoby proponujące pracę, należy pamiętać o kilku zasadach:

- **NIE** należy kwestionować tego, co robią; te osoby mogą być niebezpieczne;
- należy **OSTRZEC** inne osoby korzystające z jadalni i proponującym pracę;
- należy **ZAPISAC** numer rejestracji samochodu i postarać się zapamiętać cechy charakterystyczne wyglądu osób, które próbowały z Państwem nawiązać kontakt i co mówili;
- należy **ZAWIADOMIĆ** policję. Jeśli istnieją powody do obaw o kogoś bezpieczeństwo, należy zadzwonić pod numer 999. Jeśli zagrożenie nie jest pilne, należy zadzwonić pod numer 101.

Stop and search

An investigation has been launched into the use of stop and search powers by the Metropolitan Police following complaints that the force is unfairly targeting people on the basis of race.

The complaint was raised by Stuart Lawrence, the brother of Stephen Lawrence who was murdered in a racist attack nearly 20 years ago. He claims he has been stopped and searched 25 times – which he describes as a sustained campaign of harassment.

Lawrence, a teacher, told the *Daily Mail* he had been repeatedly pulled over in his car over many years for “no apparent reason and without any justification”.

He said: “I am being targeted because of the colour of my skin, I don’t think it’s because I am Stephen’s brother. Whenever I have been stopped, I have never subsequently been charged with anything.”

Scotland Yard has referred the case to the Independent Police Complaints Commission, and Met deputy commissioner Craig Mackey said: “This is a very serious matter and it will be investigated thoroughly and speedily.”

Readers of this magazine and homelessness professionals have also suggested that homeless people might be being unfairly targeted for searches across the UK.

Police can be allowed to stop and search someone if they have reasonable suspicion that the person is carrying drugs, weapons, stolen goods or anything that could be used to commit a crime.

However, police are not allowed to stop and search people just because of how they look, where they live or what they have done in the past.

Some laws do allow the police to stop and search people even if they don’t have reasonable suspicion – in some places, includ-

ing most of London, police can search anyone for things that could be used for terrorism.

And if police expect violence in an area, they can impose a rule that allows them to search anyone in that area for weapons.

However, police must tell everyone that they search who they are, why they are being searched, what they are looking for, what law they are being searched under, and that they can have a record of the search.

Full details of your rights if stopped and searched by the police are available in *the Rights Guide for Rough Sleepers* which *The Pavement* has helped to publish – you can download a pdf on our homepage at www.thepavement.org.uk or at <http://bit.ly/5gkZZk>

It is worth collecting the records of stops and searches – they are needed if you wish to take any action against the police for unfair treatment.

The Pavement will be glad to hear stories from any readers who feel that they or their friends have been unfairly targeted for searches.

Katharine Hibbert

Stay out, stay safe

A man has been crushed to death by a rubbish compactor in the US state of California.

Although California is considered to be warm, it can still get cold enough to force individuals to use bins and skips for shelter. It is assumed that this is the reason why 30 year old Juan Gomez-Diaz had been in a bin, which was collected by a lorry in the town of Petaluma.

His body was found at the waste company’s depot on 11 Jan.

The sheriff’s department believes he died when compressed with the lorry or when the rubbish was dumped at the depot, but foul play is not suspected.

Sergeant Basurto of the sheriff’s department told the *Bay City News*: “Gomez-Diaz may have taken shelter inside a Dumpster that night, as the temperature was very cold.”

Staff

Scottish milestone

Scotland has marked a milestone in the fight to end homelessness after meeting its 2012 commitment to create a right to settled accommodation.

Previously only those classed as being in priority need – often families with children – were entitled to settled accommodation.

However the Scottish government’s decision to abolish priority need means local authorities now have a duty to provide settled accommodation to anyone who becomes homeless through no fault of their own.

The change in policy fulfils a commitment first set out a decade ago by the Labour/Lid-Dem coalition.

