

the Pavement

The *FREE* monthly for the West Midlands' homeless

March 2013





www.thepavement.org.uk

Issue 22 / West Midlands / Mar 2013

Published by

The Pavement West Midlands

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A work in progress

Work continues on our redesign, and the initial designs we've seen look good, but it's ongoing work, and we don't have a firm date yet.

We're still interested in hearing from readers who have been subject to multiple Stop and Search by the police, so if this applies to you please drop us a line.. Contact details to the left.

Richard Burdett

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One of those housed by Green Pastures – page 19

Photography © Mark Green 2013

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The Pavement is written for your entertainment and information. Whilst every effort is made to ensure the accuracy of the publication, The Pavement cannot be held responsible for the use of the information it publishes. The contents should not be relied upon as a substitute for medical, legal or professional advice. The Pavement is a forum for discussion, and opinions expressed in the paper are not necessarily those of The Pavement.

The Pavement (print) ISSN 1757-0476

The Pavement (online) ISSN 1757-0484



Henry 'Harry' Baines
Age at disappearance: 37

Henry -also known as Harry- has been missing from Fleetwood, Lancashire since February 1989.

If you think you can help the search for Henry, please call or text Missing People on **116000** or email at **11600@missingpeople.org.uk**

Call.Text.Anytime.
Free. Confidential.
116000

**missing
people**

Registered Charity No. 220114

The news

The homeless news from across the UK and the World

Rough sleeper found beaten to death in Hove

A rough sleeper has been found beaten to death on the seafront at Hove.

Lea Williams, 42, was discovered beneath a duvet on 11 February by volunteers from the charity Project Antifreeze

Although Williams (pictured below) came from Hastings he was well known by the homeless community and its service providers in Hove, where he had lived for some years.

The police have confirmed that his death was caused by repeated blows about the head with a heavy object.

Detective chief inspector Ian Pollard, who is leading the investigation, said his team "will not stop" until the "brutal" and "vicious" attacker is found.

He has asked for anyone with information to get in touch. Sergeant Richard Siggs from the Neighbourhood Police Team is a point of contact for the homeless community.

Julian Haddow, the project manager at Antifreeze, told *The Argus*: "Lea Williams' death is tragic and he will be missed in our centre, on our night shifts and in the homeless community.

Our thoughts and prayers go out to his family at this sad time.

"We will remember Lea for his friendly face and for his requests for a 'good-night prayer' every night shift before we were allowed to leave the pitch and putt."

Floral tributes have been left at the site of the murder (pictured opposite).

Anyone with information can call **101** quoting **Op Depot**, or leave an anonymous message with the charity **Crimestoppers** on **0800 555 111**.

Jane Evans

Squatter jailed

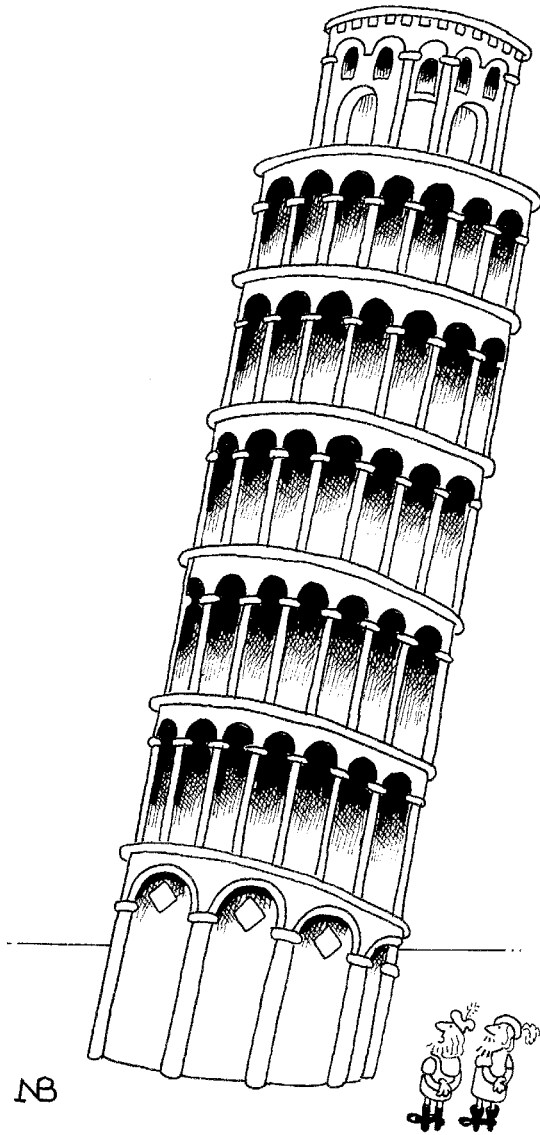
A homeless man has been jailed for 15 weeks for taking shelter in a derelict building after being convicted of squatting under new legislation.

Michael Minorczyk was sleeping on a makeshift bed in a boarded-up



*"He will be missed in our centre,
on our night shifts and in the
homeless community"*





“That’s what comes of employing unpaid interns”

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

house in Blackburn on 31 January when police entered the building through a broken door, woke him up and told him he had to leave.

When police returned to check on the house 20 minutes later, the 27-year-old, who has serious alcohol problems, was asleep. He was then arrested for refusing to leave. The Polish man pleaded guilty to squatting at Blackburn Magistrates' Court, and was given a 15 week jail sentence under anti-squatting legislation introduced in September.

The new legislation makes squatting in residential buildings a crime punishable by a £5,000 fine or a six-month prison sentence or both. It has received widespread criticism from charities such as Crisis, which claimed the new law would criminalise vulnerable people, leaving them in prison or facing a fine they cannot pay.

Last September Alex Haigh, a 21-year-old from Plymouth, became the first person to be jailed

under the new law when he was sentenced to 12 weeks in prison.

Katharine Hibbert

Council quashes rumour over Strand soup runs

Westminster City Council has categorically denied rumours that charity groups will be prevented from distributing food to homeless people on London's the Strand.

The council was responding to claims that soup runs would no longer be able to provide hot drinks and meals for rough sleepers in the area, and that restrictions would be enforced by law.

Nik Ward, head of rough sleeping at Westminster Council, said: "We can state – categorically – that we will not be preventing any soup runs from doing their work. Quite the opposite,

we welcome soup runs and are keen to work alongside them."

