

the  
**FREE**  
mag for  
homeless  
people

# thePavement

February/March 2017: From the Ground Up special issue



# Missing



**Robert Pagan**

Robert is 22 years old and has been missing from Lambeth since November 2016.

Robert, we're here for you whenever you need us. We can talk through your options, send a message for you and help you be safe. Call/text 116 000. It's free, confidential and 24/7.



**Heather Thomson**

Heather was 27 years old when she went missing from Inverness on 19 January 1994.

Heather can call, our free, confidential and 24/7 helpline for support and advice without judgement and the opportunity to send a message to loved ones. Call/text 116 000 or email 116000@missingpeople.org.uk.

**If you think you may know something about Robert or Heather, you can contact our helpline anonymously on 116 000 or 116000@missingpeople.org.uk.**

**Alternatively, you can send a letter to 'Freepost Missing People'.**

**Free, confidential, 24/7.**

**A lifeline when someone disappears**



## From the Ground Up

This month, our special issue is brought to you by our 'From the Ground Up' team – citizen journalists who all have experience of homelessness. They are aiming to use their experiences to help make change happen and we're focussing our first call to action on the need for it to be easier for homeless people to get help when they have addiction and mental health problems. But we're also highlighting solutions. They report on how squatters are getting creative and the lessons we can learn from veteran charities. Enjoy.

### The Pavement team

[contact@thepavement.org.uk](mailto:contact@thepavement.org.uk)  
[twitter.com/ThePavementMag](https://twitter.com/ThePavementMag)

## thePavement

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

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**Managing editor:** Karin Goodwin [karin@thepavement.org.uk](mailto:karin@thepavement.org.uk) **Web editor:** Val Stevenson [val@thepavement.org.uk](mailto:val@thepavement.org.uk)

**FTGU reporters:** John Doran, Jeremy Hayden, Stephan Morrison, Mahesh Pherwani, Julz Watt

**Other reporters:** Mat Amp, Jane Evans, Catherine Heath, Katharine Hibbert, Ian Kalman

With special thanks to Tom Allen of Groundswell and Mat Amp of *the Pavement*, who supported our team.

**London Co-ordinator:** Mat Amp [london@thepavement.org.uk](mailto:london@thepavement.org.uk) **Scotland Co-ordinator** Marco Biagini [scotland@thepavement.org.uk](mailto:scotland@thepavement.org.uk) **Fundraising** Kirsten Kearney [fundraising@thepavement.org.uk](mailto:fundraising@thepavement.org.uk)

**The List directory:** Val Stevenson [val@thepavement.org.uk](mailto:val@thepavement.org.uk) **Distribution:** [london@thepavement.org.uk](mailto:london@thepavement.org.uk) or [James.Blakely@thepavement.org.uk](mailto:James.Blakely@thepavement.org.uk)

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This issue is dedicated to Jimmy Carlson, OBE, 1947–2017. Rest in peace.

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## The Pavement

### A magazine for homeless readers

*The Pavement* is a small charity founded in London in 2005. A combination of listings, news, views and cartoons, this little mag for a homelessness readership came into existence because it fulfilled a need.

Now we produce free magazines for homeless and insecurely housed readers in London, and Scotland.

In London alone, we deliver 5,000+ copies of *the Pavement* to over 70 hostels, day centres, homeless surgeries, soup-runs and libraries. We use volunteer journalists and photographers to create exclusive content that's written with our readers in mind.

We also train, support and encourage people with experience of homeless to contribute, and help find ways of taking their writing to wider audiences.

We believe that sleeping rough is physically and mentally harmful but reject the view that a one-size-fits-all approach to getting people off the streets works.

We are funded by a mixture of small trusts and grants, alongside donations, and we work hard to keep costs to a minimum. We are grateful to Fareshare for their help with distribution.

### Get involved

**Volunteer:** we are always looking for volunteer journalists with experience. We particularly welcome those who've been homeless, and we will and try to place you on a suitable programme offering training and support. We also urgently need volunteers to help us check listings and fundraise. Get in touch with [karin@thepavement.org.uk](mailto:karin@thepavement.org.uk) to find out more.

**Fundraise or donate:** we provide magazines free to homeless people to help them at moments of crisis, as well as giving them the information they need to move on. We value our independence and have no statutory funding. But we need your support. Please donate what you can: [www.thepavement.org.uk](http://www.thepavement.org.uk).

### From the Ground Up

This is a partner project between *the Pavement* and Groundswell, an award-winning charity that helps homeless people take control of our lives. It is funded by Comic Relief.

Our From the Ground Up participants receive support and training to help them create content for the magazine and website that tells the stories about homelessness that matter to them. They then raise these issues with policy makers and practitioners at our action days, aimed at driving change. This is their first special issue.

# Focus: round in circles

**When Jeremy Hayden ended up homeless, he also had mental health and addiction issues and couldn't get help. He investigates why, and finds his experience is worryingly common.**

"It's fucked up. I'm supposed to be looked after. I feel let down by most of the services I've approached."

Spending time in one of London's day centres, it didn't take me long to come across someone who'd struggled to get the help he needed when facing a combination of mental health and substance use problems. 'Sid' (as he asked to be called) was telling me about one of many times he'd been locked up in the police station. In desperation, he'd put his trousers around his neck. He told me he did it to get a glass of water, but the result was being left in his cell in his boxer shorts – no mental health assessment, no follow-up to see what help was needed.

The story was much the same when he found himself in A&E. "They ask 'Are you feeling suicidal?', but that's the question they have to ask so they can take everything off you," is the way he sees it.

