

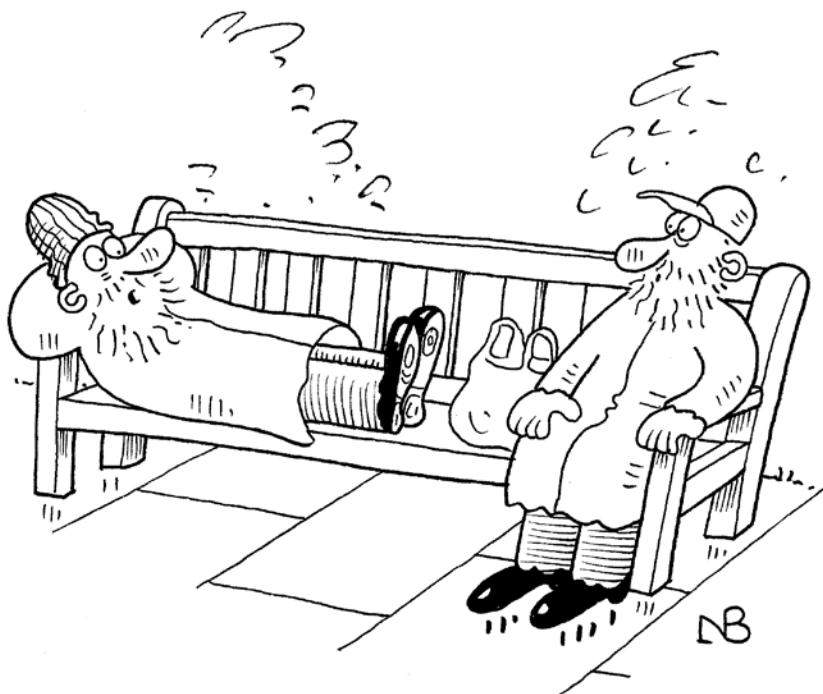
the Pavement

The paper for the homeless – London edition

Issue 19 – free

Inside: A new report on immigration, homeless blogs, tent cities in the US, and all the news in brief. Also this issue, Nurse Flo talks anti-depressants

March 2007



“So I’ve adopted a policy of long-term
fiscal imprudence”



***the*Pavement**

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The Editor

Blogs and corns, it's all here

It's packed with news this month; both serious stories that affect everyone, and odd-ball pieces that may make you smile. Also, we interviewed Mark Fields MP, who spoke to us openly about homelessness and immigration.

I hope you enjoy the health columns on pages 20 and 21. They're always good reading, but I particularly enjoyed these ones. *Flo* has an interesting piece on depression, which is a two-part feature; the second to come in next month's issue. And *Toe Slayer* is on good form, giving us advice on corns whilst elaborating on the history of dealing with them.

Richard Burdett
Editor
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Next issue: Sleep (less) Rough beds, naming our cartoon mascot, and the return of Legal Lounge.

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Prozac, one of the common drugs used to medicate depression; the subject of Flo's column this issue – see pg 20.

Photography by Angela Ward-Brown

Centre spread

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Photography by Rufus Exton

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The immigration report

Are Eastern European migrants facing tougher times?

A report into Eastern European migrants in the UK has found that they face some of the toughest challenges in finding work or surviving on the streets in London.

The report comes hot on the heels of *The Pavement's* revelations that The Passage is to restrict the number of EU migrants using their services, and that The Connection at St Martin's (CSTM) is to follow suit.

The Catholic Church in London commissioned 'The Ground of Justice Report' in May 2006 to aid organisations' understanding of the challenging and complex issues facing migrants.

The report, released on 14th February, confirmed that The Passage and the nearby Cardinal Hume Centre experienced large increases in the number of accession country nationals seeking help after May 2004. By April 2006, half of The Passage's Employment, Training and Education Unit clients were migrants who had come for work but had fallen on hard times. Both shelters said it had been difficult to respond to these demands, which can put a financial strain on small voluntary organisations.

As *The Pavement* reported last month, many organisations see migrants as the responsibility of the government, through Jobcentre Plus; their priorities lie with people from the UK.

The report investigated allegations of 'new racism abroad', whereby Catholic homelessness agencies used nationality as a basis for restricting services, particularly to Polish migrants.

Allocating aid on the grounds of origin would, in any other circumstances, be deemed racist. "To define need in relation to nationality risks actively excluding the needy and subverting the Bishops' vision of welcome," the report said. "The homeless people we interviewed certainly felt this keenly."

The report also surveyed Poles who were homeless in London but not using services at The Passage or Cardinal Hume, to ascertain whether this was a city-wide problem.

"Migrants are a source of hope for the future of the nation"

In one service centre, 75 % of people seeking meals were Polish. Project workers placed these clients in five categories: those who came to the UK through agencies which promised accommodation but failed to provide it; those unsuccessful in finding work; people who found only short-term work; those employed, often illegally, but paid so little they could not afford accommodation; and women who had turned to low-level prostitution.

Most respondents lived with depression or other health problems, and many had language or educational difficulties. Half did not know how to find work in the UK. Despite few feeling at home here, one in four said they would stay indefinitely to avoid the

shame of admitting failure to family at home. Only one had a National Insurance number, and all claimed to attend church every week.

But the question remains whether a country should maintain an open door policy to European workers whom it obviously cannot support. Is it fair that they should be added to the list of people struggling in the city, when they are promised something entirely different?

A statement from London's Catholic community explained that Catholic migrants regard the Church as a refuge, a harbour of hope and worship: "Migrants are very much the present reality of the Catholic Church in London and one of several sources of hope for the Catholic Church of the future too," the report said. "In our view they are also a source of hope for the future of the nation."

CSTM defended its position and denied racism. Colin Glover, its chief executive, said: "Like many voluntary sector agencies in London, we have limited resources and want to provide the best services to those in greatest need. Many of our clients have mental health problems, chronic health problems, drug or alcohol problems, and lead chaotic lives.

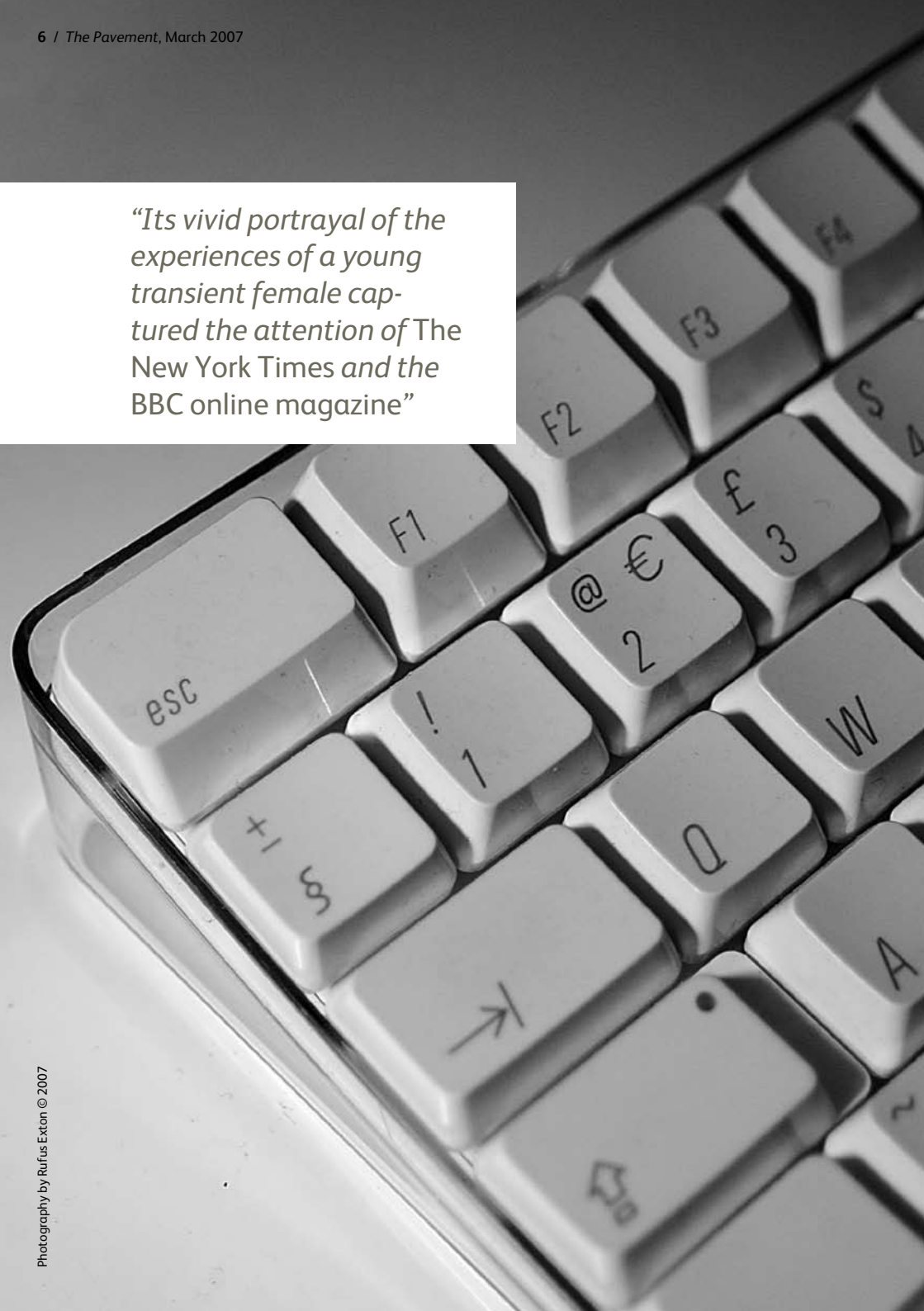
"Each night, we have only 40 bed spaces in our night shelter and we have the capacity to help just over 200 people in our day centre each day." Mr Glover added that the Connection was working Homeless Link to lobby the government to ensure adequate support for new EU members.