Mr Ward added that although the council had "no desire to outlaw soup runs on the Strand", it would be working alongside soup runners to identify alternative ways to help rough sleepers.

Councillor Rachael Robathan, Westminster City Council Cabinet Member for Adults Services, told *The Pavement*: "We recognise that everyone who helps with soup runs on The Strand or elsewhere is acting from the best motives - but this may not be the most effective way of helping homeless people.

"Many of the people receiving food on The Strand are not homeless at all and for those who are, the quick turnaround of handing out a mug of soup provides little chance for volunteers to engage with them, find out why they've ended up on the street and help to find solutions for them."

The council is working with

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

Thames Reach and Housing Justice to find “more effective ways for these volunteers to help homeless people get away from the streets”, she added.

The council is also looking at expanding soup runs in the King George hostel in Victoria.

Ms Robathan said this “allows homeless people to be fed and treated with the dignity, allows helpers to befriend and engage with them, and therefore provide a real opportunity to make a difference”.

The Passage supports the council’s new approach. Rose Hickman, project worker for the faith-based group’s coordination project carried out by The Passage, said that charities should be working towards “effective and lasting ways of helping homeless people”.

“There is no danger of Westminster preventing soup runs from operating; this is all about seeking different ways of helping homeless people together”, she said, admitting that local businesses and community members feel there are currently “too many” soup runs operating in a tiny area of The Strand near William IV street.

“We are encouraging the groups that serve on The Strand, many of which travel in from other boroughs, to review their approach and consider supporting a local homelessness project or serve food from an indoor venue, where more meaningful engagement, support and advice can take place.”

Volunteers should be encouraged to find new ways to support the homeless community, including training as mentors/befrienders and volunteering with an outreach team.

“We have had some very useful conversations with soup run groups and a number of different ways of helping homeless people have been proposed, with the main focus being on local solutions.”

Sarah Cox

The long walk

Spitalfields Crypt Trust in London has often had people running sponsored events to raise money for its work. Volunteer Chris Eglin, is now planning to take the challenge to new extremes by trekking to the North Pole.

Mr Eglin, who volunteers at the drop-in service, is undergoing training to trek into one of the last wildernesses on Earth. You can read more about his almost unbelievable challenge, and donate, at <http://www.justgiving.com/Spitalfields-Crypt-Trust>

Staff

Violent man kicked out of the UK

A rough sleeper who had been arrested 34 times and convicted of 28 offences has been sent back to his native Poland.

Piotr Kij was accused of committing acts of violence and bullying towards other homeless people and turning others to a “destructive way of life”, which involved excessive drinking and theft.

Acting on a request by Worcester’s West Mercia Police, the UK Border Agency (UKBA) used European legislation to authorise removal of the unemployed 37-year-old man.

Sergeant Carl Jones of the Cathedral Local Policing Team, which covers Worcester city centre, said: “We welcome law-abiding immigrants who come to work in Worcester, but we’re using this piece of Europe-wide legislation to deport those who, instead of contributing to society, are actively involved in crime and disorder.”

“Since arriving in Worcester, Kij has been consistently violent and offensive, usually when drunk,

to the extent he was considered one of our priority offenders in South Worcestershire.”

“He was a particular threat to other homeless people, bullying and threatening them to get what he wanted.”

Sarah Cox

Left luggage in LA

In the Californian town of Venice Beach, homeless residents have an alternative to carry their belongings with them, with an innovative bag storage solution.

Using a metal shipping container with volunteers to run it, Check-in Storage means that local rough sleepers can deposit their bags so that they don’t need to carry them around or risk them being stolen.

“It makes us feel a lot better to store our things here,” Nani Valencia told the *Los Angeles Times*. “When you have all your [suitcases] with you, people treat you like you have rabies.”

Following a court ruling in September, that stated that the seizure and destruction of property left temporary on the pavements was unconstitutional, the city had to come up with solution to prevent a large amount of bags being left in the area.

“We’re not going to let [homeless people] keep items on the beach anymore,” Los Angeles council member Bill Rosendahl said. “We’re going to bag and tag [them]. We want to make it inconvenient but within the law.”

The Check-in Storage solution, a joint venture of the council and a local housing group, was particularly felt in the colder weather with a local shelter limiting what bags people could bring inside.

Reluctance to leave their kits unattended meant many didn’t use the winter shelter.





*The Christian Kitchen soup run in Walthamstow
is under threat – page 13*



"Non-white leg!"

The solution allows individuals to store their belongings in the container for up to a week.

Staff

Rough sleeping continues to rise across England

Local council figures report a six per cent rise in rough sleeping in England. This is in addition to the 23 per cent increase recorded last year.

According to figures published by the Department for Communities and Local Government (DCLG) 2,309 people were found sleeping rough across the UK during a street count last autumn.

This is up from 2,181 in the previous year.

London has seen the biggest rise, with 557 rough sleepers recorded – an increase of 25 per cent, making up 24 per cent of the national total.

Crisis warned that forthcoming cuts to Housing and Council Tax benefit, elements of the Social Fund (that supports low income households) and the introduction of a new bedroom tax (for social housing deemed to be under occupied); will contribute to further increases in rough sleeping in the future.

Chief executive Leslie Morphy said: "We have been warning for some time now that the economic downturn combined with cuts – particularly to housing benefit – would drive rough sleeping higher. These figures confirm our fears and with a raft of new cuts coming in April, we think this is just the beginning."

Matt Harrison, a Director of Homeless Link, the umbrella body for homelessness charities, agreed saying: "With homelessness rising when many charities face cuts, councils need to continue to invest in services that prevent damage to individuals and communities."

Jane Evans

Soup run row in Waltham Forest

A row is brewing in the London borough of Waltham Forest, where the local council has ordered a local soup run to move after 20 years in the same spot.

Christian Kitchen was called into a meeting on 14 January following a police investigation into anti-social behaviour in the local high street.

The meeting was attended by the council's director of the public realm, Keith Hanshaw, a superintendent of the Metropolitan Police Service, and trustees and volunteers from Christian Kitchen.

Waltham Forest Council proposed two alternative sites, both of which the Christian Kitchen say are unacceptable. The first, a car park, they say will soon be in private ownership, and the second is too far away and unlit.