Deputy first minister of Scotland Nicola Sturgeon called it “a landmark day in the fight against homelessness.”

She added: “I know the heartache and trauma of homelessness from working closely with households faced with the prospect of losing the roof over their head.

“Meeting our 2012 commitment guarantees that those who lose their home from no fault of their own will be guaranteed settled accommodation.

“It is absolutely right to offer this guarantee in a time of crisis for people. It sends the signal that we are there to help, there is hope and that the state will do what it can.”

She also announced that £300,000 would be spent over the next two years to help councils prevent homelessness.


EVERY YEAR THERE ARE INJURIES AND EVEN DEATHS RESULTING FROM PEOPLE BEDDING DOWN IN RUBBISH BINS, SKIPS & CLOTHING BANKS. IT ISN'T SAFE! MANY BINS ARE EMPTIED IN THE QUIET HOURS, SOMETIMES BY A VEHICLE WITH A SINGLE DRIVER, DUMPING THEIR LOAD, WITH A LONG DROP, INTO A COMPACTOR - WHO WILL HEAR YOU OVER THE MACHINERY NOISE!


STAY OUT!
STAY SAFE!


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.



“Good news! The doctor said I had a massive inferiority complex”

The change in legislation was welcomed by Graeme Brown, director of Shelter Scotland, as a bold approach to the problem of homelessness.

“Scotland can be very proud that it is making history by meeting the 2012 commitment - which is internationally regarded as the cutting edge of progressive homelessness reform.

“I congratulate all the local authorities who have made widespread changes in order to meet their new responsibilities to homeless people.”

Mairi Gordon

Whatever happened to...?

Since 2011, *The Pavement* has been bringing you updates on the extraordinary Ted Williams – the man with the ‘golden voice’.

Williams hit headlines around the world when he was filmed by a local journalist in Detroit, USA, asking for change at a roadside intersection.

Cold and unshaven, in exchange for a few coins Williams improvised a few seconds of a radio advertisement in a jaw-dropping professional baritone. The video clip went viral and soon Williams found himself interviewed on national television, and receiving offers of voiceover jobs from everything from Kraft Cheese to the National Basketball Association.

His sudden rise to fame hit an equally sudden low however, when Williams was reported to be drinking alcohol heavily, and was sent to rehab by US daytime TV show host Dr Phil. It seemed like the end to a classic case of 15 minutes of fame.

But two years on, Williams' story looks like having a positive ending. He is still employed in TV voiceovers – including the Kraft Cheese

job – and has been reconciled with his mother, from whom he had been estranged for years.

He has been sober for six months, and says he draws inspiration from the homeless people in his home town that he continues to help. “They really look at me with admiration,” he says. “They say, ‘God, if you can do it – I can do it. And so I think, if I fail – what is that person going to do?’”

Jim O'Reilly

Liverpool murder trial begins

January saw the start of the trial in Liverpool of three boys accused of kicking homeless man, Kevin Bennett, to death.

The trio, two aged 14 and one 16, are charged with the murder of 53 year old Bennett, behind a Liverpool supermarket on 17 August last year. He died six days after the attack, as the result of injuries sustained. All three deny the charges.

Staff

US veterans save businessman from brutal robbery

A homeless man and another who was recently homeless are being hailed as heroes after putting a stop to a robbery in Cincinnati, USA.

The pair spotted 54-year-old Gary Wagner being attacked at a cashpoint when they stepped in. One man chased the perpetrator down while the other stayed with the shaken victim.

Both men have been confirmed as Vietnam veterans and say they did not know each other before the encounter which happened shortly after Christmas

David Hale, 46, who recently got off the streets, said in a video posted on the internet: “I understand that there is a bad perception of homeless people in the community... but we're people too, just like everybody else.

“The reason we helped is that we hoped someone would do the same for us if we were in the same situation. Everybody out there is somebody's mother, father, brother, sister - somebody's family member.”

Chad McClain, who ran after the suspect, is living at a shelter in the area.