Rebecca Wearn

“To define need in relation to nationality risks actively excluding the needy and subverting the Bishops’ vision of welcome”



"Its vivid portrayal of the experiences of a young transient female captured the attention of The New York Times and the BBC online magazine"



Blogs and book deals

Homeless blogger, Wandering Scribe has sparked controversy

Plenty of wannabe novelists and journalists run internet blogs in the hope that someone will spot their talent, while thousands of others vent their feelings to a mass audience on online forums. The World Wide Web is further expanding its communicative umbrella to house unread talent and unheard voices.

The vast majority of what is found online is fairly uninspiring, but when one woman's rambling prose captured the attention of the international media and landed her a publishing deal, a few people questioned her authenticity.

Anya Peters, aka The Wandering Scribe, came to public attention last April (*The Pavement*, 12). Her frequent blogs posts wove a narrative of her slip into a mental breakdown after graduating from her law degree.

The Wandering Scribe had been in a bad relationship, was out of favour with her parents in Ireland and was crippled by debt. She slept rough in Leamington Spa, Warwickshire, before travelling to London to sleep in a car in a quiet city centre car park. She showered in the local hospital, lived off unemployment benefits and refused any local authority help.

Her prose was stream of consciousness, emotive and unstructured. Some posts were breathlessly long; others a single shattering sentence. Their vivid portrayal of the experiences of a young transient female captured the attention of *The New York Times* and the *BBC online magazine*.

But some people were sceptical. The Wandering Scribe made frequent references to a novel she was writing and her jealousy of another homeless blogger who had landed a book

deal after publicising his plight. Was the blog simply a publicity tool? The Wandering Scribe was accused of promoting her own blog on other online creative writing websites. After the media coverage in the States and the UK, a debate began into whether Ms Peters was, in fact, a hoax.

Since the deal was signed, the author has written a few entries about her struggle to create the book, her emotional battle with giving her words up to an agency and finally, about finding a home in London.

But before this she had been very quiet, avoiding the limelight as the critics tore her tale apart. Inconsistencies in the story were highlighted: how did someone sleeping rough have access to internet cafes late on Sunday nights, when many entries were posted? How could she afford to live in a car in an expensive central London car park? How had she eluded hospital security so frequently? How did she claim benefit without frequent interviews by the authorities? How had a vulnerable, suffering woman tracked down and negotiated a book deal, and why was this book then written in scenes instead of chapters? Was a film deal already in the pipeline?

Most frequently, why did she not answer her critics or give interviews? This last criticism became more fevered after she added a donation button to the blog; many people added abusive comments. Eventually, overwhelmed by threats, comments were blocked from the site.

As before, Ms Peters refused an interview with *The Pavement*, explaining that as the book publicity was now in progress, she was under strict orders not to speak with the press. But she did say that

the book, entitled *Abandoned*, might disappoint readers of *The Pavement* as her experience of homelessness might be atypical.

Enigma and mystery have certainly worked for The Wandering Scribe before; but what constitutes a 'typical' experience of homelessness? There are seldom any two stories or situations the same, and certainly none that would not constitute an enrapturing novella should the time, resources and finances be afforded any of the individuals who live in Britain's temporary accommodation or on the streets.

What many of The Wandering Scribe's many sceptics appear to have been ignored is one key question: what made Anya Peter's story so special? For the answer to this, and a dozen other explanations, we will have to wait.

Abandoned is published by Harper Collins on 8th May.

Rebecca Wearn

If you want to see what all the fuss is about, try the links below for homeless blogs. A full list can be found at www.thepavement.org.uk:

jamiesbigvoice.blogspot.com •
view-sidewalk.blogspot.com •
homelessmanspeaks.wordpress.com •
greenlighton.wordpress.com/2006/05/29/the-wandering-degenerate-gambler •
squat.sparesomechange.com •
www.kcwh.unimelb.edu.au/projecti •
www.povnet.org/homelessness.htm •
guide2homelessness.blogspot.com •
londonhomeless.blogspot.com •
www.digihitch.com/links-search-Homelessness.html

Another tent city

America is leading the way in homeless communities

A city of tents huddled together has become a viable alternative for the homeless in Florida's St Petersburg, USA.

When several church groups handed out tents to the town's homeless at the end of 2006, a group of nearly 30 people gathered under a busy interstate overpass and pitched their new homes.

In this cluster of fabric shelters, a 'self-governing community' was set up, a democratic system where all residents agreed to sign a contract, creating a 'model community' working on 'consensus and respect'.

"It's like a big family out here," said Richard Bigginz Carlson, 23, sitting beside his canvas home in an old chair someone left on the pavement.

Another tent dweller, Nygee Shabazz, 45, could not have been happier with his free two-room tent. "When you've been locked up for 22 years, you like to sleep outside," he said.

Indeed, Mr Shabazz has been so inspired by the community spirit he found at the tent city that he has finally decided to break the vicious cycle that kept him in and out of prison, and has signed up for anger management counselling.

And for a few weeks, goodwill truly did prevail at the St Petersburg tent city. Strangers offered their old knick-knacks, furniture and clothes. One night an anonymous donor even left warm pizzas silently steaming outside a tent door. Many nights were spent singing and dancing to the bang of makeshift drums and the whistle of tin flutes. It was a vision of how things can be in the world.

But the festival feeling did not last for long. The high visibility of the makeshift dwellings began

to raise questions with the local authorities.

The legal complexity of the existence of this temporary city, and all the embarrassment that came along with it, eventually led the authorities to demand its closure. So the community took down their tents, only to put them up again elsewhere.

In the last two months, this group of people has been forced to relocate on numerous occasions. A relatively peaceful existence has become imbued with violence and fear.

One tent dweller has reported an assault and two have allegedly been murdered, their killers are reportedly still roaming the streets. Reports even allege that authorities themselves have been violent at one site. Sources claim St Petersburg police and fire marshals attacked tents with razor blades, collapsing them in the name of 'safety'.

"Tent cities have made homelessness more visible and it's got more people talking about it"

In a press release issued on 26th January, members of the original tent city under the interstate overpass claimed they were not trying to make a political statement by relocating each time they were moved on – living in tents was simply safer than being on the streets.

However, they say that the tent city has become a political issue because its existence has revealed the city's failure to provide social

housing for its residents.

The members of the original tent city ended their statement by appealing to social service agents, and any advocates of the tent city, to tell their story so that their version of the 'American Dream', their small-scale democracy, can survive.

Yet this tale of a city-within-a-city is far from new. As the number of people in the US with no fixed abode has risen over the years, so has the number of tent cities popping up in the nooks and crannies of the US's concrete jungles.

Michael Stoops, acting head of the US National Coalition for the Homeless, believes there is more to the increase of these temporary dwellings than their simple role as a shelter. Mr Stoops feels that tent cities are on the rise because for many residents, this is the first time they have encountered the warmth of safety in numbers. It is the experience of a community empowers them, he says.

"There's also a sense of community. Homeless folks are tired of having social workers tell them what to do or religious people preaching at them.

"Some just want to sleep and eat and do their day labour or panhandle, and we can't really force them to do what we want to do," said Mr Stoops.

It remains to be seen how long the next makeshift metropolis in St Petersburg will stay pegged into the ground. The problem, as is the case the world over, is that despite the attempts of the US's homeless to take their futures into their own hands, their voices are often drowned out.

Naomi Glass





“The people who are suffering most by the large number of people coming to this country are the indigenous homeless”

A candid response

Westminster's MP speaks out on immigration and, specifically, homeless migrants

Immigration is a contentious issue at the best of times, but when resources are tight the debate gets hotter. The wave of people heading over to Western Europe as countries from the former Communist bloc sign up to the EU has been greeted by some as positive, and others as a threat, with the media tracking, and even exacerbating, the arguments.

A major concern is the number of people from A8 countries (most notably, Poland, Lithuania and Hungary) and more recently A2 (Bulgaria and Romania) who end up without a job, and without the wherewithal to support themselves – either to continue living in the UK or return home.

While many of those who seek employment in the UK are successful, there is a huge number who aren't, and hostels and day centres have struggled to cope with the increasing demands put upon their organisations, with varying responses. While some, such as Job Centre Plus confront the problem by employing translators to mediate between new entrants to the country and potential employers, others have no alternative but to turn non-Brits away.

In previous issues, as well as the very copy you are holding now, *The Pavement* has tracked a number of centres who have responded to the topic, but this street concern has now reached the radars of those in Parliament.

Mark Field, Conservative MP for the Cities of London & Westminster, has also joined in the debate. He offered to speak to us, and so get his views across to our readership.

He began by telling *The Pavement* that one in two of the rough sleepers in his constituency are A8 nationals; the true number is a less headline-grabbing 23%, which is high, but not that high. (The last count revealed 108 rough

sleepers, plus 33 A8 nationals.)

Mr Field is in sympathy with many of the centres who have turned away new entrants to the country. His solution to the number of Poles, Lithuanians, and Hungarians sleeping rough on London streets is that they should sort out jobs and accommodation before they arrive: "If they don't have a job, don't have a prospect of getting job, they shouldn't be coming to this country."

The MP, who lives in Victoria, doesn't like people "with very chaotic lifestyles littering all over the place, being disruptive to young women, old people and children."

And this he partly blames on soup runs: "Soup runs encourage more and more people to stay on the streets, rather than gain some sort of accommodation. And also for the residential population, it's not a nice thing to have the soup runs, the noise and distraction."

Mr Field said he would like to get rid of all soup runs within the borough, thus mirroring the wishes of the Conservative lead council.

He has an equally straightforward views on the dearth of long-term temporary accommodation. According to charities such as Green Pastures (*The Pavement*, issue 18), bringing just a third of the UK's 750,000 empty houses back into service would solve the lack of accommodation problem. However, Mr Field makes the important observation that, "there are all these empty homes, but in parts of the country where people don't want to live. In London and South-East, there is a chronic housing shortage, because there is where all the growth is; the job opportunities are. A lot of people who are homeless want to live in London, particularly. Again, looking at Romanians and Bulgarians, there is no A2 population outside London."