Sid is a 33-year-old Polish national who's been an alcoholic for 20 years and who's dabbled with other drugs. He's also had issues with depression



From a human brain cell

and anxiety. Recently, the formerly "legal high" Spice has been giving him psychotic symptoms.

He's a qualified electrician and has worked most of his adult life. He came to the UK seven years ago hoping to get away from the monotony of his existence in Poland. Unfortunately, for one reason and another, he found himself homeless and living rough on the streets of London.

To be honest, from my own knowledge of "dual diagnosis", his story wasn't a surprise. That's the term used to describe someone who has both mental health issues and a drug or alcohol problem, and as I'm sure you already know, it's pretty common among people who are homeless.



Image ©Mat Amp

It's something I have first-hand of experience of. And as someone working with vulnerable adults, I've come across too many others in the same boat too.

According to the CHAIN database, where information about rough sleepers is collated by charity St Mungo's, over 40 per cent of rough sleepers have problems with alcohol, 31 per cent with drugs and 46 per cent with their mental health. Other reports suggest the true figures may be higher, and yet support is hard to come by.

Using a Freedom of Information request, St Mungo's asked health and local authority commissioners in 111 areas with 10 or more rough sleepers

on any one night to identify services providing mental health assessment, support and treatment for adults sleeping rough, and found that over two-thirds provide no specialist help.

Lee Murphy, manager of St Mungo's Lifeworks service, says many people's health needs are based on trauma, but few ever get either assessment or treatment.

Mental health issues, addictions and homelessness rolled into one: I've been there and done it. I'll acknowledge that we're not always the easiest group to work with.

Sometimes we miss appointments. Sometimes we get angry. Sometimes we find it hard to trust the services that are supposed to be helping us.

Back to Sid. Some may think his attempts to get help have been limited. He'd gone to a few appointments for drug and alcohol support, and missed a couple more. But, as he says, surviving life on the streets has been the priority. It's not easy getting help when just getting a shower is a challenge.

Others have found that even when you *really* try, it's still hard to get the help. I know that getting help to address my "personality disorder" has been a real struggle. Groundswell's peer researchers, who have been homeless themselves, asked people experiencing homelessness for their thoughts on dual diagnosis.

"I was told that I wouldn't be able to access any kind of [mental health] therapy until I'd got a handle on my drug and alcohol use," one said. "[But] that why I needed the support in the first place." People are facing a Catch-22 situation that's pushing them to breaking point.

I know how this feels. I've waited months for services, watching my condition moving towards crisis. And I know the frustration and desperation you feel due to having to jump hurdles and hoops just to get accepted on to the waiting list in the first place.

Dr Jenny Drife, consultant psychiatrist with the START homeless outreach team for people with mental health issues in Southwark and Lambeth, agrees separating treatment for addiction and mental

**Groundswell's peer researchers spoke to homeless people with dual diagnosis. Here's what they said:**

"I have stood there and screamed. That's happened a few times when I felt that I haven't been listened to or heard. I've been kicked out and banned from more places than I care to remember."

"The biggest problem for me is that of being bounced from one service to another."

"It's as if the system is almost designed to send you over the edge."

"Access criteria? What the fuck is that? I was desperate and needed a service but apparently, I didn't fit!"

"I was told that I wouldn't be able to access any kind of therapy until I'd got a handle on my drug and alcohol use... that why I needed the support in the first place."

"I thought that things were moving until I realised that I was on a waiting list of anything between six to eight months. In fact, after my assessment, it took a further 14 months before I was offered a service. My identified worker could barely look me in the eye, let alone relate to, or talk with, me."

health problems is causing real problems.

"I agree very much that it should be that everybody gets quality access and should be able to get their needs met wherever they present," she says. "But unfortunately, because of the way services are set up (and partially because of the way that they are funded at the moment), there is this split between drug and alcohol services and mental health services and it's difficult to get treatment all in the one place."

But she insists that work to improve things is being done. "I

feel strongly it should be up to us to provide the best service we can."

Let's hope that work pays off.

Guidelines from NICE (National Institute for Health and Care Excellence, the organisation that regulates the NHS) recommend both are treated at the same time. But in a recent report, it admits this has been a goal for many years and hasn't been achieved.

It's also something that all of us who have suffered from these issues know. We know help has to be there when you ask for it. And that a six-month waiting list just won't cut it.

### Dual diagnosis: the facts

- Issues that go along with dual diagnosis, as well as substance misuse, can include depression and bipolar disorder, anxiety disorders, including panic disorder, obsessive compulsive disorder and phobias, and other psychiatric disorders, such as schizophrenia and personality disorders.

- The symptoms of drug- and alcohol-induced psychosis and psychotic illness can overlap and mask each other, making an accurate diagnosis difficult. It is important that you get a mental health assessment by a doctor or psychiatrist so that can get the right treatment.

- Substance misuse and untreated mental ill health are associated with a greater risk of suicide: 16 per cent of all substance misusers will take their own lives.

- Having a mental health diagnosis significantly increases an individual's risk of misusing alcohol and drugs.

### Where to get help:

Ask your GP for a referral to your local Dual Diagnosis or Community Mental Health team.  
[www.rethink.org/diagnosis-treatment/conditions/drugs-alcohol-and-mental-health/getting-help](http://www.rethink.org/diagnosis-treatment/conditions/drugs-alcohol-and-mental-health/getting-help)



"It's enough to drive you to drink..."