Police have praised the actions of the two men, saying that it was “a perfect example of what can happen when the citizens and police work in partnership”.

“I think it was a courageous and unselfish act,” Cincinnati police Capt. Gary Lee added in a statement to the press.

Wagner, a pawn shop owner, has said that he would like to do something to thank the pair.

The 45-year-old suspect, Louis Stevenson, was being held Thursday on \$250,000 bond in Hamilton County Jail on charges of robbery and obstruction.

Sarah Cox

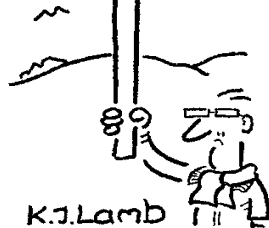
Homeless heir to fortune dies of hypothermia

A homeless man who was heir to a huge railroad fortune was found dead in Wyoming in December.

According to reports in the *Huffington Post*, Timothy Henry Gray was the 60 year old half great nephew of Huguetta Clark, a reclusive multi millionaire and daughter of former U.S. Sen. William Andrews Clark, a wealthy copper miner, railroad builder and the founder of Las Vegas.

The body was found under a Union Pacific Railroad overpass

NO
TO GIANT
WIND
TURBINES!





Cluff

in Evanston by children who were playing in the snow. The Coroner said cold weather conditions, which had dropped to sub-zero, led to hypothermia and there was no foul play suspected.

Gray, who could have inherited \$19 million of his relative's \$300 million fortune, had become homeless after disappearing following his mother's death in 1990. His siblings were told they stand to inherit a share of his wealth, the *Associated Press* reported.

Huguette, who became reclusive in the 1930s, had lived most of her later years in and out of New York hospitals until she died in May 2011. Although she had signed two wills, only one of which said she would leave her money to her family, it was thought that Gray would still have been entitled to a slice of her fortune.

Lizzie Cernik

From passive to active

How a small group of former service users are building a mutually-supportive network and fostering activities and employment outside the homeless bubble

Last issue, *The Pavement* introduced exP2A, a new leisure and fitness-focused charity run by former and current homeless service users. We sat down with two of its founders, Alex Ireland and James McPherson, to find out how the charity came about.

"Homeless services give you somewhere to live and then provide support for basic needs, but that's as far as it goes," explains Ireland. "So you can either get into a flap or you can do something."

exP2A director Ireland has long been a commentator on, and critic of, homeless services. So what's it like to be on the other side of the fence? "We realised that it was

important that we're not. We are not holding information or files on people; we're not taking responsibility for them in that way. People get involved on their own terms."

exP2A aims to give associates the chance to try new things and gain real skills. "A lot of organisations run groups because they attract funding," says Ireland. "Many are coming round to the idea of service-user employment, but they assume that service users will become drug counsellors or work in hostels." She hopes exP2A's associates will discover activities and employment opportunities outside the homeless 'bubble'. The money the team raises through the fitness groups and other activities will go towards helping associates pay for personal training or group activities, be it learning to drive a forklift truck or scuba diving.

And exP2A's empowering slogan, "From Passive to Active", is not just about career prospects, say Ireland. "You may be on benefits or in work with little spare cash, but you can do for free or budget to do some of the things you want. And you can build a community of like-minded people." The exP2A team is building a database of free and cheap things to do in London. They'd like to create an app, so you could discover cheap or free things to do within your budget.

Not everything's gone to plan. Their Dickens-themed fundraising walk in July had to be cut short after half the team fell to, though they did raise £246. Then, after the charity's October launch, the fitness groups were postponed to January. And now, with Ireland heavily pregnant, they have been delayed again. "When the team's back to full strength at the beginning of April, we'll go back to running the three sessions a week"

For now, McPherson is keeping things ticking over and has taken to his position as Marketing & Community Manager like a duck

to water. With only some basic experience ("Centrepoint's communications department allowed me to see into that world while I was there"), he has taken charge of exP2A's Twitter account, website, marketing and publicity. "He's the wonderkid," marvels Ireland. "Basically, whatever you see it has been through him. Anything that he didn't know about before, he's learned on the job."