Organisers of the soup run have until 14 March to respond formally.

However organiser Norman Coe told *The Pavement*: "We do not believe that Christian Kitchen Soup Van has caused anti-social behaviour or exacerbated anti-social behaviour in the area, and we are convinced it is more to do with the planned redevelopment [in the high street]."

He added: "If we cannot find an alternative site then we cannot continue to help the poor and homeless people in our community."

A council spokesperson told *The Pavement*, "We know that the Christian Kitchen feel passionately about their work, which is why we have found them another site on a main bus route and in a non-residential part of the borough close to a large supermarket.

"Whilst the vast majority of the people who use the service are law-abiding, the current site has sadly become a magnet for some people who want to cause trouble

and we do not think that it is right that local residents should be made to feel unsafe when a better non-residential site is available."

Staff

Cornish fines

A woman who takes in homeless and troubled young people has been made to pay thousands of pounds for breaking health and safety rules.

Julie Stoddern from Cornwall was fined £500 plus £4,000 in legal costs after she failed to license her home as a 'place of multiple occupation'.

She has spent years taking in young men, many of whom have come out of prison or have problems with drug abuse.

Ms Stoddern, who lives near the town of Camborne, even lived in a caravan so that she could take more people into her house.

Last year her good work with vulnerable young people was featured on a *BBC Cornwall* programme

But council officials inspected the house and issued her a warning notice about overcrowding in her attic room. They were also concerned that the stairs leading to the room were dangerous because they did not have a bannister.

After she did not respond to the warning, the council took her to court, where she pleaded guilty to ignoring the notice.

The magistrates said they understood her actions were "quite honourable" but said the rules were in place "for the safety of residents".

John Ashmore

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

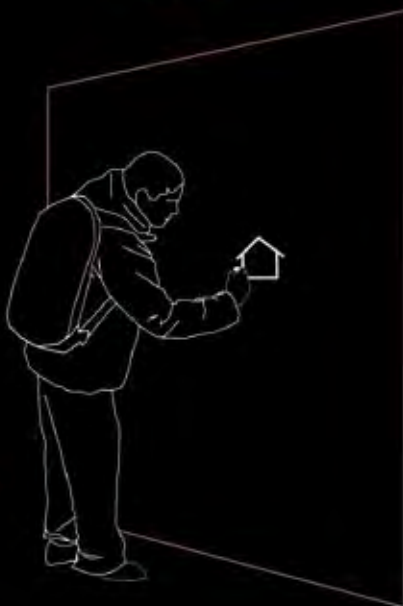


you'll get moved on here

step 1



step 2



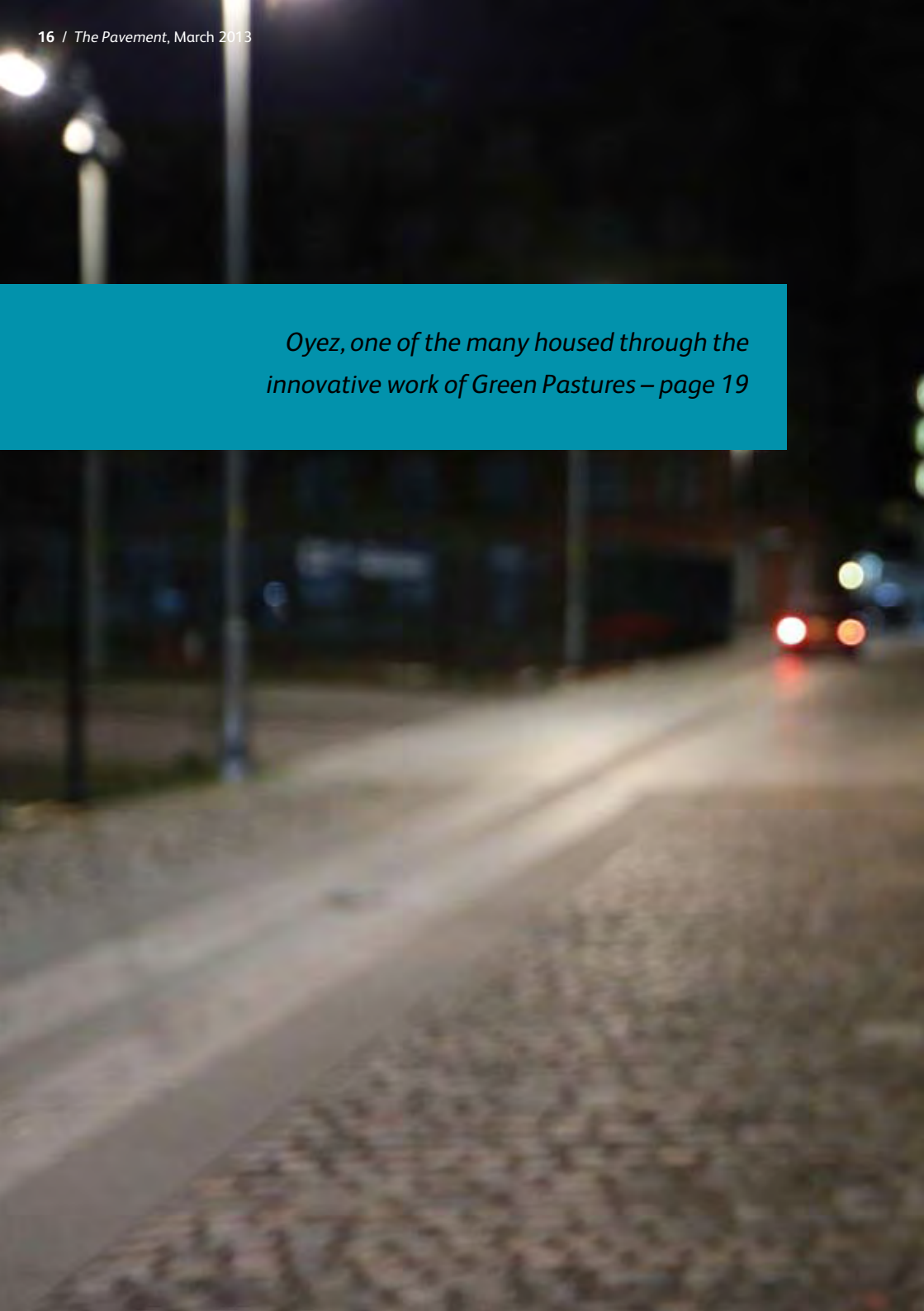
MAKE YOUR MARK AND HELP OTHERS TO READ THE CITY

Make non permanent marks to keep the system up to date and stay within the law.