# Squatters fight back

**Julz Watt has over 25 years' experience of squatting. But now, with residential squatting illegal and fewer housing options than ever, he hears from those who say it's essential to find creative solutions.**

The atmosphere in this large warehouse studio space in North London is lively as people of all ages mingle with curious faces around a variety of art installations and sculptures. Meanwhile, music blasts from the bands and musicians entertaining us on a stage at the back of the space.

These "Temporary Autonomous Art" (TAA) events are one way some squatters have been collectively staying active since the change in the law which made residential squatting a criminal offence in September 2012.

I speak to Jess, originally from Random Artists, who have been creating TAA spaces in large communal squats and warehouses for over 15 years. According to her, these events are about celebrating the good things that come from squatting; the ways that people transform derelict spaces into somewhere beautiful. "I think squatting's taught me [about] that DIY nature of the community and creating a space," she says.

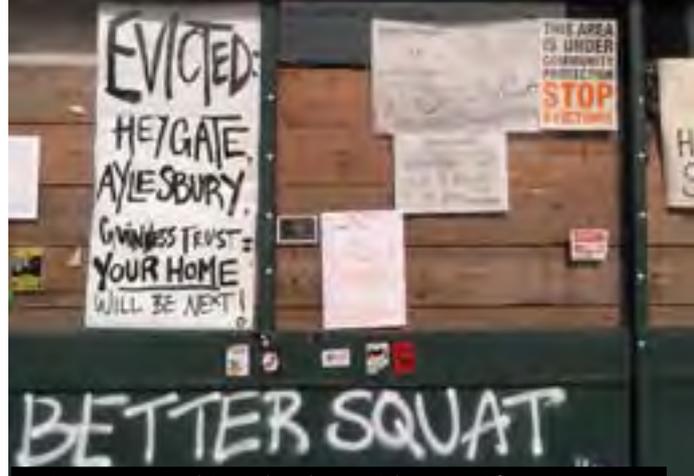
"When you give people that kind of autonomy and that power over their living environment, they actually give a shit."

It can be hard to see the positives in this change in the law, which has been a blow to squatters' rights. Since it was introduced in 2012, over 736 people have been arrested – 64 per cent of those charged are young men.

Meanwhile, the number of homeless people sleeping rough on the streets has increased, even though there are estimated to be over 200,000 empty residential properties across the country. In London alone there are over 22,000 including 7,500 empty council houses, according to an Freedom of Information Act request submitted by the *Guardian* last year.

It's a situation many in the squatting world can't understand. "There are so many empty houses that people should be living in," Jess explains. "We hear all the time this government's going to spend this or that much on new houses. Actually, what we need to do is take into public ownership the huge amount of empty houses that are already there."

Anthony, who works at Spectrum in Camden, one of the frontline services provided by ThamesReach, explains how the law change has



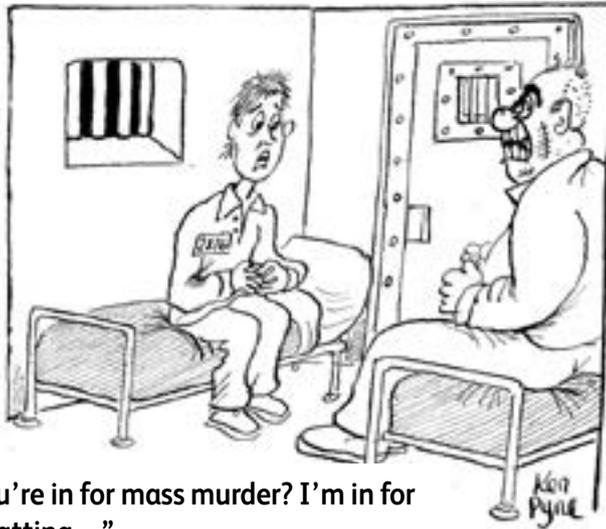
Squatting was once a solution to homelessness @themostinept for Creative Commons

affected the people he works with. "It's affecting people right across the board – male, female, indigenous people and Europeans," he says. "It has put more pressure on the resources that are available out there. It's forced people to look elsewhere, and the elsewhere is commercial properties. It takes a group of people with the necessary vibes to share and be one within that space to make it work. Because a lot of homeless people become entrenched in what they are doing, they want their own space, so joining up with a group to take over a commercial space isn't for everybody."

'River', who has been squatting for around six years, tells me about an eviction she witnessed of a commercial property where the

bailliffs broke down the door at 6am while the occupants were sleeping. Over 60 people were instantly evicted, two of them pregnant women. "The police feel justified in treating people worse and use LASPOA Sec 144 [the section of the law which makes squatting illegal] to evict whole buildings where only a part is actually residential." The police, of course, are responding to the law.

Since 2012, dozens of companies have sprung up acting as "landlords" on behalf of owners enabling, "property guardians" to rent rooms at reduced rental rate. One of their main goals is to prevent squatters from moving into properties. Yet many feel the schemes are problematic. The people acting as guardians don't have full tenancy



## “You’re in for mass murder? I’m in for squatting...”

Camelot Europe – one of the new breed of vacant property services whose policy means it can’t guarantee new premises to those occupiers at the point of moving out – had their former European HQ in Shoreditch squatted by activists. Protestors aimed to highlight the lack of homes for the most needy in society. This was an embarrassment for Camelot, which aims to deter buildings from being squatted.

“We are doing this on behalf of dispossessed, homeless people and guardians who are being exploited,” said one of the squatters in a news report last year.