This latter point may not be accurate when one considers the 4,500 or so A2 workers employed in the agricultural and food processing sectors – presumably outside London – under the Seasonal Agricultural Workers Scheme, and others who come here under the Highly Skilled Migrant Programme, but there's no doubt London has a special attraction.

Mr Fields says that they, and other EU migrants, just want accommodation and benefits. "I speak to Westminster and City council, I speak to local police, and that is exactly what has been happening in the last six weeks since A2 have joined Europe."

We already have unemployment in this country, he added: "The people who are suffering most by the large number of people coming to this country are the indigenous homeless."

Hostels concur with this view, and have defended their prioritising of UK citizens by explaining that most migrant homeless do not correspond to the common 'roofless' profile marked by social exclusion, mental illness and breakdowns. For most people, the problems are work and the housing, rather than the marginalisation, though homelessness can obviously accelerate the fall into social exclusion. A8 nationals cannot go into London shelters because they must have worked one year before they can claim benefits.

Many readers, across the political spectrum, will no doubt agree with Westminster's MP. But, regardless of whether you agree or disagree, there's no denying that his candid speaking will stir the debate.

Clara Denina

News-in-brief

If it's worth knowing, you'll find it here...

Cold snap

As the snow and sleet settled, albeit briefly, on London's cobbled streets last month, the capital was temporarily thrown into disarray.

The cold snap grounded planes, stopped trains, and – despite their apparent being sheltered from the weather – even slowed the tube. City workers attended meetings swaddled in scarves, and a thousand tourists camera lenses steamed over.

But for some of the city's residents, the plummeting temperatures represented greater danger rather than temporary inconvenience.

In December's issue of *The Pavement* we reported that The Passage was collaborating with local authorities to prevent loss of life on London's streets this winter. By using daily forecasts from the Met Office, Nik Ward, Buildings Based Services Co-ordinator, and his colleagues aim to get more people off the streets and into shelters when the weather is due to get colder, in what is known as a Severe Weather Emergency Protocol.

At the beginning of February, the first SWEP was triggered; it ran for three days. Mr Ward said all the additional provisions planned were available, but he did not have figures on how many people were taken from the streets into local services.

"Although we review the whole process regularly, we normally look at tweaking functionality issues rather than monitoring numbers," he said. "I do the monitoring around springtime, after the winter weather has finished."

But Mr Ward added that the only problem he and his colleagues had come up against was the number of rough sleepers who refused their help.

"The one thing that always surprises the workers on the street, is the amount of people who do not want to go indoors, even in freezing conditions," he said. "That same person could decide to go in a day later or could have been asking a day earlier for help, but when they are bedded down outside, they often do not want to move."

Mr Ward said that although this often shocked his sensibilities, it was understandable.

"Most of all," he said, "it is about preventing loss of life."

Rebecca Wearn

What's new at Webber Street?

The Webber Street day centre, formerly known as Waterloo Christian Centre, re-opened last month after a three-month closure for refurbishment.

The upgraded site now offers up to 20 free showers a day on a first-come-first-served basis (15 for men and five for women), as well as a range of services from hairdressing and nail cutting to advice and medical care.

The centre, which is five minutes' walk from Waterloo station, sees some 70 people for breakfast every day.

Nurses visit the centre twice a week to give treatment or to recommend patients to a doctor.

An optician is available every Tuesday at 10am. Representatives from job centres visit Webber Street every Monday at the same time.

Adam Gage, the team coordinator who has been working at the centre for four years, said the group was operating an open door policy to anyone who needed the services.

The centre is also preparing for

June, when it hopes to be open on Saturday as well as week days.

Loan Khong

California dumping

Californian authorities are investigating hospital staff caught on camera dumping patients in parts of Los Angeles, USA.

This phenomenon, which has been reported in the mainstream press both in the US and the UK, and in previous issues of *The Pavement*, involves hospital staff ejecting patients with no insurance and often no home, and leaving them on sidewalks around California's state capital.

As there is no NHS in the US, patients without insurance are often unable to receive treatment from city hospitals.

Authorities are investigating 55 cases of dumping in Skid Row, a controversial site downtown from the main city centre. One case involved a paraplegic man who was left in a gutter by staff, who were caught on camera.

Another incident, this time caught on CCTV, involved an elderly lady who was wandering alone down a street, having been dropped off by a taxi, until she was taken in by a mission staff member.

A spokesperson for the city attorney's office said: "We have been looking into homeless dumping for some time, and this [tape] gives us another example of what has been going on."

California state and local officials said they are hoping to unveil proposed legislation which will make it a crime to leave homeless hospital patients on the streets.

Meanwhile, former actor Arnold Schwarzenegger, now the governor of California, has

announced he is planning to cut \$55 million in funding for mentally ill people without permanent accommodation.

The recently re-elected governor is working on a new piece of legislation regarding the funding of mental health services, which could include scrapping the entire programme. The move could result in nearly 5,000 people losing their right to overnight accommodation.
Carlo Svaluto Moreolo

Health award

Westminster Primary Care Trust's Homeless Health Team has won the Reducing Health Inequalities category at February's Health and Social Care Awards.

The award was given when judges decided the PCT project had demonstrated a contribution to 'reducing the gap' in health between rough sleepers and those with permanent accommodation.

The team, which consists of a GP, a specialist nurse, a podiatrist

and consellers, holds drop-in clinics at day centres across the London borough.

Cat Neilan

Homeless boutique

The Rough Sleepers store on Chalk Farm Road in Camden may look like another über-trendy expensive emporium for tiny T-shirts and stylishly stained jeans, but it is hoping to do much more than sell clothes.

All profits from the clothing and accessories sold will go to the founding organisation, the national housing group Novas.

The Novas Group provides community-based housing support, education and training, employment and artistic opportunities to disadvantaged individuals in the UK. Their focus is on alternative and innovative means of development for people who have experienced social exclusion.

Rough Sleepers recruits young international designers to create exclusive collections which are then

sold in the shop. All profits are reinvested into the Novas Group, who are currently striving to refurbish of Arlington House in nearby Camden.

Paul Everitt, head of artistic programmes for Novas, said: "The Novas Group's aim for the store is to raise the profile of the issues facing homeless, excluded and excluded people, and to explore positive ways of dealing with some of those issues."

He added: "The store will provide opportunities for training and work in a high quality retail environment, giving people experience and skills that are transferable to other environments."

Behind the shop is a small studio where designers are asked to provide further training opportunities in production in all areas of the fashion industry.

Mr Everitt said he hopes this will give people the opportunity to work and train alongside fashion professionals.

The store's interior was designed by Japanese artist Sonoko Obuchi, who has used the idea of a shopping trolley, an item synonymous with both consumers and those forced to push their belongings around in abandoned shopping-carts. Clothes are suspended from a gigantic steel frame that fills the first tier of the shop.

Rough Sleepers is open now, at 43 Chalk Farm Road, Camden. For more details on training contact Paul Everitt. www.novas.org or paul.everitt@novas.org

Rebecca Wearn

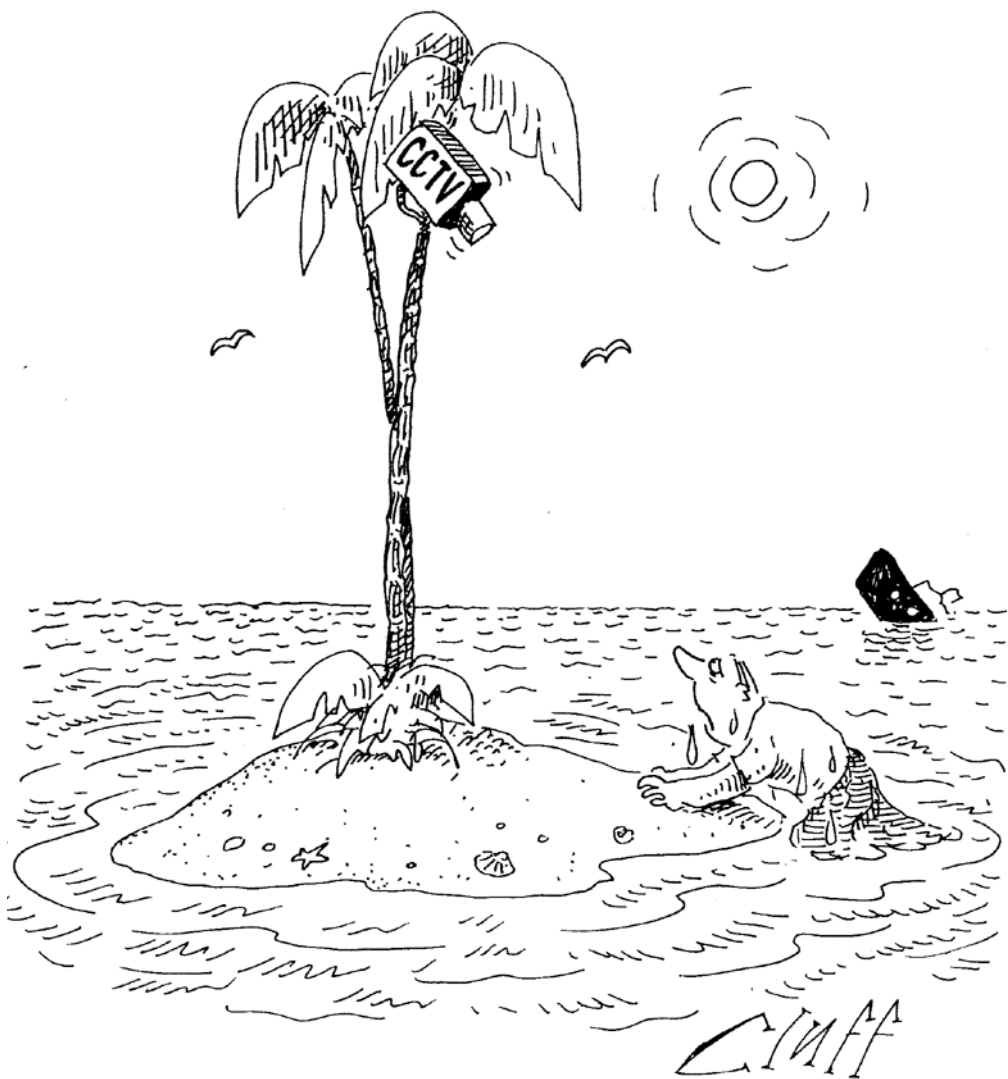
Murderer jailed

A man who murdered a rough sleeper after he hit his dog has been sentenced to life imprisonment.