"Now, putting on my architect's hat..."

*Oyez, one of the many housed through the
innovative work of Green Pastures – page 19*







"At least he's not just sitting at home scrounging, dear"

Green Pastures puts the focus on eliminating poverty

As benefit cuts continue, Green Pastures has increased its efforts to find appropriate housing for vulnerable people in towns and cities across the UK.

Originally founded in Southampton in 1997, the organisation has remodeled since 2006, when it began to receive enquiries from all across the country (*The Pavement* first covered their work in 2009). With a desire to see homelessness completely eradicated, the Christian charity restructured, working closely with partner organisations to provide homes for the needy.

"Once a partner has signed, we work with them in their town to find a suitable, affordable property to buy for them," explained Pastor Peter Cunningham. "We then release them to accomplish their vision locally."

This gives partners the opportunity to put their own stamp on the way they operate, without feeling like they are part of a corporate chain. Referrals are run differently according to area and demand.

At present the charity has more than 240 houses and works with 33 partners across the UK, which has already assisted many homeless people. As part of its vision to move forward nationally, the charity is keen to develop up to 200 units of its own, some of which are already with planners at various local authorities.

Although the charity is run by Christians, the organisation operates a no discrimination policy, meaning anyone can volunteer and all vulnerable groups are treated equally when it comes to finding housing.

"Green Pastures partners vary in their work, their structure and their background," explained Cunningham. "One partner in Manchester,

the Boaz Trust, works with asylum seekers whilst two others in Stoke on Trent and Wakefield work specifically with hardened criminals just exiting prison. The national average figure for re-offending is 68 per cent, yet in Stoke on Trent figures are in single digits and in Wakefield they are in the low teens."

He added that despite the success, government ministers have yet to adopt the model as a nationwide policy.

Green Pastures is currently negotiating with local authorities to acquire some empty properties. "It's almost a crime that there are nearly 800,000 empty homes which, with a bit of work by us, could house the homeless," said Cunningham. "If only Councils would sell or even give us some of these we could increase our effectiveness."

As recession continues to bite and the new bedroom tax causes confusion and hardship, the need for the charity will continue to grow.

Meanwhile other issues which affect poverty, such as food and bills, also need to be addressed. "For example poorer families are the ones who are given an electricity meter, yet in reality those families have to pay a standing charge for the meter," commented Cunningham. "In some cases they pay 18 pence per unit or more. It's often a case of heat or eat and it will get worse."

Lizzie Cernik

Red card project in London

Police are piloting a project in London that could see yellow and red card warnings used to deter anti-social behaviour.

Project Spartiate utilises the football-style system before progressing to arrest, prosecution and anti-social behaviour orders

(Asbos). The pilot will run until April.

The Metropolitan Police said no particular group or demographic was being targeted. However Victoria Business Improvement District (BID), a supporter of the project, said in published documents that its aims were to 'reduce rough sleeping and associated antisocial behaviour in Victoria.'

Offending behaviour includes begging, street drinking, abusive language and drunkenness.

Yellow cards warn the offender their behaviour is unacceptable and the consequences if it continues. The officer should also offer support such as housing, drug interventions and mental health support. The police work with groups including Connections at St Martin's and the Passage to try and ensure that necessary support is in place, once a yellow card has been issued.

Red cards stress that the behaviour is unacceptable and explain that prosecution is likely.

Its issue triggers research into whether an Asbo or other intervention is necessary. If behaviour continues then it is likely to lead to court action.

A spokesperson for the Metropolitan Police told *The Pavement*: "The idea is to persuade, advise and warn offenders to stop their behaviour before using the ultimate sanction of the criminal justice system."

"By using a sliding scale of warnings, police action can be proportionate but persistent offenders can be identified and those who continue to offend in Westminster will quickly see an increasing grade in the police response to their behaviour."

Early indications of the pilot project are that 65 per cent of those given yellow cards have not gone on to commit further acts of anti-social behaviour in the area.

Emma Batrick

The future of street papers

The *Big Issue*'s UK sales have gone down by 100,000 in less than a decade, putting pressure on the magazine's vendors.

Last summer the *Big Issue* detailed ambitious plans to "create work opportunities for the homeless, ex-homeless and long-term unemployed people. Vendors will get training to help them report on projects and businesses that have the answers to a number of social problems."

That has not yet happened, but there may be another, more readily available solution.

The International Network of Street Papers (INSP), an organisation that provides support to street papers and their vendors throughout the world, is piloting system in which street vendors can offer readers access to a digital edition of magazine for the same price as a print copy.

Access would be sold on a card, which can be scanned on compatible devices. Readers then view their digital edition on their smart phone, tablet or computer.

Lisa Maclean, executive director of INSP, said: "We recognise that there is a need to investigate digital media opportunities within our street paper movement to safeguard the future of street papers and most importantly, employment opportunities for their homeless vendors.

Ms Maclean said feedback from the north of England pilot had been "very encouraging".

"We see that there is a great deal of support for and interest in a digital street paper offering," she added.

StreetWise, the US street paper from Chicago, is also experimenting with digital alternatives to help buck the trend in sales. The paper has launched a new mobile

app with PayPal aimed at the customer who does not have change but is willing to buy online.

The customer has to request a unique four-digit code from the vendor, enabling the proceeds to still be sent to that individual.

Sean Lafferty

Recovery College

A free college for homeless Londoners has become a huge hit – with hundreds of new students joining in recent months.

The Recovery College was set up by the charity St Mungo's in September, and has grown from an experimental project to one with nearly 400 students enrolled on 60 courses.

These range from practical courses on health, literacy, food, finance and jobs to creative courses in music, film, and philosophy.

"The college provides a structured environment for people - but without some of the demands of mainstream education. It seems to be filling a gap," said Stuart Bakewell, St Mungo's area manager.

Staff and students said the college has helped build their self-esteem in a relaxed and friendly atmosphere.