Camelot, of course, sees it differently, claiming that the property guardian system actually helps provide low-cost accommodation for people who would otherwise be homeless.

Paul Lloyd, of Camelot Europe, told *the Pavement*: “Without guardians, most of these properties would be boarded up, secured and have security guards on them.

“Guardians get the chance to live in properties under licence with communal areas and their own bedrooms for a fraction of the usual rents in any area.

“When it works well, it is a win-win

situation for the property owners and previously homeless and low-income people. We have thousands of happy property guardians across Europe who fear that if current campaigns against the system are successful, they will not have a roof over their heads.”

He admits the downside is the short notice to move on and insists they always try to find alternative accommodation for the guardians.

Personally, I have squatted till recently for over 25 years, mainly in London. A group of us in Balham occupied a large property with consent and agreed with the new owners a peppercorn rent, a one month notice to leave and rolling tenancy, with each resident paying £1 per person.

With no more “affordable housing” available and evictions already on the rise, tightening the laws on squatting and evicting those who have found somewhere to stay seems perverse.

But there is hope, whether it’s ‘River’ persisting in the face of ever tougher laws, Jess and the TAA organising creative events, or the squatters occupying the Camelot offices. Increasingly, people coming together and resisting a law they know doesn’t help solve our homeless crisis.

As the calls for it to be repealed grow louder, the DIY spirit embraced by squatters mean new solutions must be found.

## Squatting and the law

In September 2012, it became a criminal offence to trespass in residential properties with the intention of living there. The law applies to England and Wales. In Scotland, squatting was already – and remains – illegal. If people are squatting in a clearly residential property, they risk arrest and losing their home.

This law does NOT apply if:

- the property is not residential (commercial/office space/warehouse etc)
- you are or were previously tenants (including sub-tenants) of the property
- you have (or had) an agreement with someone with a right to the property.

Commercial squatting is still a civil matter.

The property may be reclaimed if it is unoccupied at any time. Criminal damage is a charge that may apply. Take steps to avoid this.

## Where to get advice:

**The Advisory Service for Squatters:** 020 3216 0099 or [www.squatter.org.uk/about-ass/](http://www.squatter.org.uk/about-ass/)

**Squatters Action for Secure Housing:** go to [www.squashcampaign.org/](http://www.squashcampaign.org/)

# Veteran issue

**In the last 20 years there have been big changes to the help given to homeless veterans, finds Stephan Morrison. And maybe other homeless services can learn from those.**

Imagine serving your country, risking your life so others don't have to, only to return home to find your efforts have gone unnoticed, unappreciated and – in extreme cases – you're harshly criticised and judged by certain sections of society.

Back in 1973 for people like Jimmy and thousands of others leaving the army, they didn't have to imagine. For them this was their reality.

"I'd gone from being a part of a close-knit group where there was order, discipline, structure and a sense of belonging and purpose," recalled Jimmy, "to a world where I was unemployed, isolated and without support. It had taken all of 24 hours. To cope, I turned to alcohol and within weeks I was street homeless. The downward spiral had been quick. I was in the grip of something I didn't fully understand at the time and there was nobody around to help me see otherwise."

Over the next 20 years, similar stories would be repeated time and time again. It's not easy to get accurate numbers on homeless ex-services personnel, though many



*A veteran displays his medals with pride*

*@Dave Hillhouse on Creative Commons*

researchers have tried. When Randall and Brown undertook a research project on behalf of Crisis 23 years ago, they estimated that 25 per cent of all homeless people had been in the military.

Fast forward to 2015 and the CHAIN survey of rough sleepers in London found that only three per cent had served in the UK military. It seems as if something is working... I set out to explore what that might be.

Researching the work of charities like Soldiers Off the Street, Help for Heroes, SSAFA and The Veterans Mental Health Charity, I found

that there was better resettlement provision now in place and better support on offer from these organisations and other.

For instance, ex-Scots Guardsman William Anson had no home and no way to see his daughter after the breakdown of his relationship. SSAFA helped him secure a flat and furnishings so he was secure and his daughter could stay.

And David, who became homeless after having his house repossessed, was also helped to find a new home. He said: "Words and praise are not enough to thank Soldiers Off The Streets for what they do for our

forgotten veterans. When no one else was there, these guys reacted and did what they say they would do – helping rehome guys like myself and offering lots of support and assistance."

On 16 May 2011, the government published the Armed Forces Covenant, which was described as "an expression of the moral obligation that the government and the nation owe to those who serve or have served in our armed forces and to their families".

The document said that homeless veterans should be given housing priority.

The media have also played a part, campaigning against the Armed Force's sometimes "aggressive" approach to targeting school children from deprived areas. Last year the *Sunday Herald* ran a story about government plans to create military cadet units in state schools in Scotland's most deprived areas. These plans were attacked by MPs and critics alike and vigorously opposed by EIS, Scotland's largest teaching union. They didn't go ahead.

And housing has been built. The Armed Forces Covenant's annual report, released in December 2016, gave a commitment to deliver 18,500 single living accommodation bed spaces and 3,000 homes by 2021, to add to the 50,000 already delivered over the last 12 years. Over the last three years alone, 9,000

properties have been built.

It's not all working smoothly, of course. It is not currently a legal requirement for local councils to adopt the Armed Forces Covenant. Earlier this year, research showed that only nine London borough councils have a specific policy of making homeless veterans a housing priority.

Stoll 100, a veterans' charity and housing association in London, believes the covenant needs to be more consistently applied. Iain George, director of support, said: "All [London] boroughs sign up to the Covenant, but some will do some things, some will do others and others will do very little.