Christopher Leary, 26, must serve at least 10-and-a-half years before he can apply for parole, after he admitted to murdering 50-year-old John Miller in the town of Motherwell, east of Glasgow, on 10th March last year.



"Sorry, the duck's off colour"



Judge Lord Hodge said he would have set the minimum sentence at 13 years had Mr Leary not pleaded guilty.

Glasgow's High Court heard how Mr Leary had been walking his pit bull terrier at 2am when he met Mr Miller, who was returning from visiting his brother. Mr Miller, who had mental health problems, growled at the dog and then kicked it under the chin.

Mr Leary then kicked Mr Miller to death, before calling 999 from his mobile and hanging up. When the operator called back, he apologised and said he did not need an ambulance.

Mr Miller's body was found 10 minutes later by a member of the public.

Brian Gilfedder, defending Mr Leary, said: "He did not intend to kill anyone but he now accepts the attack on Mr Miller involved was wicked recklessness."

Cat Neilan

Cameron's in the pod

Conservative leader David Cameron recently visited Lorica St Patrick Trust (formerly the St Patrick's Trust) in Brighton, to see and test a series of sleep pods, and to announce his support for charities and non-profit organizations.

The charity has launched the sleep pods, covered in *The Pavement* (issue 16), as an alternative to typical hostel accommodation which, the trust says, offers little privacy or security. As a result of their demonstrations, the trust has already bought six sleep pods, at £3,000 each.

Mr Cameron said he was "impressed" by the pods, and pledged to help more charitable organisations reach their goals.

St Patrick's shelter came close to shutting two years ago, when Brighton Hove City Council couldn't fund it adequately.

Mr Cameron said he did not have "a magic wand" that could

ensure places such as St Patrick's had a secure financial future, but said he wanted to see them trusted more and given more authority and ability to make their own decisions.

Renee Maltezu

French housing law change

The French Prime Minister Dominique de Villepin has declared a new law that will allow people to sue local authorities for failing to provide suitable housing.

The announcement came after a delegation of top dogs from Paris visited Glasgow to understand how Scotland tries to reduce numbers of people living on the streets.

The delegation met with Voluntary Housing, an organisation that covers community housing associations. The group also met with charity Shelter Scotland.

As a result, M de Villepin said Paris will copy Scotland's legally enforceable right to housing, and he promised to introduce similar measures throughout France.

The right to housing has become a huge issue in France, topping the list of social concerns in the upcoming presidential election, which will take place in April later this year.

The issue came to the fore after a series of protests at the end of last year saw thousands of demonstrators take to the street, sleeping in tents throughout the French capital.

Official statistics claim there are 86,000 people without permanent accommodation in the country, but non-governmental groups argue the real figure is much higher.

As a result of the wide press attention and voter pressure, the presidential candidates – including the head of the centre-right party the Union for a Popular Movement, Nicolas Sarkozy, and socialist candidate Ségolène Royal – have been forced to take a stance on the matter.

Mr Sarkozy has promised to house anyone who does not want to be homeless within two years,

while Ms Royal has made the fight against poverty one of the main themes of her campaign.

Carlo Svaluto Moreolo

Drug deaths continue

A further two people appear to have died from a bad batch of heroin, this time in the Suffolk town of Lowestoft.

A 28-year-old man and a 30-year-old woman were found in a room at the Royal Court Hotel, which offers accommodation to homeless families, at the end of February, prompting police to issue a warning to all drug users.

While the cause of death was still unclear as *The Pavement* went to press, it is believed the pair died from an overdose. Officers have ordered toxicology tests, and further information is expected to follow soon.

This is the latest in a long-line of recent drugs related deaths, which police in the London area have linked to a batch of stronger than usual heroin.

Detective chief inspector Phil Aves, of Suffolk police, said: "While we are still investigating these unexplained deaths, there was drugs paraphernalia, including needles, found around the bodies, which would seem to indicate possible overdoses. Until we have the results of toxicology tests, we can't be certain of the cause of death, but we need to warn other drug users of the potential dangers."

Speaking to local press a spokesperson for DrugScope, said: "Every so often you do seem to get these clusters of deaths around the country and they are often linked to the same bad batch. Normally it is because the heroin is very strong and not what the addicts are used to. Heroin can also be infected when it is stored underground and it picks up soil bacteria."

Cat Neilan



The old Waterloo Christian Centre, now simply called Webber Street, the name most people used for this SE1 day centre. It has recently undergone extensive refurbishment – see story pg 12.



A-day-in-the-life

Following on from the interview last issue; John Bird's day (with liberal doses of controversy)

"I'm known as the late John Bird. I'm always late and I never stop talking. But my day starts early. I wake up at 6am to look after Sonny. I have a breakfast of toast and marmalade at around 6.15 and then I do some exercising. I want to live. I want to be so strong I can still beat people up when I'm 70 if I'm being attacked. And really I just like exercise. I cycle a lot. I'm always struggling to be healthy.

"I start working on my book intermittently from around seven while Sonny's playing around.

"It is called *The Evils of Idealism*, and is about how the road to hell is paved with good intentions. It's about how a lot of people love to help others but are actually only leading them into dependency rather than independence. They've got something to talk about over the dinner table, at a dinner party, but they don't actually help.

"My wife, Parveen, takes over with the kids whilst I write. She is my third wife. I met my first in a lift in Gloucester Road tube station, when she was 16 and I was 18. I met my second wife in a nightclub. I was drunk on both occasions. When I met my third wife I was sober. I had given up drink when she walked into my front room two and half years ago with a friend of mine. She proposed to me nine days later and I told her, 'you're f**king mad!' I was obviously the most complete human being on her rostra at the time.

"Our newborn, Ish Priya, has a Punjabi name, which is where my wife's family are from. We never discuss what her family think of me, especially because Parveen is 24 years younger than me. But I don't think they have too many complaints; if you're a 33 old, your

family are quite traditional and you're not married, then you're on the shelf. So any man that takes you down off the shelf is a good man!

"Writing the book is a lot of fun. It's full of stories, and it's turning out to be about all sorts of things. But what I am really trying to get across is that often if you intervene in somebody's life when it's going in a certain direction, then you create a new problem.

"I'm mainly looking at the road to hell or destruction that so many people seem to walk down. I'm looking at it philosophically, historically, and I'm looking at it from my own experiences. I'm using myself as an example because I've had all the illusions. I've gone from being a devout Catholic and shoplifter to a non-believer. Then I was a Marxist, until I realised they were a bunch of romantic idealists. These days, I am

mostly just a classist, which means I have an absolute detestation of the way in which the comfortable classes get all the good jobs.

"From about nine I go off to meetings, interviews, talks... I can't even remember. I'm just always talking to somebody, whether it's about the book, the film I'm doing about a Rolls Royce service out of the cycle of homelessness, or the Wedge card.

"This is a new way to get discounts from hundreds of independent businesses, so a lot of people are buying these cards to support the local shops rather than the big corporations. Between a quarter and half of the £20 annual payment for the card goes to a local project – like a homeless project – and the rest of the money is spent on getting merchants to give our card-holders reductions. The aim of the Wedge Card is to help



in re-vitalising local communities. It's about social enterprise, but it is also the beginning of audience participation.

"I'll go into a café for lunch, then I'll try and have a sleep somewhere in the daytime, because I don't sleep much at night. I used to work nights in the car industry and printing industry and I lost the art of going to bed. Also when I started the Big Issue a lot of my work was roaming around at night and I was always at my best at about two in the morning. I probably sleep about three or four hours at night, so I need an hour in the daytime.

"I've also got an exhibition opening sometime this year called 'Arses, Grasses and Trees'. It's called this because I draw life models, I draw grasses, and I draw trees. Half of the money will go to the Big Issue, and I've no idea where the other half will go.

"Dinner will be around 6pm and will be something very simple, like pork with cabbage and leeks. I put Sonny and Ish to bed, although the little girl pretty much kips most of the time.

"I try and read before I head to bed at about 12.30am. I often have to get up at night for either her or him. But I'm a participatory father and I like it. I also like getting up at night because it gives me an excuse to turn a half an hour feed into an hour so I can write for the other half hour.

"Am I happy these days? I don't think about happiness. I'm just a really driven person. I have delusions of grandeur. I have what is called a Napoleonic complex, which means I believe I really am the most important person in the world. I want to sort the world out for you lot if you won't sort it out for yourselves. It's a coping mechanism. Some people are ground down by what happens to them and some people rise and I have risen. Or I've tried to rise at the very least."

Interview by Naomi Glass

Cold Turkey

Cold Turkey's back with its take on drugs and treatment

Who would want to be a drug user in 2007? Not me!

While the government howls about how 'treatment works', humanity gets lost in the bureaucracy of it all. And drugs workers, for the most part, have become robots whose only concerns are to maintain the status quo without questioning it. As long as they tick their boxes, reach their outcomes and targets, and deliver shiny statistics, they are happy. They are not questioning the legitimacy of their work.

We are now in the era of the bureaucratic drugs workers; they have become the arm of the state. The forms they have to fill in with clients are as long-winded as *War and Peace*, so they are filling them without really assessing anyone. They don't have time to do any real work with their clients. The drugs treatment industry is rolling over workers and clients alike.

Also, the only way the majority of people have can access to a legitimate supply of Class 'A' drugs is by being criminalised, pathologised or medicalised. With a grand stroke of irony, for you to access these legitimate drugs quickly, you have to be involved in some criminal activity or other, and using illicit drugs in the first place (my head spins).

The route to treatment starts with getting yourself arrested for shoplifting or burglary or suchlike. You are then tested for Class 'A' drugs, and, if found positive, you are then theoretically fast-tracked/signposted towards treatment.