Steve, a student in his 50s, told the *BBC* that the course had shown him how much his life could be improved "with a bit of confidence".

"The vast majority [of our students] didn't have a good time at school, so this is showing it can be enjoyable," said organiser Andy Williams.

For more information on how you can join St Mungo's Recovery College, email recovery.college@mungos.org, or call them on 020 8762 5500. The college website can be found at: <http://bit.ly/UCfzwB>

Jim O'Reilly



I'LL E



BE BACK NEXT MONTH!

Health and wellbeing

The Pavement's health team look at feet and sleep, to keep you in the pink

My feet are sore

If feet were stuck on top of our heads we might be more inclined to look after them. They might serve no purpose, but they would be seen and not ignored.

The majority of people happily go without pain or discomfort but for others sore feet are a major problem.

Fortunately with a little knowledge and regular 'TLC', routine foot hygiene can and does help prevent sore feet and maintain healthy, happy walking.

General callus (hard skin) is the result of skin cells losing water. Man-made fibres found in shoes and tights dry out the surface of the skin, and general friction caused by movement damages skin cells which then start to mass produce. An absence of water in the outer layer of the skin prevents old cells from separating and when this accumulates in parts of the foot prone to heavy wear, such as the ball of the foot, toe knuckles and the heels, calluses result.

Dry skin responds well to regular application of moisturizing cream (face cream), which temporarily increases the amount of water available to the skin cells. More concentrated hard skin types may respond better to prescribed medication. Using a pumice stone to regularly scrub a hard skin surface is a safe way to take off the callus and is made easier after the foot has been soaked in warm water (46°C) for no more than 10 minutes.

The use of sharp metallic object for self treatment should be avoided, as this can result in cuts and infection. When a callus forms over a bony area, a conical

shaped callus or corn may form.

These miniature ice cream cone shaped calluses compress nerve endings causing added pain and discomfort. The only successful way to relieve this is to remove the excess skin with a sharp scalpel.

Self-help here is not recommended and podiatrists can easily and quickly remove the most painful corn with no discomfort.

Sore corns are often caused by tight or ill fitting shoes and so a change of footwear brings added relief.

Skin is a complete organ and regenerates every 28 days, but when damaged by callus, this is a permanent change and the painful corn will return in the next six to eight weeks.

To date there are no successful corn cures and despite the popular myth corns do not have roots to kill, so people with chronic skin damage do have to contend with regular foot care for relief.

Nails are made of modified skin cells, and like hair continue to grow throughout life.

Finger and toe nail should be trimmed each week and filed to remove rough edges. Manicure and pedicure sets are available, but it may take some practice before you can master the techniques.

People with failing eyesight or poor circulation and lack of feeling in their legs, as found in diabetes mellitus, should avoid self-care.

When toe nails are thick and especially painful, a visit to the podiatrist will bring much relief.

Diet helps improve the strength and appearance of nails with poor protein intake a common cause of opaque white bands on the nails. Absence of proteins slows down the rate of nail growth and the

plates grow thinner. A shortage of vitamin A (found in many dairy products and carrots) causes dryness and brittleness and a lack of vitamin B2 (found in milk, cheese, eggs, almonds, whole grains and vegetables.) results in fragile nails with both horizontal or vertical ridges. Vitamin B complex is also a factor in fungus infestation found underneath the nails. Frequent hangnails usually indicate an inadequate intake of vitamins C; folic acid and protein and iron deficiency can disturb the growth of the nails, causing dryness, brittleness, thinning, flattening and eventually the appearance of moon-shaped nails.

Diabetes can also cause nails to become dry, brittle and very thin due to complications arising in the autonomic nervous system. White spots may indicate a zinc deficiency or trauma to the nail. If you have any nail problems then see your general practitioner or podiatrist.

Toe nails need to be cut straight across the growing edge. Toe nails are oblong in shape and require to be cut to that shape. This is sometimes frustrating when there is discomfort in the side of the nail. However poor cutting can result in serious damage and infection so special care is required.

Rule of thumb, do not cut into the corner of the nail and when cutting problems arise see your podiatrist.

Toe Slayer

Registered Podiatrist
and Shoe Historian

Sleep deprivation

Even writing the word *Insomnia* sends a shudder of pure terror down my spine. Not being able to sleep is one of my greatest fears, up there with an invasion of Daleks.

People who are lucky enough to sleep well may imagine sleep deprivation is like feeling a little tired, sleepy and slow. That is not how it is for me. Sleep deprivation brings about a seething hell of crabbiness, irrationality and makes performing even the simplest tasks similar to swimming in a jar of Marmite.

I'm not alone in suffering from lack of sleep from time to time. Most people will suffer a short term burst of insomnia during their lives and for some folks it can be a recurring and serious problem. Lack of sleep should not be underestimated in health terms as it impacts on all parts of your life.

If you're having trouble sleeping, you should consider a trip to the doctor as sleep problems are often a symptom of underlying illness. Fix the underlying problem and your sleep should return to normal.

Obviously if you are going through a difficult time in your life then sleep will be disturbed if you have a lot on your mind. Try to relax and if it helps write your problems down and leave them on a piece of paper, beside you or in your pocket, to think about tomorrow.

This might even be the case if you're sleeping out or in a noisy hostel - underlying problems should still be considered.

If you've been checked and there's nothing wrong, then NHS Direct recommends adopting what is often called "good sleep hygiene." This is easier said than done if you are sleeping rough or living in a hostel, but the advice is still worth repeating. You should establish fixed times for going to bed and getting up. Try to relax before attempting to sleep and avoid napping during the day.

Try to avoid caffeine, nicotine and alcohol late at night.

Exercise during the day can help you sleep, but exercising in the evening can have the opposite effect, heavy meals late in the evening can also disturb sleep.

Lastly, try to avoid checking the clock throughout the night. Good sleep hygiene advice also includes keeping your bedroom area for sleep and sex only and having a warm bath before bed. As a rough sleeper you may find this advice difficult to follow but worth remembering when your circumstances change.

Ear plugs may be useful and there are a number of varieties available from chemists. I find foam ones fall out, and I've had more success with the waxy ones you can squidge into the shape of your ear canal. Eye masks to block out light can be useful, I used one when I was on permanent night shifts and found it helpful although it did make me slightly claustrophobic. It goes without saying that you should be cautious of using ear plugs and eye shields if you are sleeping outdoors as it can make you vulnerable.