"It is being applied inconsistently (or sometimes not at all) in the local authorities and I think that is the sort of area that government should get across the board if we are going to help service personnel."

In Barking and Dagenham, roads are named after servicemen who have been killed in Afghanistan and Iraq, he noted, and service personnel get moved up the housing list very quickly. In Wandsworth, there are 10 properties a year for veterans. But it's far from across the board.

That notwithstanding, he thinks other homeless people could benefit from the services on offer to veterans. Stoll's own outreach team, for example, offers everyone a needs and risk assessment, employment advice, drug and alcohol counselling, runs mentoring and stress support groups.

"People who come here know that if they've got any issue at all, they've got somebody they can talk to and hopefully it can get resolved," he said. "But you put somebody into a housing association in the middle of London...do they have that support? Probably not, and I think that's what they do need. They're in the same sort of position as veterans, but they may not have the support to help them."

When I was homeless in the nineties, I met so many ex-soldiers sleeping rough in London. While it's an issue that has not been solved, it seems things are getting better.

Given the resources to increase understanding of the needs of particular groups of homeless people, then it's possible to address some of the problems. Offer a helping hand, and change is possible.

Check out Stoll's 100s Drop in every second Wednesday of the month 16:00–19:00, The Community Hall, Sir Oswald Stoll Mansions, 446 Fulham Road, London SW6 1DT

Get information and advice on housing, employment choices, service pensions, mental health issues, welfare benefits, debt advice and health & wellbeing. Any veteran can attend for free.

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



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## Never give up: A tribute to Jimmy Carlson OBE

"We should never give up on anybody." That was the view of Jimmy Carlson, a friend, colleague and inspiring force who was part of the 'From the Ground Up' team until he passed away in January.

As someone who spent nearly a quarter of a century as an alcoholic and rough sleeper, that was important to him. He used to say that if you had met him 20 years ago you'd have thought he was "just another homeless drunk". But Jimmy Carlson picked himself up and went on to devote his life to creating chances for other homeless people to do the same.

Born in Leeds in 1947, he was undoubtedly a nice guy. But he was much more than that too. In 1997 he started volunteering with Groundswell, a charity set up to help homeless people take more control of their lives and became a crucial part of the team. For the last five years of his life he served as one of its trustees.

He helped establish the Homeless People's Commission, which presented policy recommendations to the House of Lords in 2011 and was involved in setting up The Haven, a club which provides an alcohol and drug-free environment for those recovering from substance abuse.

Over the past two decades he was a man who fought hard to find himself by fighting for others.

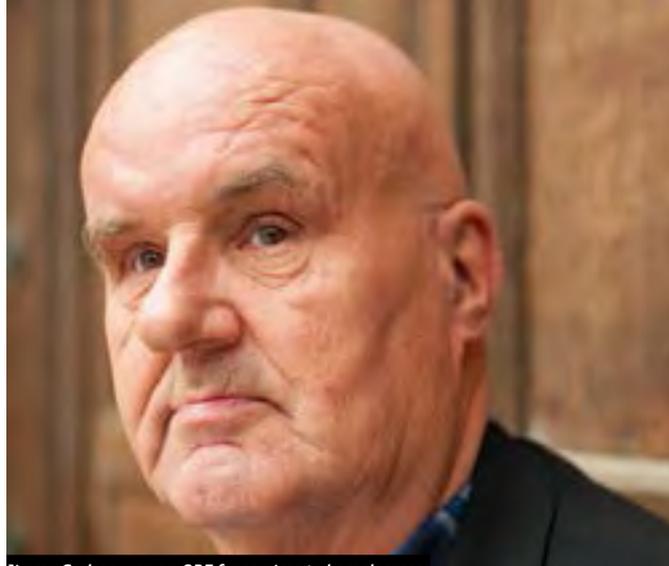
Among the many tributes to Jimmy, Groundswell's Athol Halle said: "Jimmy showed us that with passion and commitment you can achieve wonders – and that the best thing you can do for someone who is homeless is give them the opportunity to make a contribution."

He went on to be awarded an OBE for services to homeless people in 2012.

When he received the award he was, for once, gobsmacked. When he did finally manage to pick his jaw up off the floor Jimmy said: "You would have walked over me in the street 20 years ago and thought I was a lost cause. However I turned my life around and I have gone on to make a decent contribution to my community. Rough sleepers you see on the street today – with the right support they have a lot to offer too."

Those that knew Jimmy well said he was at his most impressive as an advocate – put a mic in his hand and he knew what to say to open people's minds, and their hearts as well.

He knew first hand about the difficulties faced by people whose lives had been affected by homelessness, addiction and mental health issues. And he used that experience to campaign on our behalf. His direct and fearless character made him a natural spokesman. He had an innate ability to connect to others through his empathy – he talked, people



Jimmy Carlson won an OBE for services to homelessness

listened. When they talked he listened to them.

Gerry Rolfe, case worker, at Groundswell said about him: "Jimmy was like a beacon to me. If you had a problem you could always talk to him about it. Seeing what Jimmy had achieved and how his past made him who he was made me realise that I could actually use my experience. This will be my sixth year at Groundswell, I'm now a paid worker and that comes from having advice from people like Jimmy. He'll be really missed."

While he was an inspiration to others, he was also an extremely effective campaigner for change. He had a finely tuned bullshit

detector, a nose for hypocrisy and the determination and courage to confront it.