In the first instance, treatment usually equals a prescription for methadone. That's not what you (the now client) wanted, because this heroin substitute is a very boring drug indeed and not the real McCoy. Most people I know use illicit drugs and alcohol alongside methadone just to "liven it up."

So now you are the 'user,' or

the 'criminal justice patient,' and you are in the medical criminal model of dealing with drug use. You are in the world of the ASBO, the CARAT (Counselling, Advice, Referral, Assessment and Through-care), the test on arrest, Tier One to Four services, etcetera. You will learn to comply! We can now urine test you, take your blood, assess you, make you attend groups. You will be taught how to inject safely, and we will give you syringes and sin bins. And if you're really good, we will send you to rehab. As Amy Winehouse sings: "No, no, no."

But, alas, we will not give you the drugs that you so crave, i.e. good quality uncut heroin, cocaine and various other quality products that we control, that can get you stoned.

You might also get access to treatment through the medical only route by becoming a patient. However, this takes longer because under current thinking, if you're not committing an acquisitive or violent crime you are not perceived as having a drug problem in the same way as people who are. I digress.

You may only want to do bit of gear, the occasional drink, smoke some puff and use E at the weekend, but that's all over now, so what are you going to do?

There doesn't seem to be much choice. You're caught up in a different machine now.

What is also not readily apparent to the entry-level drug worker is that this is not about problematic drug use *per se*. It's about government pushing their un-democratic prohibitionist agenda no matter what the cost, or the end result.

Andrew Sinclair

Health

Nurse Flo on... depression: part one

"In the midst of winter, I finally learned that there was in me an invincible summer."
Albert Camus

Everybody hurts, as the song goes; and everybody does from time to time. The thing which makes us humans human is the vast range of complex emotions we are subject to throughout our lives. Of course, all of these emotional states are entirely normal. It isn't possible to be happy all the time; and even if we think we'd like to be, the truth is that happiness depends on the existence of sadness as a concept. You can't have one without the other. As the Devil said to God, "Without me, there can be no You".

So when does sadness become

a problem? If a people are facing some kind of difficulty, they may experience feelings of anxiety and low mood. Often these feelings will have a direct link to an event or a disturbance in their life. People often feel very low when they experience bereavement, for example, or when a relationship ends. Generally, these feelings will pass as time goes on. We often use the word 'depressed' to cover the times when we are feeling low, but there is a real difference between these kinds of existential ups and downs and the persistence of 'true', or clinical, depression.

So perhaps the easiest way to understand depression is to see it as one long line, with 'normal', everyday sadness at one end, and the ongoing, intense feelings of helplessness and hopelessness that

characterise clinical depression at the other. Some people might have a single episode of depression in their life; others might have good and bad periods. Some of us may never experience any more than 'normal' sadness. The good news is that, wherever you find yourself along this spectrum, there is help available.

Seeing your doctor is likely to be the first step in accessing treatment for depressive symptoms. There are two main types of treatment available – medication, and non-drug therapy. After asking some questions about your symptoms, it might be felt appropriate to consider an anti-depressant medication. There are a great many myths and misunderstandings as to what anti-depressants actually do, and how they might be of help. It's



important to understand that they do not 'cure' depression, and they do not offer any instant happiness. Anti-depressants can help simply by lifting your mood enough to allow you to help take control over your life again. Generally speaking, anti-depressants target the more 'physical' symptoms of depression, such as poor sleep and appetite. They work by helping to restore the balance of certain chemicals, called neurotransmitters, in your brain. It is believed that a reduction in these chemicals is what causes the symptoms of depression.

People often have fears that anti-depressants are addictive. This fear seems to stem from the experiences of a few people who have taken medication and then decided to suddenly stop. The problem with this is that the brain and body are not given enough time to adjust, and as a result people can feel unwell. They may misinterpret these symptoms as withdrawal. Anti-depressants are not addictive and simply by stopping them gradually when the time is right, any unpleasant side-effects can be avoided.

Many of the anti-depressant medications prescribed today have fewer side-effects than their counterparts which were available in the past. However, as with all medications, people do report occasionally experiencing side-effects when they first start taking them – usually these might include feelings of nausea, feeling more 'jittery' than usual, or experiencing dry mouth. They tend to disappear after a few days, but it's important to talk to your doctor if you have any concerns. Anti-depressants take a while to build up in your system and have a full effect – usually between four and six weeks – so it's important to be patient and not expect an overnight cure.

In part two, in the April issue, we'll look at 'non-drug' therapies, herbal remedies and some simple things that everyone can do to improve their mood.

Foot care

Toe Slayer's back on a favourite topic: corns

My mother used to say: "you can take the skin out of corn, but you can't take the corn out of skin." But, mankind has been trying to do this for a very long time.

Corns were known to be around in ancient Egypt (4000 BC), and copper alloy razor-like implements likely to have been used as corn scrapers. These were replaced with bronze razors in the New Kingdom (1567–1320 BC), and scraping implements were made from iron in the Iron Age (1000 BC).

Hippocrates (c.460 BC – c.370 BC) recognised the only way to relieve the pain from corns was to carefully pare them, and he developed a crude surgical scalpel for that purpose. By the 2nd century AD, Celsus, a Greek physician living in Rome, named the corn a 'clavus,' because it resembled the conical shape of a carpenter's nail. Corns were known as "clavus pedum" and Roman legionnaires used pumice stone (volcanic lava) to relieve their hard skin.

Open razors were developed in 1680, but it took until 1820 to perfect a edge.

Corns are still treated as they were in Greek times, but the cutting tools are now more sophisticated. A popular myth is corns have roots but this is untrue and accounts for why there is nothing in a bottle or tube able to get rid of them. Corns are caused by shearing stress across the skin, usually over a bony prominence, with ill-fitting shoes cited as the most likely exciting factor. Research indicates people have a chemical-like enzyme in the blood supply which controls skin cell production. The concentration of enzyme determines their growth.

Some people produce more

skin cells than others; hence some people get corns and others don't. Some systemic diseases and hormonal imbalance due to menopausal changes may result in the formation of thick skin or ichthyosis (fish scales), otherwise hard skin (callus) is usually found on weight bearing areas of the foot, including heels, balls of the foot and tops of the toes. All corns are conical in shape but classified in order of skin complications.

Hard and soft corns describe the same concentration of skin with a distinct centre, but soft corns are saturated in sweat and usually found in-between the toes. They are white, macerated and rubbery to the touch, irksome between the toes and can infect easily. Hard corns are found on exposed surfaces prone to shear and appear as a yellow to brown lesions with a distinct centre.

Often due to poor self-treatment, the composition of corns can vary. Many incorporate blood vessels (vascular) and some even trap painful nerve endings (neuron-vascular). Vascular corns bleed easily and neurovascular lesion are more painful.

When the deeper layers of skin become involved and permanent changes take place, then fibrous corns may present. These are anchored to the bone beneath. Bursitic corns present when a fluid filled sack develops beneath the corn to protect the surface of the bone. Outcome of care for all corns is not good but routine care by the podiatrist will give much relief.

Toe Slayer

Podiatrist and shoe historian

Good Soup Guide

Know where to get it, and what's good

All Souls' Local Action Network (ASLAN) 4 slabs

Hot food and sandwiches for early risers. Sat 5.30am–8.30am – Covent Garden, Milford Lane, Surrey Street, Strand and Waterloo.

The London Run

Mondays (including bank holidays). Van with tea/coffee, sandwiches, eggs, biscuits, soft drinks, clothes, and toiletries: 8.45am–9.30pm; The Strand, opposite Charing Cross police station: 9.30pm–10.15pm; Temple: 10.15pm–11.00pm; Waterloo (St John's Church). A brilliant van & charming people.

Hare Krishna Food for Life

The Hare Krishna food run provides wholesome and tasty vegetarian meals from Soho and King's Cross Temples. The former can be found at Lincoln's Inn Fields, Mon–Thurs; 7:15pm, finishing at Temple if there's food left. The latter from Monday to Saturday all year round: Kentish Town (Islip Road); 12pm: Camden (Arlington Road); 1pm: King's Cross (York Way) 2.15pm.

- We've updated this entry to reflect the two temples that run the service.

Harlow Chocolate Run

This run is from Harlow, and serves hot chocolate! They also have sandwiches and cakes, coming out on the Second Tuesday of the month. Behind the Army and Navy in Victoria.

House of Bread – The Vision 3 slabs

Second and fourth Sunday in the month (6.45am onwards) – Hot food; note that an excellent full cooked breakfast is served on the

fourth Sunday. On the Strand (Charing Cross end, outside Coutt's).

Imperial College 3 slabs

Serving sandwiches and hot beverages on Sunday evenings (8.0pm–9.30pm) at Lincoln's Inn Fields.

Lincoln's Inn Fields

Mon–Fri: 7.15pm; Many vans with food and occasionally clothing. Sat–Sun: 6.15pm onwards.

New Life Assembly

A run in Hendon, that comes into the West End once a month.

Westminster Quaker Tea Run

It is likely that their tea run (with sandwiches) that used to cover Victoria will be restarted on 26th March. When it does, it'll be on the Fourth Sunday of the month, at around 8.30pm.

The Sacred Heart

This run from Wimbledon has several teams coming up once a month to the Piazza of Westminster Cathedral. Sandwiches and hot beverages around 9.30pm every Tuesday and Friday.

Sai Baba

Third Sunday of the Month: 93 Guildford Street, WC1 (Coram's Fields); 11am–1pm. Vegetarian meal and tea. Another branch of this sect also have a service at Lincoln's Inn Fields – a great curry!

Simon Community

4 slabs

Tea Run: Sun & Mon (6.00pm–9.30am): Islington – St Mary's Church 6am; Euston – St Pancras Church 6.10; Hinde Street 6.30; Milford Lane 6.45; Strand 7.05;

Southampton Road 7.30; Victoria Street; Victoria – Buckingham Gate (Sun only); Victoria – behind Sainsbury's (Sun only); Victoria – Army & Navy 8.15 (Sun) 8 (Mon); Grosevenor Gardens (Sun only); Marble Arch 8.45 (Sun) 8.20 (Mon); Waterloo Bridge 9.15 (Sun) 8.50 (Mon).