There are a number of over-the-counter sleep aids that some people find useful and it's worth going to the chemist and asking a pharmacist for advice on these.

Evidence about whether herbal remedies work is patchy but some people do swear by things like drinking camomile tea and placing lavender oil on their pillow.

If none of the above works then you can seek further advice from a doctor. It may be useful to keep a sleep diary so you and the doctor can see how much sleep you are actually getting. Remember some people need more sleep than others so don't worry if you seem to sleep less than other people. As with most things, it's all about what's normal for you.

Prescription sleeping pills can

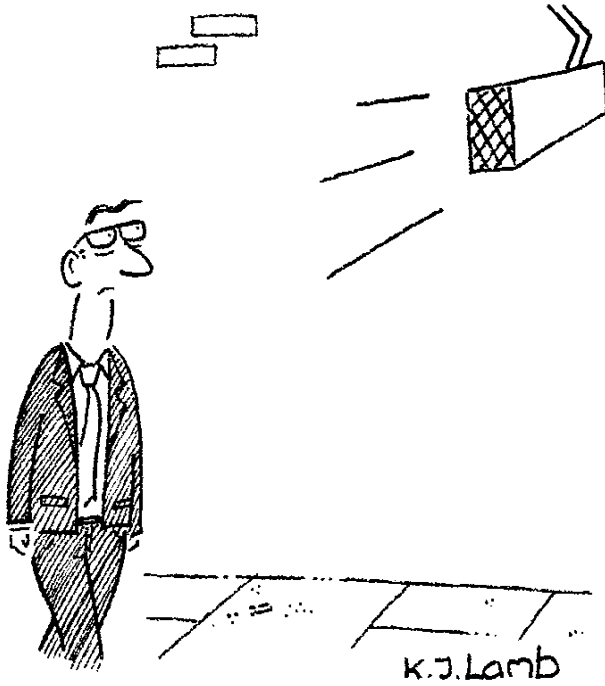
offer short term relief, however they are not a long term solution and as with all medication come with side effects. Best to take medical advice before going down this route.

Cognitive Behavioural Therapy is also helpful for some people and you can ask your doctor about this.

For more sleep advice go to:
NHS Insomnia: <http://bit.ly/ro20ZN>
Boots 10 tips: <http://bit.ly/XdITco>
Mind - CBT: <http://bit.ly/V5m3VO>
<http://sleepstarved.org/>

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

Susie Rathie
Our Nurse Flo



*“Thank you for choosing this pavement, we
hope you’ve enjoyed your journey”*

www.thepavement.org.uk
keep informed & search our
directory of services online @

WEBSITES

- National Debtline**
 0808 808 4000
 Free, confidential service, offering specialist advice on housing, benefits, tax credits, debt etc.
- Domestic Violence Helpline**
 0808 2000 247
 Frank
 0800 776 600
 Free 24-hr drug helpline
- Get Connected**
 0808 808 4994
 Free advice for young people (1pm–7pm daily)
- Job Centre Plus (benefits agency)**
 To make a claim, 0800 055 6688
 For queries about existing claims
 For Income Support, Jobseekers Allowance or Incapacity Benefit
 0845 377 6001
 For Social Fund enquiries
 0845 608 8661
 For the Pensions Service
 0845 60 60 265
- Message Home Helpline**
 0800 700 740, 24 hrs daily
- SANeline**
 6–1pm
 0845 767 8000
 Out-of-hours helpline for those affected by mental health
- Shelter**
 0808 800 4444
 Housing info and advice
 8am–8pm daily
- Stonewall Housing advice line**
 Housing advice for LGBT people
 020 7359 5767
 (Mon, Thu, Fri 10am–1pm; Tue & Wed 2–5pm)
- UK Human Trafficking Centre**
 0114 252 3891
- Help for Depression**
 A comprehensive explanation of the various approaches and treatments for depression, *MH*
 www.helpfordepression.com
 Birmingham City Council
 Click through 'housing'/'finding a home'/'help for homeless people'
- National Homelessness Advice Service**
 Readers can click on the section 'need advice'
 www.nhas.org.uk
- The Pavement online**
 Regularly updated online version of *The List*
 www.thepavement.org.uk/services.htm
- Stonewall Housing**
 Housing advice for LGBT people of all ages
 www.stonewallhousing.org

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 Handicap (£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

Covertry Refugee Centre
15 Bishop St, Covertry 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

Glital
PO Box 3918, Birmingham B9 5AQ
0121 773 7431
Mon–Sun: Open 24 hours
Emergency accommodation for women and children escaping domestic violence. Birmingham Domestic Abuse Refugeline: 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, Birmngham, 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
Covertry – phone for details
0800 055 6519
Support for Asian women and their children facing domestic violence. Safe house, advice, info, advocacy, counselling, and children's services. AS, C, OL

SAFE Project

Phone for details
0121 440 6655
Mon: 12.45am–1.45pm (clinic) – 0121 440 0034; Mon: 1.15pm–3.30pm (walk-in clinic); Wed: 12am–4pm (drop-in clinic); Thu: 11am–1.30pm (Methadone clinic – 0121 446 5381)
Promotes the health and wellbeing of female sex workers (18+) in Birmingham, Sandwell and Walsall. AD, BA, CA, C, D, MS, OB, OL, SH