While exP2A's on hold, McPherson's been planning the charity's marketing strategy, which may include a controversial poster campaign challenging stereotypes about homeless people.

So what can participants expect to get for their very affordable £2 fitness sessions (£10 per month for unlimited sessions)? "No fitness classes will be the same," says Ireland. "We're a little bit inspired by British Military Fitness, who do classes in hostels, but they're very hardcore and if you're not up to that level it's very difficult to get in."

The sessions will take place in locations including Green Park, and the team is considering Lincoln's. "Sometimes people feel better about being in an open space. If they really don't like it, they can melt into the trees... Plus everyone can smoke – I don't think we'd get anyone to come otherwise!"

They've had feedback and queries from homeless organisations, hostels and would-be associates or volunteers. "It's just this massive, unwieldy thing at the moment," admits Ireland. "But the goal is to concentrate get the small things right, then start building."

This is an edited version of a longer article which is available at <http://bit.ly/XOTZlo>

Carinya Sharples

STREET SHIELD

EPISODE 31

COLD
AND
WET

OUTSIDE THE WINTER SHELTER

WELL, DID YOU FIND HIM?
IS HE OKAY?

YES. HE'S FINE.



THOUGHT YOU'D
SLIPPED AWAY,
DID YOU...?

LET ME GO, BUTTY,
I'VE A PLACE ARRANGED
FOR ME, AND EVERYTHING.

YES.
SHIELD SAID.
I JUST WANTED
TO SAY GOODBYE.

LOOK, I'LL COME BACK
SOMETIME AND SEE
YOU SOON.



Health and wellbeing

The Pavement's health team look at feet and STI – that's two separate topics!

Mind your feet

Often the last part of the body to get any attention, we take our feet for granted.

When they don't give us any trouble, we barely give them a second thought. We expect them to support us, to walk thousands of steps each day, and to keep us mobile and able to carry out the things we need to. We expect them to support us in standing, walking and running from the moment we take our first steps as a toddler until the end of our lives. We expect them to cope with all the life changes we throw at them, weight gain, weight loss, pregnancy, ageing, falling, sports, and so on. They function as mobile adaptors and cope with whatever surface is beneath them, stones, sand, hard roads and pavements, going uphill, downhill. We push them, ignore them, encase them in shoes that are too small, blister them, forget to check them or look after them, and yet they bounce back.

Most of the time.

My grandmother used to have a favourite declaration as she steeped her feet in a bucket of warm water every Friday night while drinking a wee dram - "If yer feet's sore, yer all sore".

I suspect she borrowed this in a way from the words of Socrates, who said "When your feet hurt, you hurt all over." The essential sentiment behind this is of course, that foot pain can be all consuming, and if you have sore feet or problems with your feet, then your whole body seems to be affected, as is how you feel, and what you can do.

A bit like toothache in some respects, foot pain can be all consuming.

So what gives us painful feet? The twenty six little bones that work together to make up each foot, and the joints they make, can grumble a bit as we age, and like any bone, can fracture or crumble. Arthritis can affect any of the joints, and this can cause significant pain and disability. Heel pain can be common, and can be from a number of causes, including some relating to little extra bits of bone (spurs) that sometimes appear on our heel bones.

The many muscles and tendons going into the foot from the leg can cause us pain, and ligaments which hold the bones together can be injured by falls or trauma. Bunions are notoriously painful, as well as causing other foot problems.

Skin on the foot can also be the source of foot pain. There can't be many of us who haven't felt the pain of a forming blister. You can ignore it for a short while, but it wins in the end. Something so small can stop us walking completely until it resolves, and it is probably likely that blisters have caused more first-time marathon runners to drop out of races than issues of stamina – you can run 'through the barrier,' but you can't keep running with a rip-roaring throbbing fluid-filled blister on the side of your heel.