Soup Run: Wed & Thurs (8pm–10.30pm): Euston – St Pancras Church 8pm; Hinde Street 8.30pm; Maltravers Street 8.50pm; Waterloo – behind NT 9.10pm; Victoria Street 9.30pm; Victoria – Buckingham Gate 9.45pm; Victoria – back of Sainsburys 10pm; Victoria – Army & Navy 10.10pm

Street Café: Always in the enclosed area at St Mary-Le-Strand (Strand) – Mon (5pm–7pm) & Wed (10am–12.00pm)

Silver Lady Fund, a.k.a. 'The Pie Man'

4 slabs

Piping hot pasties, pies and sausage rolls from the van down behind the Festival Hall early mornings (it's white with 'Silver Lady Fund' written on the side).

SW London Vineyard – The King's Table

3 slabs

Sun 2.30pm–4.30pm beneath Waterloo Bridge (Embankment). Superb hot stews and potatoes, bread, fruit, and tea and coffee.

Please note, soup kitchens are listed on page 30.

ThamesReach

power

decent homes
supportive relationships
fulfilling lives

Trainee Programme

Thames Reach is a London-based agency helping homeless and vulnerable people to find decent homes, build supportive relationships and lead fulfilling lives. Our vision is to end street homelessness.

Easier said than done, given that many of our service users suffer discrimination, social exclusion and a combination of drug, alcohol and/or mental health problems. Nevertheless, our committed and skilled staff work in hostels, homes and on the street to achieve this vision.

We are now recruiting for the July intake of our structured, 12-month trainee programme. It will give you direct experience of this rewarding and challenging work, high quality on-the-job training, and will equip you to work in our front-line services. To succeed, you will need passion and commitment, empathy towards homeless people, and good basic admin skills. If you have experienced homelessness you are especially encouraged to apply.

Thames Reach is known for its dedication to service users and rated by the Sunday Times Best Companies List as an outstanding employer. We offer a trainee salary of £15,524 (subject to cost of living increase), non-contributory pension scheme, 24 days' annual leave, a range of other benefits, and a potentially life-changing experience.

To apply please visit www.thamesreach.org.uk/careers/trainee-programme

Alternatively call 0845 055 0261 or email tr@peoplemedia.co.uk quoting reference 790.

Our website provides information about the trainee programme and guidance on the application process.



Closing date: Friday, 13th April 2007

Interview & Assessed visit: From 2nd May to 18th May 2007

Committed to achieving a diverse workforce that reflects the communities we serve, we especially encourage suitable applicants with a history of homelessness, with disabilities and from black and ethnic-minority groups.

theList

Key to the list:

Accom assistance – AS

Advocacy – AD

Alcohol workers – A

Art classes – AC

Barber – B

Benefits advice – BA

Bathroom/showers – BS

Bedding available – BE

Careers advice – CA

Clothing – CL

Counselling – C

Debt advice – DA

Dentist – DT

Drugs workers – D

Education/training – ET

Free food – FF

Food – F

Foot care – FC

Housing/accom advice – H

Internet access – IT

Laundry – L

Leisure activities – LA

Leisure facilities – LF

Luggage stowage – LS

Medical services – MS

Mental health – MH

Music classes – MC

Needle exchange – NE

Outreach worker links – OL

Outreach workers – OB

Pavement stockists – P

Safe keeping – SK

Sexual health advice – SH

SSAFA – SS

Tenancy support – TS

No new services have been added this issue, but with new stockists taken on every month we'll expand more in the coming months. As always *The Pavement* needs your help. If you notice any omissions or any mistakes, please email Phil Lee at thelist@thepavement.org.uk

ADVISE SERVICES

Borderline (for Scots)

7–9 Belgrave Rd, SW1V 1QB

0845 456 2344 (advice line)

Mon–Fri: 9.30am–10.30am (drop-in

advice service); 9.30am–4.30am

(appointments). Closed Wed pm

A, BA, C, CL, D, H, MH, P

CHAS (Central London)

19–20 Shroton St, NW1 6UG

020 7723 5928

Housing and debt advice, by

appointment only

KCAH

36a Fife Rd

Kingston, KT1 1SU

020 8255 2439

Housing advice and accommodation

London Irish Centre

50–52 Camden Sq, NW1 9XB

020 7916 2222

Ring for service times

A, BA, C, CL, D, ET, H, MC

Notre Dame Refugee Centre

5 Leicester Pl, WC2H 7BX

020 7434 1619

Mon and Thurs: 11am–4pm (drop-

in) Service for French-speaking

refugees and asylum seekers

BA, C, CA, FF, H

No 10 – Care Advice Service

10 Princess St

Oxford Circus, W1C 2DJ

020 7629 5424

Wed: 6.30pm–8pm (drop in – 18+)

BA, C, CA, ET, H

ScotsCare (for Scots in London)

37 King St

Covent Garden, WC2E 8JS

Call the helpline on 0800 6522 989

BA, C, CA, H, B, P, TS

St Giles Trust

64 Camberwell Church St, SE5

020 7703 7000

Mon–Fri: 9.30am–12.30pm

A, BA, BS, D, ET, H, L, MH, MS, P, TS

Women's Link

Rm 417, London Fruit & Wool

Exchange

Brushfield St, E1

020 7248 1200 (ring first)

AS, BA, H

BENEFITS AGENCY

Southwark Homeless Unit

Wedge Hse

36–40 Blackfriars Rd, SE1 8PB

020 7902 8600

DAY CENTRES AND DROP-INS

Ace of Clubs (16+)

St Alphonsus Rd, Clapham

020 7622 3196

Sun, Mon & Tues: 2pm–6pm; Wed &

Thurs: 12 noon–2pm; Fri & Sat: 12

noon–6pm

BS, DT, F, FC, H, IT, L, MS, OB, P

Action Homeless Concern

Emmaus Hse

1 Berrymead Gardens, Acton

020 8992 5768

Call for opening times

A, B, BA, CL, D, DT, ET, F, FC

Aldgate Advice Centre

See **Providence Row** (The Dellow Centre)

Broadway Day Centre

Market Lane, Shepherds Bush

020 8735 5810

Mon–Fri: 9.30am–2.30pm (drop-in);

8.30am–4.30pm (breakfast for

rough sleepers)

CL, ET, F, FC, H, MS, P

Bromley 999 Club

424 Downham Way,
Downham, BR1 5HR
020 8698 9403
Mon–Fri: 10am–5pm
Thurs: AD, L, FF

Cardinal Hume Centre

Arneway St, SW1
020 7222 8593
Mon–Fri: 9.30am–12 noon &
1.30pm–4.30pm (drop-in – 16–25);
Mon–Thurs: 10am–3.30pm (family
centre, with pre-school children)
A, BA, C, D, DT, ET, H, IT, MH, MS,
P, SH

Choral Hall Lifeskills Centre

310 Barking Rd, Plaistow
020 7511 8377
Mon–Fri: 10am–2pm
A, BA, BS, C, CL, D, F, FC, L, M

Church Army, Women's Day Centre

1–5 Cosway St, NW1
020 7262 3818
Mon–Thurs: 9.30am–12pm
(advice); 12pm–3.30pm (drop-in);
12 noon–1pm (sandwiches).
AC, BA, BS, CA, CL, C, ET, FF, H, IT, L,
LA, LF, MC
Women only

The Connection at St Martin's

12 Adelaide St, WC2
020 7766 5544
Mon–Fri: 9am–1pm (12.30pm
Wed). Various afternoon sessions
from 1pm (except Wed). Weekends:
9am–1pm (no entry after 10.30am).
There are also drop-in sessions on
Tues & Thurs 4.30pm–7.30pm.
A, AC, BA, BS, CA, CL, D, ET, F, FC, H,
IT, MC, MH, MS, OB, P, SK, SS
**Now a mixed service, and due to
be running from portacabins.**

Croydon Resource Centre

70a Wellesley Rd, Croydon
020 8686 1222
Mon–Fri: 10am–3pm
AS, BA, CA, CL ET, F, IT, LA

Cricklewood Homeless Concern

020 8961 8599
Homeless drop-in: 28a Fortunegate
Rd, Craven Park.
Tues & Fri: 10am–2.30pm; Weds &
Thurs: 12.30pm–2.30pm
Mental health drop-in: in flat
above St Gabriel's Hall
77 Chichele Rd, Cricklewood, NW2
3AQ
Tues–Fri: 10am–12 noon.
AC, BA, BS, H, IT, L, MS, OL

Crisis Skylight

See [Performing Arts](#)

Deptford Churches Centre

Speedwell St, Deptford
020 8692 6548
Mon, Tues, Thurs & Fri: 9am–3.30
pm
BS, ET, F, H, L

Finsbury Park

Street Drinkers Initiative

See [Whitaker Centre](#)

Hackney 180 First Contact & Advice

See [Thames Reach](#)

The Dunloe Centre – The Tab Centre

St Saviours Priory
Dunloe St, E2
Call Tab Centre for details

Hanbury Community Project (SCT)

22a Hanbury St
Spitalfields, E1
020 7377 2497
Wed–Thurs: 10.00am–4.00pm
AC, BA, C, ET, IT, P

The Haven Club

At the Holy Cross Centre.
Mon: 6pm–10pm
For self-treating drug & alcohol
users: no using on day or no entry



*“At last! We’ve found a way of getting him
to take regular exercise!”*

Holy Cross Centre

The Crypt, Holy Cross Church
Cromer St, WC1
020 7278 8687

Mon: 2pm–5pm; Tues: 6.15pm–
9pm; (ticket required) Thurs: 5pm–
8pm (Italian speakers session); Fri:
12 noon–3pm (refugees and asylum
seekers session).
AC, FF, H, IT, LA, LF, MH, P