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

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

The What? Centre

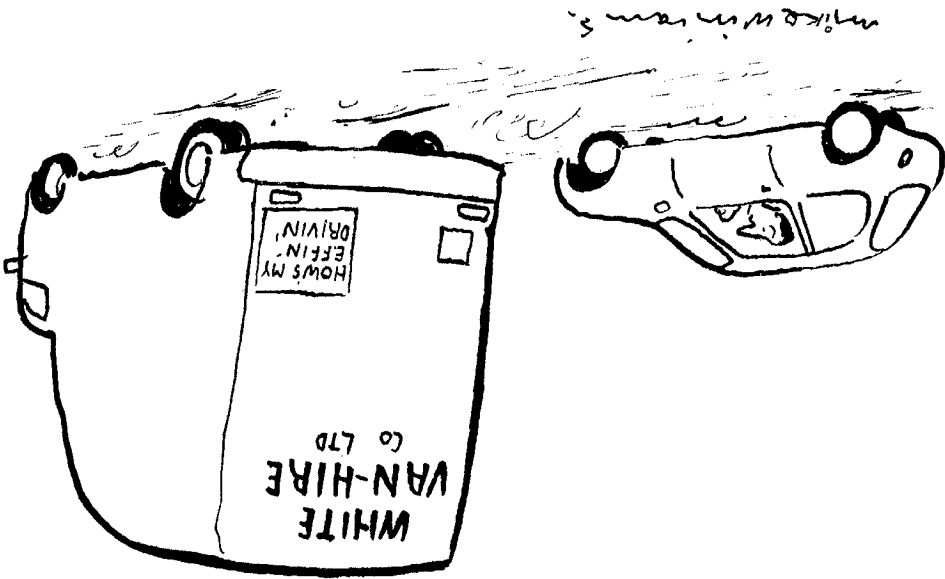
23 Coverty St, Stour-bridge DY8 1EP
01384 379992
Advice, information and therapeutic counselling for people aged 13–25 in Dudley. AS, AD, BA, C, DA, ET, H, LA, MS, MH, SH

Valley House

Navigation Centre, 55-57 Bell Green Rd, Courthouse Green, Covertry 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
Helpline, Daily 9am–5pm
0800 073 0817
A, D, ET
Community Legal Advice
0845 345 4 345
Nationwide
www.communitylegaladvice.org.uk
Mon–Fri: 9am–8pm; Sat: 9am–12.30pm



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

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 3377

Fri: 1 pm–3pm

Advice on employment law,

social benefits, housing

and accommodation.

AS, BA, DA, H, LE

www.entapeople.com

CA, ET

Fri: 8.30am–1.30pm

Mon–Thu: 8.30am–4.30pm;

0121 380 4801

B6 4B5

Birmingham

10 Mill Street

Mill Wharf

ENTA

EMPLOYMENT AND TRAINING

Mon–Fri: 8.30am–5pm
Supported accommodation
for ex-services personnel.
AS, BA, H, TS

Veterans UK

0800 169 2277

Free help and advice for vet-

erans and access to dedicated

one-to-one welfare service

www.veterans-uk.info

MEDICAL SERVICES

Community Mental Health

Homeless Team

3rd Fl, Morcome House, Lednam St,

Ladywood, Birmingham B1 6DN

0121 685 6970

Mon–Fri: 9am–7pm; Sat

& Sun: 9am–5pm

Help with accommodation,

benefits, employment and

resettlement. Help with access

to mental health services.

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

The Health Exchange

William Booth Lane, Bir-

mingham B4 6HA

0121 465 3965

Mon & Fri: 2.30pm–4.30pm;

Tues, Wed, Thu: 1pm–4pm;

Wed & Thu: 9am–11am

Medical practice for home-

less people in Birmingham.

MS

Vision Care for Homeless People

William Booth Centre, Shad-

well St, Birmingham B4 6HA

Mon: 10am–1pm (except

bank holidays)

Comprehensive eyecare serv-

ices, totally free of charge

MS

PERFORMING ARTS

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

AS, H

Birmingham City Council (Housing

Pathways)

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

Royal British Legion

08457 725 725

Ring the Legionline to see

how they can help ex-service-

men and ex-service women

Fullwood House, Ellesmere,

Shropshire SY12 0AA

01691 623756

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

Stonham (St George's House)

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

P3 – Bilston Hostel

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

P3 – Dickens Lodge

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

Women

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

Young people (16-25)

Coventry 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 7DH
01384 455464
Mon-Fri: 9am-10pm; Sat & Sun: 7pm-10pm

Accommodation for men aged 16-27, inc. ex-offenders or those at risk.
AS, AD, ET, H, OL
Mon-Fri: 9am-5pm

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 locals aged 16-25 with medium support needs who are homeless 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 for appointment)
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

0121 770 9360
Mon-Fri: 9am-5pm
For single homeless people 16-25.
AS, AD, BA, CA, ET, H, OB, TS

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 with support needs.
AS, AD, C, D, H, IT, SH

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)

Canook 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.
MS, NE, OL, OB, SH
www.addaction.org.uk

Aquarius

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

Midland Heart – Gibbs Road

Men

House

Gibbs Rd, (off Balds Lane),

Lyx, Stourbridge DY9 8SG

01384 423 771

Mon–Fri: 8am–7pm (phone)

For single people aged 17+

(83 men, 9 women).

AS, H, TS

Salvation Army (Eden Villa)

13 Charlotte St, Leamington

Spa, Warwickshire CV31 3EB

01926 450708

Mon–Fri: 9am–5pm (call

for appointment)

Single homeless people with

support needs, and 1 room

for married couples. Residents

who have moved on can use

the drop-in advice centre.

AS, AD, BA, H, TS

SHARP Hostel

57 Edgbaston Rd, Smeth-

wick B66 4LG

0121 558 2104

Mon–Sun: 8:45am–11pm

(phone calls); Mon–Sun:

9am–8pm (referrals)

For single people or couples aged

18+. Considers people who are

overcoming dependency, but

active drug use is not acceptable.

AS, BA, H

Salvation Army (Lincoln St Centre)

1 Lincoln St, Coventry CV1 4JN

024 7625 1437

Mon–Sun: 7am–9pm

Staff provide help and advice as

required. Job seeking sessions,

computer literacy courses and basic

skill sessions are also available.

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

Salvation Army (William Booth**Centre)**

c/o Homeless Single Point of

Access, Midland Heart – Home-

less Services Centre, 44 Brad-

ford St, Birmingham B5 6HX

0345 60 20 540 (24/7)

Mon, Tues, Wed, Fri: 10am–

6pm; Thu: 10am–2pm

For single homeless men aged 18+

with low- to medium-support needs.

inc. refugees. Call in at Midland

Heart's Homeless Services Centre.

AS, H

SIFA Fireside

18–28 Lower Essex St, Bir-

mingham B5 6SN

0121 666 7023

Mon–Fri: 9–10.30am (breakfast)

; 12–1pm (lunch); Sat & Sun:

10.30am–11.30am (nurses

Tue & Fri: chiropodist Thu)

One-to-one help, accommodation

and support for people dealing

with alcohol issues; counselling;

resettlement and tenancy support;

training opportunities; help for

people on probation. Help access-

ing 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-offend-

ers, substance misers and others

who are often barred from other

services and facilities. Practical

advice, support and guidance,

and signposting to other serv-

ices. 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

Mon–Sun: Open 24 hours

leavers with low support needs.