We all owe him a debt of gratitude. He is no longer here for us to thank in person so perhaps a fitting tribute to Jimmy would be to go out of your way to help someone you normally wouldn't. I'm pretty sure he would have loved that idea.

He was one of those rare people whose put his money where his mouth was. He never forgot where he came from, who he was and who it was that he was representing. He was one of us. RIP Jimmy mate, you will indeed be missed.

Mat Amp

# News: Stop street deaths

Urgent action is needed to stop homeless people dying on the streets during winter, according to leading charities and campaigners.

Cold snaps have led to the tragic deaths of homeless people sleeping rough across the UK in recent months.

One man in his forties died in Liverpool after being rushed to hospital on the coldest night of the year. He was found sleeping rough in the city centre as temperatures plummeted to around -3°C. The *Liverpool Echo*, which reported on his death, said he was understood to have pre-existing medical issues.

His death happened despite the fact that in December the Mayor of Liverpool Joe Anderson had ordered the city's cold weather shelter, operated by The Whitechapel Centre, to open on any night where the temperature is forecast to drop below 2°C.

In Chatham, two homeless men died on the streets over the Christmas period within days of each other. Michael McCluskey, a father and grandfather in his forties, was found dead on Christmas Eve.

According to *Kent Online*, shoppers had walked past his body unaware that he was dead. Another man known locally as Greg, who was sleeping rough near the entrance to a local car park, was found dead less than a week later, leading to calls for



Conditions on the streets can be fierce in winter.

the local council to act.

In late November, two homeless men in Manchester – named locally as Wayne and James – died when an empty building in which they had been sheltering caught fire. It is thought that they might have lit a fire to keep warm in the freezing conditions. Local charities said that the building was commonly used by rough sleepers.

In the capital, the Mayor of London, Sadiq Khan, opened several emergency shelters and called for Londoners to report anyone sleeping rough to the Street Link rough sleeper support scheme. According to the

Severe Emergency Winter Protocol (SWEP), which could be used by all local authorities if temperatures are forecast to reach low enough (below freezing for three days), shelters must be provided for homeless people. However, several charities said more must be done.

Jennifer Barnes, Centrepoin't's head of policy and research, said: "It's disgraceful that people are dying on the streets in the 21st century.

"Emergency interventions in extreme weather are life-saving but focus on the symptom rather than cause. It is incumbent on government to address the core issues such as

overcrowding and a lack of affordable housing options, which can force young people into potentially fatal situations."

Jacqui McCluskey, director of policy and communications at Homeless Link, said it was calling on local authorities to "take a common-sense approach" and offer shelter for people whenever the weather conditions were bad rather than merely doing their duty under emergency protocol.

"No one should have to sleep rough in the first place, but it is simply unacceptable that rough sleepers are dying on our streets in the cold weather," she added.

"There is a humanitarian obligation on local authorities to prevent winter deaths and follow the Severe Weather Emergency Protocol. However, we are calling for them to adopt a common-sense approach, going beyond the minimum trigger to open during other severe weather, including storms and cold snaps."

She said authorities must work with local charities, faith groups and others to make sure those most at risk were protected.

Jon Sparkes, the chief executive of Crisis, said, "Snow and freezing conditions can prove fatal for anyone sleeping on the streets. Tragically, the average age of death for a homeless person is just 47. This is a desperate state of affairs."

*Catherine Heath and Karin Goodwin*

## Glasgow Homeless services “at risk”

Glasgow City Council has raised the alarm about the introduction of Universal Credit – due to be in place across the city within 18 months – which, it claims, will put its ability to provide homeless services at risk.

The concerns were raised in a paper presented to the city’s Integration Joint Board last month. It reveals that the council has already racked up £144,000 in arrears from just 73 homeless Universal Credit claimants. Those receiving the benefit do not receive the full cost of temporary accommodation provided.

The council has already been working with the Scottish Housing Regulator for over a year because of its failure to provide temporary accommodation to all unintentionally homeless people, a legal obligation in Scotland. It now claims that under current Universal Credit proposals, it will not be able to run a service that meets its statutory duties.

The paper notes that: “The city’s Homelessness Services is [sic] dependent on housing benefit/rental income for a significant percentage of its front line staffing to manage operational demand.”

It claims that when the Universal Credit roll-out is completed in September 2018, services for



©Giulio Farella for Creative Commons

homeless people, temporary accommodation and staff jobs will all be affected.

“The welfare reforms identified in this paper constitute a major risk to the delivery of statutory homelessness services in Glasgow, with particular concerns in relation to frontline staffing, delivery of statutory services, provision of temporary furnished accommodation, which is also a statutory duty, and in relation to the existing recurring budgetary pressure of £1.4m”, it states.

The paper, which offers no solutions at this stage, concludes: “Following on from the significant savings applied to budgets in the past five years, Homelessness Services can no longer absorb this level of impact and continue to operate a sustainable service that

meets its statutory duties.”

Sandy Farquharson, director of Glasgow’s Marie Trust day centre, said the paper caused him “considerable concern”.

“The consequences for the council so far for those people affected by homelessness who have already been transferred to Universal Credit in error are quite alarming,” he added.

“It is right and proper that the council is flagging up their concerns at this stage so that Government policy can be challenged at this stage and in the future.”

Shelter Scotland called for solutions to be found. Alison Watson, its deputy director, said: “By its own admission, Glasgow City Council is already turning people away who have a statutory right to access temporary accommodation. Raising the alarm like this must now be followed up with urgent action to ensure that funding remains in place for high-quality temporary accommodation.”