Kings Cross Baptist Church

Vernon Sq, W1
020 7837 7182

Mon; Fri: 11am–2pm; Tues:
11am–1pm
FF, LF

Manna Day Centre

6 Melior St, SE1
020 7403 1931

Mon–Sun: 8.30am–1.30pm
AD, B, BA, BS, CL, DT, FF, FC, H, MH,
MS, P

New Cross 999 Club

All Saints
Monson Rd, SE14
020 7732 0209
Mon–Fri: 10am–5pm
Ad, ET, FF, L, LA,

North Lambeth Day Centre

It is no more

North London Action for the Homeless (NLAH)

Church Hall
24–30 Bouverie Rd, N16
020 8802 1600
Tue: 12pm–1.30pm; Thurs:
7pm–8.30pm

BA, BS, CL, FF, P

The Passage (25+)

St Vincent's Centre,
Carlisle Place, SW1P
020 7592 1850
Mon–Fri: 7am–10.30am (for
rough sleepers); 10.30am–12pm
(appointments); 12 noon–1.30pm
(lunch, small fee); 2pm–5pm
(appointments); 5pm–7pm (verified
rough sleepers, by invitation)
A, BA, CA, CL, D, ET, F, FC, H, IT, L,
MH, MS, P, TS
No smoking

Providence Row

The Dellow Centre
82 Wentworth St
Aldgate, E1 7SA
020 7375 0020



Mon–Fri: 9.15am–11.30am (for rough sleepers) & 1.30pm–3.30pm (appointments & activities); Fri: 3pm–4pm (for rough sleepers)
A, BA, BS, CL, D, ET, F, H, L, MH, MS, P

Rochester Row Day Centre

97 Rochester Row, SW1
020 7233 9862
Mon & Fri: 5.30pm–8pm (appointments only); Tues: 2pm–4.30pm (art workshop); Wed and Thurs: 5.30pm–8pm (drop-in); Thurs: 1pm–5pm (benefits); Thurs & Fri 2pm–4pm (English classes)
AC, BA, BS, CL, ET, FF, P

Shoreditch Community Project – The Tab Centre

St Leonard's Church
Shoreditch High St, E1
020 7613 3232
Mon & Wed: 9.30am–12.30pm
FF, BA, OL, P

Simon Community

House of Hospitality
129 Malden Rd, NW5
Mon: 11am–4pm; Wed & Thursday: 3pm–8pm
So much more than a drop-in centre, and they've many services listed with the soup runs.

Spectrum Centre

6 Greenland St, NW1
020 7267 4937
Mon–Fri: 9.30am–3pm
A, BS, C, CL, D, FC, H, L, LS, MH, MS, P, TS

Spires Centre

8 Tooting Bec Gardens
020 8696 0943
Tues & Thurs: 9am–10.30am (rough sleepers only), 10.30am–2pm (drop-in); Wed: 10am–12pm (rough sleepers), 10am–1pm (adult learning centre); Fri: 10am–1pm (women only); Sun: 11.30am–3pm (drop-in)
A, BA, CL, D, ET, FF, FC, H, MC, MH, MS, P

Spitalfield's Crypt Trust/The Tab Centre

See **Hanbury and Shoreditch Community Projects**

St Christopher's Centre

Lime Grove Resourch Centre, 47
Lime Grove, W12
Please call for opening times: 020 8740 9182
AC, BS, CA, ET, FC, IT, L, MS

St Cuthbert's Centre

The Philbeach Hall
51 Philbeach Gdns, Earls Court
020 7835 1389
Mon–Fri: 11.45am–3.45pm
AC, BS, C, CL, F, H, IT, L, OL, P

St Stephen's Church

The Manna
17 Canonbury Rd, N1 2DF
020 7226 5369
Tues: 7pm–9pm (drop-in); Weds: 1pm–3pm (drop-in – B and FC); Fri: 10am–1pm (drop-in)
BS, CL, FC, FF, L, P

The Tab Centre

20 Hackney Rd, Shoreditch, E2
020 7613 3232
Friday: 9.30am–12.30pm
CL, FF

Thames Reach

Now called **Hackney 180 First Contact & Advice**
Venue 1:

Hackney Methodist Church
219 Mare St, E5
0208 985 6707

Mon–Thurs: 8am–9.30am (breakfast club)

Venue 2:

St Johns at Hackney
Lower Clapton Rd, E5
Mon–Wed: 10.30am–12.30pm (advice service) & 1.30pm–3pm (appointments)
BA, BS, CL, ET, F, H, IT, MS

Triumphant Church International

136 West Green Rd
South Tottenham, N15 5AD
020 8800 6001
Sun: 10am–11am (open drop-in)
AD, C, FF

Union Chapel (Margins)

Compton Terrace, Upper St, N1
020 7359 4019
Sun: 3pm–5pm
BS, CL, FF, HA, L, LA, LF, P

Upper Holloway Baptist Church

11 Tollington Way, N7
020 7272 2104
Mon: 10.30am–1.30pm
CL, FF, LF

Upper Room, St Saviour's

Cobbold Rd, W12
020 8740 5688
Mon–Thur: 5.30pm–6.45pm; Tue: 9.30am–11.45am; Sat–Sun: 12.30pm–1.30pm
A, BA, C, CA, D, ET, FC, FF, H, P

Webber Street

6–8 Webber St, SE1 8QA
020 7928 1677
Mon–Fri: 9am–12pm
B, BA, BS, CL, FF, H, MS, P
See story pg 12

West London Day Centre

134–136 Seymour Place, W1H
020 7569 5900
Mon–Fri: 8.45am–10am (rough sleepers drop-in); Mon–Fri: 10am–11.30am (drop-in, hostel residents join); Mon–Fri: 11.45am–12.45pm (advice, appointments only); Mon & Thur: 1.30pm–3.30pm (drop-in for those with tenancies)
AC, BA, BS, C, CL, F, IT, L, LS, MS, OL, P, SK, TS

The Whitaker Centre

91–93 Tollington Way, N7
020 7272 8195
Mon–Thurs: 9am–3pm
Alcohol allowed
BS, FF, L

Whitechapel Mission

212 Whitechapel Rd, E1
020 7247 8280
Daily: 6am–11am (cooked breakfast 8am–10am)
BS, CL, FF, MS, OL

DIRECT ACCESS HOSTELS/ NIGHTSHELTERS

All – low-support needs

Livingstone House

105 Melville Rd, Brent NW10 8BU
020 8963 0545

Ring first. Local connection only

Redbridge Night Shelter

16 York Rd, Ilford
IG1 3AD
020 8514 8958

Ring first

St Martin's Night Centre

12 Adelaide St, Westminster
020 7766 5544
10pm–7.30am

Referral from St Martin's

Turnaround (Newham)

Choral Hall
020 7511 8377
7.30pm–7.30am

Referral from Choral Hall Day Centre

Waltham Forest Churches Night Shelter

740 Forest Rd, Walthamstow
E17 3HR
020 8509 4687

Ring or visit Mon–Fri: 10am–4pm

Men

Missionaries of Charity

112–116 St Georges Rd, Southwark
020 7401 8378

*Ring first, 9am–11am except Thurs
Age 30+ (low support)*

St. Mungo's (Ennersdale House)

1a Arlington Close, Lewisham SE13
6JQ

020 8318 5521 (ring first)

Medium-support needs

Women

Church Army

1–5 Cosway St, Westminster NW1
5NR

020 7262 3818

Ring first. Daily vacancies

Home of Peace

179 Bravington Rd, W9 3AR
020 8969 2631

Women only. Open access (dry)

St Mungo's

2–5 Birkenhead St, Camden WC1H
020 7278 6466

Young people (16–21)

Centrepont

25 Berwick St, Westminster W1F
8RF

020 7287 9134/5

Ring first. Daily vacancies

MASH

8 Wilton Rd, Merton SW19 2HB
020 8543 3677

Ring first

DRUG / ALCOHOL SERVICES

Addaction (Harm Reduction Team)

228 Cambridge Heath Rd, E2
020 8880 7780

*Drop-in: Mon, Fri 10am–4pm; Tues,
Wed & Thurs 12 noon–6pm;
Closed each day 1.30pm–2.15pm
D, OL, MS, NE, SH*

Angel Drug Services Drop-in

332c Goswell Rd, EC1V 7LQ
0800 169 2679

*Mon–Fri: 2pm–5pm
C, OB, MS, NE*

Blackfriars Road CDAT Team

151 Blackfriars Rd, SE1 8EL
020 7620 1888/ 6500

*Mon: 2pm–4pm (drop-in)
MH, MS, NE*

Central and NW London Substance Misuse Service

Crowther Market
282 North End Rd, SW6 1NH
020 7381 7700

Mon–Fri: 9am–5pm

C, MS

Druglink

103a Devonport Rd, Shepherds
Bush, W12 8PB

020 8749 6799

Mon–Fri: 10am–5pm (needle

*exchange and telephone service);
Mon & Fri: 2pm–5pm & Wed:
3pm–6pm (drop-in)
C, D, OL, NE*

The Hungerford Drug Project

(Turning Point)
32a Wardour St, W1D 6QR
Mon–Fri: 2pm–5pm (drop-in)
020 7287 8743
C, D, MH, P

EASTERN EUROPEANS

Ania's Poland Recruitment

Agency

31 Fallsbrook Rd, Streatham
020 8769 0509

Ring for appointment

UR4JOBS

*Running twice a week from the
Upper Room, Cobbold Road. Call for
details - more on their work soon.*

EMPLOYMENT AND TRAINING

Dress for Success (Women)

Unit 2, Shepperton Hse
89–93 Shepperton Rd, N1 3DF
020 7288 1770

www.dressforsuccess.org

Smart clothing for job interviews

OSW (London Bridge)

4th Floor, The Pavilion
1 Newhams Row, SE1 3UZ
020 7089 2722
CA, ET, IT

EX-FORCES

Ex-Service Fellowship Centre

40 Buckingham Palace Rd, Victoria
020 7828 2468
AS, BA, CL

• 75 years, and still running a
gold service.

AWOL? Call the 'reclaim your
life' scheme from SSAFA on 01380
738137 (Mon–Fri: 9am–10am).