Chilblains are also a painful foot condition, caused by circulatory changes within the skin. Itchy, red, burning and annoying, they are hard to ignore.

I remember once seeing a title in a women's magazine for a story relating to the birth of a baby. The mother had been worried prior to the birth that the baby would have something wrong. The title of the

article was 'Perfect – not even an ingrown toenail!' From this, I think we are supposed to assume that an ingrown toenail is one of the most minor things that could be wrong with anyone. If you have ever had an ingrown toenail, you would not agree! Something so small, and so seemingly minor, can have a huge impact on your daily life.

So how to avoid painful feet, then? Prevention, as always, is better than cure. Arthritic changes and bunions are difficult to avoid if you are predetermined to have them, but you can be kinder to the hard working bones of your feet by wearing shoes that don't squeeze your toes and fit you well. Skin and soft-tissue pain are easier to escape. Avoid blisters by always wearing socks with shoes, and be careful with new or second hand shoes when you first wear them. Try to avoid chilblains by keeping your feet away from extremes of heat and cold when you can, and don't stick cold feet right next to a heat source tempting though it may be – let them warm up slowly.

We ask a lot of feet, and they don't ask much in return. Just keep them clean, keep the nails short, keep them as warm and dry as you can, and check them regularly to see how things look. If in doubt, get them checked out. They have a lot more miles to carry you.

Evelyn Weir
Lecturer in Podiatry
Queen Margaret University,
Musselburgh

Sexually Transmitted Infections – STIs

Watching *Embarrassing Bodies* on TV last night, I was struck by how odd it is that people who are too shy to go to their own GP are quite happy to air their unusual health woes on national television. If you understand this then please send your theories on a postcard to (or email) Nurse Flo, because it makes no sense to me.

But what if you do have an embarrassing or sensitive health problem and are too shy to see someone about it? Visiting a doctor or nurse with a problem you find embarrassing can be easier said than done. Often health workers forget that things we see every day are frightening, unusual or a once in a lifetime experience for lay people. The up side of this for you is that doctors and nurses do know what to do and won't be shocked or surprised by anything.

If you're thinking about going to the doctor about something that's been on your mind, be it a physical or emotional problem there are some things you can do to make the process easier.

Firstly, try to get an appointment with someone you have seen before and found approachable. Secondly, if it helps to write down your symptoms, then do so. Most importantly don't worry too much about what the doctor is thinking. Doctors should not judge, and honestly, they will have seen it all before.

There are some things you should never ignore, however much you might want to. Sexual health problems are near the top of this list.

If you've had unprotected sex and have symptoms such as itching, burning, a rash, pain passing urine or anything else that seems wrong then you need to get tested. Really you should get tested if you've had sex without a condom

even if you have no symptoms.

Most sexual health infections can be cleared up quickly and easily with a course of antibiotics. It probably isn't as bad as you think it is but going to the doctor promptly can prevent further complications later on.

If you can't face your GP then consider visiting a GUM (Genito-Urinary Medicine) clinic. Your confidentiality will be guaranteed there, as it is with your GP.

Testing for sexual transmitted infections is not scary at all. You will be asked to provide a urine sample. Women will usually have a vaginal swab taken (you can do this yourself in some cases) and the doctor will examine you. You will probably have a blood test taken as well, as this is the only way to check for infections such as HIV and AIDS. You may have to answer some questions about when you last had sex and whether it was unprotected. At risk of repeating myself, do not worry about this. You will not be judged.

You may have to wait a few days for the results. Don't worry if you don't have an address to send the results to as most clinics prefer you to come in for the results anyway, as you'll need a follow up appointment to discuss them with the doctor or nurse. Let the doctor or clinic know how you would prefer to receive your results. Some clinics may start treatment based on symptoms to avoid the time delay of waiting for results.

In case you're unsure of what a sexually transmitted infection is then here's a cut out and keep reminder!