A Glasgow City Council spokesman said it would continue to look for solutions.

A DWP spokesman added: “Local authorities are best placed to understand the needs of their residents. That’s why we will have provided them with around £1bn in funding by 2020 to support people transitioning to our reforms.”

*Karin Goodwin*

## Street violence now worse

New research shows that people sleeping on the street are almost 17 times more likely to have been victims of violence and 15 times more likely to have suffered verbal abuse in the past year, when compared to the general public.

Homeless charity Crisis surveyed 458 recent or current rough sleepers in England and Wales and found that almost eight out of 10 have suffered some sort of violence, abuse or anti-social behaviour in the past year – often committed by a member of the public – while nearly seven in 10 report that life on the street is getting worse.

Crisis spoke to rough sleepers, who asked that their first names only were used. Simon said: “It was some guy. He said, ‘Are you homeless?’ I said, ‘Yeah,’ and he just kicked me in the head. I was sat on the floor reading my book.”

Dan added: “I’ve had young lads coming up to me like giving me loads of shit, you know, call me a dirty scumbag and scrounger and all that. But they haven’t got a clue, you know?”

Philip told researchers: “We don’t know if we’re going to get burnt alive or anything, it’s too dangerous out there. I’m glad that we have got each other out there because I don’t know how people cope on their own, I really don’t.”

The report shows that more



Graffiti shows the harsh reality of life on the streets ©Oluji Samail Zeid

than one in three of the rough sleepers Crisis interviewed had been deliberately hit, kicked or had experienced some other form of violence whilst homeless (35 per cent). Almost one in 10 had been urinated on and seven per cent had been sexually assaulted.

Homeless Link says that despite the results of Crisis' research, they believe many people are concerned when they see someone sleeping rough. Homeless Link aim to reduce violence against homeless people with their StreetLink mobile phone app, which enables people to send an alert about a rough sleeper and helps connect them to local support services.

Crisis believe that preventing people from becoming homeless in the first place is key. They are encouraging people to the support the Homelessness Reduction Bill, which is in parliament now and aims to make sure people facing homelessness can get support when

they need it.

Matt Downie, director of policy and external affairs at Crisis, said: "This is a shocking state of affairs and shows why we need to prevent people ending up in this situation in the first place. We'd urge anyone experiencing or witnessing this sort of abuse to report it to the police immediately. At the same time, the police must act to reassure homeless people that their safety is paramount and any crimes against them will be fully investigated."

Jacqui McCluskey, director of policy at Homeless Link, said: "Although we know that rough sleeping is dangerous, these latest figures revealing the extent of the violence and abuse that people are subjected to are shocking. They further highlight the urgent need for more action to prevent people from ending up on the streets in the first place.

Jane Evans

## Homeless village progress

Homeless people in Scotland may get the chance to move into a new eco-village after a high profile charity sleep-out involving celebrities and politicians raised more than £500,000 for the project.

The scheme to provide 10 environmentally-friendly purpose-built homes in Edinburgh is being run by Social Bite, a sandwich chain which supports and employs homeless people, in partnership with the council.

Around 20 residents will stay in the supervised "village" environment – with access to counselling, addiction therapy and budgeting advice – for up to 15 months before moving on to more permanent accommodation.

Work on the project is expected to begin within months, with the first residents moving in by the summer.

Participants who slept out to raise money for the scheme included Olympic cycling veteran Sir Chris Hoy. Actors George Clooney and Leonardo Di Caprio have visited Social Bite to show their support.

However, concerns have been raised that the new village could isolate residents by putting them in an institutionalised environment.

Dr Beth Watts, a research fellow at the city's Heriot Watt University, said: "While it is innovative in some ways, it replicates things that have been going on for many years

– namely, concentrating people together on the edge of the city in an institutionalised environment."

"Evidence from around the world suggests that homeless people should instead be moved directly to permanent accommodation in mainstream neighbourhoods", she told the *Scottish Sun*.

The Rock Trust, which works with young homeless people in Edinburgh have backed the comments made by Dr Watts.

Chief executive Kate Polson said: "What is really needed is affordable housing.

"I can understand why something like the village seems more appealing because it means more beds, but the problem is what happens after. The goal has to be to house people within communities and support them to live there."

But Social Bite founder Josh Littlejohn, who recently received an MBE for his work with homeless people, said the village would not be "isolated".

"The plan to build a village for the homeless is based on our five years of working with the homeless in the context of providing food, employment and opportunities and support," he added.

"The project plans to create a highly-supported environment, totally geared at breaking the cycle of homelessness."

Katharine Hibbert

## News-in-brief

### Homeless fenced off

A 10ft wooden barrier has been put up outside a former branch of BHS in an apparent bid to stop homeless people sleeping there.

The wall was constructed in the doorway outside the shop on South Street in Exeter, Devon, the Metro reported in January.

Workers at the site said it was to stop rough sleepers who had started gathering there since the chain's collapse in August last year.

It is understood that Duff and Phelps, administrators for BHS, employed a firm from Dartford in Kent to travel nearly 200 miles to the city to erect a wall under instruction from the local authority.

Shortly before the barrier was built the rough sleepers were removed from the building.

A spokesman for Exeter City Council said it was done in response to complaints about anti-social behaviour.

### Rise in child homelessness

A homeless charity claim new figures that reveal the number of Scottish children living in temporary accommodation has increased, show the problem is "far from fixed."

Homeless stats released by the Scottish Government show homeless applications have dropped by three



Alasdair Codona outside the Scottish Parliament

per cent in the last year. Some 17,100 applications were made from April to September 2017.