MEDICAL SERVICES

Great Chapel Street Medical Centre

13 Great Chapel St, W1
020 7437 9360

Mon–Fri: 2pm–4pm; Mon, Tues &
Thurs: 11am–12.30pm
A, B, C, D, DT, FC, H, MH, MS, P, SH

Dr Hickey's – Cardinal Hume Centre

Arneway St, SW1
020 72228593

Mon, Tues, Thurs & Fri: 10am–
12.30pm & 2pm–4pm
Wed: 10am–12.30pm
A, B, C, D, DT, H, MH, MS, P, SH

Health E1

9–11 Brick Lane, E1
020 7247 0090

Mon–Thurs: 9.15am–11.30am
Friday: 10.30am–12.30pm;
Mon, Wed & Fri afternoons
– appointments only; closed
1pm–2pm daily

King's Cross Primary Care Centre

264 Pentonville Rd, N1
020 7530 3444

B, BS, CL, DT, FC, H, MH, MS, NE,
P, SH

Project London (Médecins du Monde)

Pott St, Bethnal Green, E2 0EF
Mon & Wed: 1pm–5pm
07974 616 852

MS, SH

Project London also operates at
Providence Row and U-Turn

PERFORMING ARTS

Crisis Skylight

66 Commercial St, E1
020 7426 5661

Mon–Thurs: 2pm–9.30pm
AC, ET, IT, MC, P, PA
Workshop programme from
www.crisis.org.uk



Cardboard Citizens

020 7247 7747

PA

Workshops at *Crisis Skylight*.

Programme from

www.cardboardcitizens.org.uk

Streetwise Opera

020 7495 3133

PA, MC

Workshops at *The Passage, Skylight*
and *the Connection* at St Martin's

www.streetwiseopera.org

SOUP KITCHENS

All Saints Church

Carnegie St, N1

020 7837 0720

Tues & Thurs: 10am–12pm

Cooked breakfast

American Church

(Entrance in Whitfield St)

79a Tottenham Court Rd, W1T

020 7580 2791

Mon, Tues, Thurs, Fri & Sat:

10am–12pm

Pavement stockist

Bloomsbury Central Baptist Church

235 Shaftesbury Ave, WC2 8EP

020 7240 0544

Sunday: Roast lunch 1pm

10.30am for ticket (very limited)

City Temple

Holborn Viaduct, EC1A 2DE

020 7583 5532

Mon–Fri: 1pm–2pm

£3 voucher (1 per week) redeemable
at local café. ID required

Emmanuel Church (Stratford)

Corner of Romford Rd & Upton Lane

Thurs: 7.30am (booked breakfast)

Muswell Hill Baptist Church

2 Dukes Ave, N10

020 8883 8520

Sun–Thurs; 7.45am–8.45pm

Our Lady of Hal

165 Arlington Rd, NW1

020 7485 2727

Tues, Weds, Fri & Sat: 12.45pm–
2pm

Salvation Army (King's Cross)

Faith Hse, 11 Argyle St, WC1

020 7837 5149

Mon: 5.30pm–7pm (men-only drop-

in); Tues–Fri: 2pm–3pm (women-
only drop-in);

Weds: 7.45pm–9pm (open drop-in);

Thurs: 12.30pm (hot meal)

St John's Ealing

Mattock Lane, West Ealing

W13 9LA

020 8566 3507

Sat & Sun: 4pm–5pm

St John the Evangelist

39 Duncan Terrace, N1 8AL

020 7226 3277

Tues–Sat: 12.30pm–1.30pm

St Mary's Church Islington

Upper St, N1

020 7354 3427

Mon: 11.30am–2pm

SEASONAL SHELTERS

Camden and Clerkenwell

Various churches

07908 131518

01 Jan – 31 Mar 07

8pm – 8.30am, arrive by 9pm.

Age 18+, mixed, beds for 15

(separate area for women)

Local referral only.

Dry: no smoking

Croydon Churches Floating Shelter

Various churches (7 from 01 Nov;

15 from Jan)

020 8774 9872 (office)

07914 988208 (out of hours)

Mobile switched off if no vacancies

01 Nov – 31 Mar 07; 7.30pm – 8am.

Last admission 9pm, age 18+,

mixed, beds for 14



Local referral only
Dry

Finchley Area Churches Winter Shelter

Various venues
020 8446 8400
03 Jan – 30 April 07
8pm – 8am. Last admission 10pm
Age 18+ Mixed
Beds for 15
Referral from Homeless Action in
Barnet
Dry

Hackney Winter Night Shelter

Various churches
07962 447373
01 Jan – 31 Mar 07
8pm – 8am
Age 16+, mixed, beds for 15
Self or agency referrals: 1st come
1st served.
Dry

Islington Churches Cold Weather Shelter

Various venues
07960 491151
01 Jan – 31 Mar 07
7.30pm – 8.30am, arrive before
8.30pm
Age 18+, mixed, beds for 15
(separate area for women)
Self or agency referrals. Phone 1pm
– 9pm to check
Dry

Turnaround Project

0207 511 8377
Open all year
7.30pm – 7.30am
Mixed, beds for 25
Referrals from Choral Hall Day
Centre
Dry

Waltham Forest Churches Winter Shelter

0208 509 4687 (Day centre)
0208 509 4674 (Nightshelter)
www.wfcns.org.uk

West London Churches Winter Shelter

Various venues
Priority for those in the
Hammersmith, Fulham, and
Kensington and Chelsea.
0207 351 4948
(Mon – Fri 9am – 5pm); 14 Nov – 01
Apr 07
8pm – 7am, with last admission at
8pm
16+, mixed, beds for 35 (separate
area for women)
Self referrals; must phone first.
Dry

SOCIAL EVENTS

ASLAN

All Souls Church – Clubhouse
Cleveland St
020 7580 3522
Sat eve: by invitation

SPECIALIST SERVICES

Quaker Mobile Library

Every second Mon: North Lambeth
Day Centre (Waterloo); The
Christian Centre in Webber St
(behind the Old Vic); and The
Manna Centre (the busiest stop).
Every Sat morning: The Passage and
St Martin's

TELEPHONE SERVICES

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)

Message Home Helpline

0800 700 740
24 hrs daily

National Debtline

0808 808 4000

Runaway Helpline

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

The Samaritans

08457 90 9090

Shelter

0808 800 4444
Housing info and advice
8am–12am daily

Eaves

020 7735 2062
Helps victims of trafficking for
prostitution

Poppy

020 7840 7141
Helps women who have been
trafficked for sexual exploitation

UK Human Trafficking Centre

0114 252 3891

WEBSITES

Homeless London Directory (RIS)

Although updated irregularly
this public access website has
full details of all major services
in London, including emergency
accommodation.
www.homelesslondon.org

The Pavement

Regularly updated online version of
'The List'
[www.thepavement.org.uk/
services.htm](http://www.thepavement.org.uk/services.htm)

Phil Lee

Ask Agnes

Our agony aunt answers all

My keyworker keeps asking me what I want to do with my future. I can never think of anything to tell him. I'm 28 years old and I have been homeless for 10 years. I've never even had a job.

Anthony
Mile End

Firstly, let me say I can sympathise with you on this one. I have a job and a home, and I often find the same question difficult to answer.

I imagine you're feeling pretty overwhelmed right now; the future is a huge space after all, and since you've been homeless for a while you may be more used to thinking on a 'here and now' basis than long-term. It sounds like your keyworker does not realise how much pressure he is putting you under.

From your letter I also gather that you'd rather give an honest answer than make something up, so let me try and give you some ideas about approaching this problem in a new way.

Perhaps what is happening here is that you're being asked a question which requires you to make a big shift about how you think of yourself as a person. This concept is not as complicated as it may sound, basically what I mean is that you think of yourself as a homeless person, who has friends in the homeless community, and occupies himself in various ways with which you are very familiar (obvious right?).

The question your keyworker is asking you requires you to significantly change your outlook.

No wonder you're struggling.

Considering the age at which you became homeless, it's possible that you've never had to think about your future before.

The difficult question is how can you start thinking differently now?

Having a proper think about your sense of identity might be a good place to start. I often advise people to do this before they start trying to change things. After all, how can you begin a journey if you don't know where you are starting out from? I wonder if you will find that you identify yourself strongly as being a 'homeless person'? This is perhaps inevitable given your lifestyle, however it could be holding you back from getting off the streets and into the housing (if that's what you want).

It may sound simplistic, but, for example, beginning to think of yourself as a 'person who is going to get housed' will help to start the process of imagining that future.

Okay, one step at a time, please. Understanding something about yourself for the first time can give you a bit of a rush. However, you aren't there yet, you've just learned to ride the bicycle which will take you on this trip.

Personally, I think you would be pretty unusual if you could decide on a career before you even have a roof over your head. Getting housed is a vital rung on this ladder because it will give you more security, which will in turn allow your mind to relax, letting in new possibilities, and offering you new opportunities. Not to mention the physical space and comfort you will have in which to investigate training and job possibilities.

You probably have more thinking and talking time ahead of you than anything else. I would advise you to approach your keyworker honestly next time you see him. Perhaps he will be able to sympathise with your confusion and stress too. Just because someone asks you a question doesn't always mean they could answer it themselves, after all.

Agnes



Gavin Wilson
Age at disappearance: 28
Age now: 29

Gavin has been missing from his home in Scarborough, since 27th February 2006. Although there was a possible sighting of Gavin walking away from Scarborough the following Sunday, there has been no news since. It is, however, possible that Gavin, a keen music fan, may have travelled to the London area.

His family are extremely concerned for Gavin's welfare as his disappearance is completely out of character and it is thought he may have been feeling low prior to going missing. They just want to know that Gavin is okay and urge him to get in touch and reassure them of his safety.

Gavin can call the confidential Message Home service on 0800 700 740

Gavin, whose nickname is Bob, has since turned 29. He is 6' 1", slim with dark brown collar-length hair and brown eyes.

If you have seen Gavin, please call the confidential National Missing Persons Helpline on Freephone 0500 700 700