A sexually transmitted infection (STI) is any infection passed from one person to another during sex. Sex means vaginal sex between a man and a woman, anal sex between a man and a woman or two men, oral sex (or blow job), or sexual contact between two women. The most common

STIs in the UK are Chlamydia, genital warts and gonorrhoea.

More information on this subject is available from:
NHS:

www.nhs.uk/Livewell/STIs

Terrence Higgins Trust:

www.tht.org.uk

Brook for Young People:

www.brook.org.uk

But remember, if you're worried, don't wait, ask your nurse or GP.

Susie Rathie

Our Nurse Flo



"When you walk through a storm, hold you head up..."

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

WEBSITES

National Debtline
0808 808 4000

AD, BA, DA, H
Free, confidential service, offering specialist advice on housing, benefits, tax credits, debt etc.

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

Domestic Violence Helpline
0808 2000 247

The Samaritans
08457 90 9090

Frank
0800 776 600
Free 24-hr drug helpline

SANeline

6-1pm
0845 767 8000

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

Out-of-hours helpline for those affected by mental health

Job Centre Plus (benefits agency)
To make a claim, 0800 055 6688
For queries about existing claims

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

Allowance or Incapacity Benefit
For Social Fund enquiries
0845 377 6001

Stonewall Housing advice line
Housing advice for LGBT people
020 7359 5767

For the Pensions Service
0845 608 8661

(Mon, Thu, Fri 10am-1pm;
Tue & Wed 2-5pm)

UK Human Trafficking Centre
0114 252 3891

Message Home Helpline
0800 700 740, 24 hrs daily

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

www.nhas.org.uk

Readers can click on the section 'need advice'

National Homelessness Advice Service

www.birmingham.gov.uk

Click through 'housing'/'finding a home'/'help for homeless people'

Birmingham City Council
www.helpfordepression.com

A comprehensive explanation of the various approaches and treatments for depression, *MH*

Help for Depression

Crisis Skylight Birmingham
 0121 348 7950
 PO Box 15850, Birmingham, B9 9HL
 Running at various locations
 – call for details
 AC, ET, IT, MC, PA

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

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

Giggal
 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
 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, Derentd, 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); Wed: 12am–4pm (drop-in clinic); Thu: 11am–1:30pm (Metha-done clinic – 0121 446 5381)
 Promote 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
 020 773 359 5767 (advice line)
 www.stonewallhousing.org

time2talk Meditation 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 Center, Darwall St, Walsall WS1 1TP
 01922 653827, 653840, 653476
 Mon–Fri: 9am–5pm
 AS, BA, H, OL

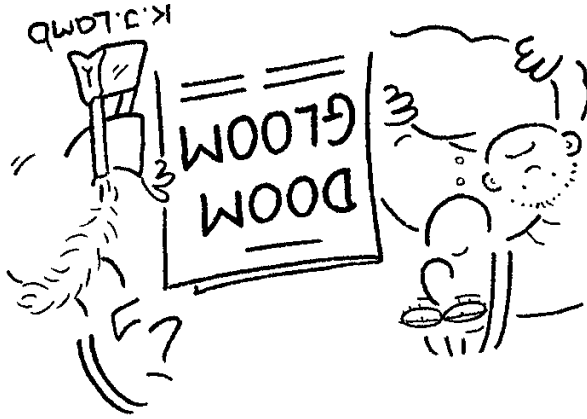
The What? Centre
 23 Coventry St, Stour-bridge DY8 1EP
 01384 379992
 Advice, information and therapeutic counselling for people aged 13–25 in Dudley.
 AS, AD, BA, C, DA, ET, H, LA, MS, MH, SH

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.
 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 4 345
 Nationwide
 www.communitylegaladvice.org.uk
 Mon–Fri: 9am–8pm;
 Sat: 9am–12:30pm

"It's a gift he can keep forever – a newspaper from the day he was born"



EMPLOYMENT AND TRAINING

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

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

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

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 (RSPV)
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
Fri: 1pm-3pm

social benefits, housing
and accommodation.
AS, BA, DA, H, LE

www.entapeople.com

CA, ET

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 (HOUVulnerableper-
sons@birmingham.gov.uk).
AS, H