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

Men**Allison House**

52 Allison Street, Bir-

mingham, B5 5TH

0121 643 5094 For men over 50

Central and Cecil – Tullamore**House**

61 Stratford St, Coventry CV2 4NJ

024 7663 5105

Mon–Fri: 9am–5pm (phone

for application form)

Move-on accommodation for local

single homeless men 18+. Priority

to Irish people. Dogs allowed.

AS, H, TS

Midland Heart – Hanwood House

Leopold St, Highgate, Bir-

mingham B12 0QB

0121 753 1386

Mon–Fri: 8am–7pm (phone

for appointment)

For single homeless men 25+.

AS, F, H

Midland Heart – Zambesi Project

185 Stratford Rd, Sparkhill,

Birmingham B11 1AG

0121 766 7645

Mon–Fri: 8am–7pm

For single homeless men aged 45+.

AS, AW, D, H

P3 – Bilston Hostel

53 Wellington Rd, Wolver-

hampton WV14 6AQ

01902 490050

Mon–Sun: Open 24 hours

Single homeless men, inc. ex-

offenders and rough sleepers. D

P3 – Thornley Street

27 Thornley St, Wolver-

hampton WV1 1JS

01902 773721

Mon–Sun: Open 24 hours

Single homeless men. Must be sub-

stance-free at time of admission.

ET, H, LA, LF, MH, OL

Princp Street Hostel

Wateraide House, 35–35 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.

AD, AW, MH

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

Coventry Jesus Centre – The
AS, BS, BA, CL, DA, F, H, L, OB, TS
Mon-Fri: 9:30am-4pm

Bridge Drop-In
7 Lamb St, Coventry CV1 4AE
02476 550033

Mon: 10am-1pm; Tues-Fri: 9am-4pm; Sun: 9am-10:30am; Sat: 9am-12am
Support groups, skills classes, café, and drop-in.

The Glebe Centre
Wednesbury Rd, Walsall, WS1 3RU
01922 625687
Mon - Fri: 9am - 4pm
For people (18+) who are vulner-

able, including homeless, unem-
ployed, drug dependent, mental
health issues or socially excluded
to public: 10am-3pm
AS, A, BA, BS, CL, DT, ET, F, H, LA, MS, MH
www.thehegbeccentre.org.uk

Maggs Day Centre

St Albans, Deansway,

Worcester, WR1 2JD

01905 25027

www.maggsgdaycentre.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-12:30am;

Sat: 9:30am-11:30am

Advice, support, signposting

and referrals to emergency

and longer term housing.

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

St Martin in the Bullring Helpdesk

The Bullring, Birmingham B5 5BB

0121 600 6536

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

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

1:30-3:30pm; Sat: 10:30am-1pm

Listening, advice and refer-

als. Practical intervention and

support in a friendly environ-

ment. Many people seeking help

are encountering homelessness,

addition, mental health prob-

lems, bereavement and loss.

BA, C, H, OB

Soilhill Community Housing

(Chelsley Wood)

6/8 Copcise Way, Chelsley Wood,

Soilhill, Birmingham B37 5TX

0121 704 1515

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

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

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

AS, H

Soilhill Community Housing

(Kingshurst)

Church Close, Kingshurst, Soil-

hill, Birmingham B37 6HA

0121 717 1515

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

Thurs: 10am-3pm

AS, H

Walsall Metropolitan Borough

Council (Homelessness and

Housing Advice Service)

2nd Fl, Civic Centre, Darwall

St. Walsall WS1 1TP

01922 653405

Mon-Fri: 9am-5pm

Call for an appointment or if it's

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

hours emergencies, call 01922

650000 and speak to the duty

social worker. General advice

will be available on the out-of-

hour service (0845 1112836).

AS, H, TS

Walsall Rent Guarantee Scheme

PO Box 1427, Walsall WS4 2YT

01922 746798

Mon & Wed: 10am-12am

Walsall people registered as homeless

in Walsall to access private rents.

AS

Housing Options (Sandwell)

Court House, 335-337 High St, West

Bromwich, Birmingham B70 8LU

0121 569 6000

Mon-Fri: 8am-5:30pm

If you are at risk of becoming

homeless, contact the Housing

Options Team for advice. Outside

office hours: 0121 525 4688 or

housing@sandwell.gov.uk.

AS, AD, H

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

Drop-in and telephone housing

advice. Welfare benefits advice.

Outreach and tenancy support for

rough sleepers. Tenancy support for

refugees and asylum seekers, young

people with multiple needs, people

with current or past drug problems.

Alcohol and mental health referrals.

AS, BA, H, OB, TS

Macro Services – Coventry Young

Homeless Accommodation Project

1st Fl, Koco Building, The Arches,

Spon End, Coventry CV1 3JQ

024 7671 5113

Mon-Fri: 9am-5pm (call

for appointment)

Advice on homelessness and

finding accommodation. Tem-

porary accommodation with

support for young people.

pregnant women and women

with a baby aged up to 2 years.

AS, AD, H

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 homeles-

ness. 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

the List

Directory of the West Midlands' homeless services

Updated 28 February 2013

Key to this list:	Debt advice – DA	Luggage storage – LS
Accom. assistance – AS	Dentist – DT	Medical services – MS
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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	Pavement 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 - or email: 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

Derbyshire Housing Aid

Milestone House, 93 Green Lane, Derby DE1 1RX
01332 642150

Mon–Sun: open 24 hours

(emergency); Mon–Fri:

1pm–4pm (assessment)

homeless people in Derby.

Emergency accommodation.

AS, AS, BS, BE BA, DA, H, LF

CHADD Outreach Support Service

98–99 Dixon's Green Rd, Dudley DY2 7DJ
01384 237555

Mon–Fri: 9am–5pm

Advice and assistance on ben-

efits, 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, Bir-
mingham DY1 1HP
01384 815035

Mon–Fri: 9am–5pm

If you find yourself homeless over

the weekend or outside office hours,

call 0300 555 8283 for help.

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