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
Fri: 1pm-3pm

social benefits, housing
and accommodation.
AS, BA, DA, H, LE

how they can help ex-service-
men and ex-servicewomen
Ring the Legionline to see
08457 725 725

Royal British Legion

08457 725 725
Carrs Lane Church Centre, Carrs
Lane, Birmingham, B4 7SX
Thursday: 6.30 - 8.30pm

www.choirwithnoname.org

Choir for people who have
experienced homelessness
FF, LA

PERFORMING ARTS

Choir with No Name Birmingham
07794 100938
Carrs Lane Church Centre, Carrs
Lane, Birmingham, B4 7SX
Thursday: 6.30 - 8.30pm

Choir for people who have
experienced homelessness
www.choirwithnoname.org
FF, LA

Comprehensive eye care serv-
ices, totally free of charge
MS

bank holidays)
Mon: 10am-1pm (except
well St, Birmingham B4 6HA
William Booth Centre, Shad-
dingham B4 6HA

less people in Birmingham.
Medical practice for home-
less people in Birmingham.
MS

MS
less people in Birmingham.
Medical practice for home-
less people in Birmingham.
MS

MEDICAL SERVICES

Community Mental Health

Homeless Team
3rd Fl, Morcome House, Ledsam 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

MS
less people in Birmingham.
Medical practice for home-
less people in Birmingham.
MS

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 Leicester 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

Stonham (Morris House)
430-432 Chester Rd, Castle Bromwich, Birmingham B36 0LF
0121 770 9360
Mon-Fri: 9am-5pm
For single local homeless aged 16-25
For young people aged 16-25 with low support needs.
AS, H, TS

Midland Heart - Gtange Road
c/o 100 Gilbert Rd, Smethwick, B66 4PZ
0121 555 6500
Mon-Fri: 8am-7pm (ring)
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

Midland Heart - Roffe House
Foyer
69 Roffe St, Smethwick B66 2AR
0121 558 5739
Mon-Fri: 8am-7pm (phone for appointment)
For single homeless 16-25-year-olds 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 for appointment)
Single people 16-25 with low support needs.
AS, AD, H, TS

Stonham (Morris House)
100-108 Gilbert Rd, Smethwick, Sandwell B66 4PZ
0121 555 6500
Mon-Fri: 8am-7pm (ring)
For single homeless men aged 16-25, 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: 9am-5pm
For single homeless people 16-25.
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

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

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

Accommodation for men aged 16-27, inc. ex-offenders or those at risk.
AS, AD, ET, H, OL
Mon-Fri: 9am-5pm
For single homeless people 16-25.
AS, AD, BA, CA, ET, H, OB, TS

Men

Midland Heart – Gibbs Road

House

18–28 Lower Essex St, Birmingham 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

Salvation Army (William Booth Centre)
 c/o Homeless Single Point of Access, Midland Heart – Homeless Services Centre, 44 Broadford 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

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 skills sessions are also available. AD, AW, CA, ET, IT, LA, LF, MS

SHARP Hostel

57 Edgbaston Rd, Smeethwick 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

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

Midland Heart – Handwood House

Leopold St, Highgate, Birmingham B12 0QB
 0121 753 1386
 Mon–Fri: 8am–7pm (phone for appointment)
 For single homeless men 25+. AS, F, H

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

Allison House

52 Allison Street, Birmingham, B5 5TH
 0121 643 5094 For men over 50

Pr3 – 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

Pr3 – Thornley Street

27 Thornley St, Wolverhampton WV1 1JS
 01902 773721
 Mon–Sun: Open 24 hours
 Single homeless men. Must be substance-free at time of admission. ET, H, LA, LF, MH, OL

Princip 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

the List

Directory of the West Midlands' homeless services Updated 30 January 2013

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

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 1-25 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 Dixon's 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, 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

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, LL