But Shelter Scotland say the figures also show the number of children living in temporary accommodation has risen by 17 per cent to 826.

Overall, there were 10,570 households in temporary accommodation as of 30 September 2016 – an increase of 97 households from 2015.

The charity said the figures were "deeply worrying" and the Scottish Government admitted that the rise was "disappointing."

The stats were released just weeks after homeless man Alasdair Codona, who was starving himself to death outside the Scottish Parliament in December, finally agreed to break his fast.

He ended his 24 day strike after the Scottish housing minister vowed to introduce a "statutory right" for people to declare themselves homeless.

### Baby dies in US cold snap

A baby died in January in freezing temperatures with his homeless mother at a bus stop in Portland.

The baby, found in early January, marks the fifth death on Portland's freezing streets this year.

Four homeless people died of exposure in the first 10 days of 2017.

According to US-based *Willamette Week* (WW), which reported on the baby's death, it was unclear whether he died of exposure hours after being born outdoors or was stillborn.

However WW claims that it obtained a police report which suggested the baby was alive when the mother, who was barefooted and only partially clothed stopped a passing commuter.

He called emergency services and baby was rushed to hospital but did not survive.

### Burger PR doesn't please Pope

McDonald's has been accused of pulling a PR stunt that exploits homeless people to win over those who objected to their newly opened restaurant within steps of the Vatican.

The new branch of the burger chain in Rome has pledged 1,000 meals to homeless people. However a community group called Safeguard the Borgo said the offer was one that "cynically uses the homeless and offends many years and daily work [done by others] to help alleviate



Near the Vatican ©Riccardo Romano

extreme poverty".

The US fast-food chain revealed the plan after a handful of cardinals, as well as the Borgo group, complained last year that opening a McDonald's so close to St Peter's Square was not fitting in the Unesco-protected neighbourhood.

The restaurant opened on 30 December and according to new agency Reuters, gave away 50 meals on the first Monday of the year. The meal consisted of a double cheeseburger, an apple and water, and will only be on offer for six months.

Reuters reported that it was the idea of another charity, Medicina Solidale, whose director wrote to McDonald's in the wake of the criticism over the restaurant opening.

In September last year Pope Francis offered 1,500 homeless people a pizza lunch at the Vatican after Mother Teresa's canonisation Mass.

# Meet the team

Since September last year *the Pavement Magazine* and homeless charity Groundswell have been running 'From the Ground Up' which aims to teach journalism skills to people with first hand experience of homelessness. Their articles focus on some of the numerous problems faced by people who've been marginalised by homelessness.

We've recorded a podcast, done interviews and written articles. We're also holding our first Action Day to highlight the issue of 'dual diagnosis' and campaign for change in the way addicts with mental health issues are treated. We'll report on that in our next issue. Meanwhile meet our team, who bring you experience of homelessness and honesty in spades.



**John Doran**

"I'm very interested in how the media works. I attended a Morley college course on journalism and this project seemed like a perfect way to progress. My experience of homelessness tells me that the mainstream media does not represent the homeless situation accurately. The experience of working on this project has been rewarding."



**Jeremy Hayden**

"I got involved with the project 'From the Ground Up' because I wanted to be a part of something that I felt passionately about. I thought I could make a positive contribution here. I've been around homelessness as a professional and a service user so I have a fair insight into some of the issues that arise."



**Stephan Morrison**

"Having been homeless myself I was interested in participating in a project where my own life experiences could positively benefit others. When an opportunity to join "From the Ground Up" came along I immediately put my name forward. It seemed like a perfect platform to work from...so far I have been proven right."



**Mahesh Pherwani**

"Working in tandem with the support of influential London organisation Groundswell as well as *the Pavement Magazine* is an unbelievable opportunity. The bonus is that I'm working with group of gifted, insightful, kind, peer-journalists who have same aim: to raise people's awareness of the debilitating, heart-breaking issues of homelessness."



**Julz Watt**

"I'm from London and was homeless for many years until five years ago. This made me aware of the need for change. The 'From the Ground Up' project interested me as it aims to highlight current homeless issues and hopefully find solutions."

**Find out more:**  
[www.thepavement.org.uk](http://www.thepavement.org.uk)

# Housing in Scotland: your rights

All councils in Scotland have a duty to help you when you're homeless. If your own local council thinks you are homeless, they legally have to help you find a home: to help you find temporary accommodation right away, and then to help you find a home of your own in the long-run. If the council thinks you **might** qualify to be registered homeless then they have to find you a temporary home whilst they check you are eligible. If you have applied to the wrong council, they have to point you in the right direction.

## To get help from your local council, you must:

1. be legally homeless, now or within 28 days, meaning you:
  - have no accommodation at all
  - cannot access your home
  - live in a violent household
  - live in an overcrowded home
  - live in an unclean or unsafe home
  - live in a B&B, hostel or refuge
2. have been born in the UK or European Economic Area (EEA), or have family living there
3. not have chosen to be homeless
4. have a connection with the local council you are applying to
  - find out if you have a local connection visit **Shelter Scotland's** website linked below
5. if you are from outside the EEA, you need to have the right to live and work in the UK

Shelter Scotland  
Citizens Advice Bureau (CAB)  
National Domestic Violence Helpline  
Govan Law Centre (Glasgow)  
Glasgow City Council  
Edinburgh City Council

Visit [www.thepavement.org.uk](http://www.thepavement.org.uk) for a full PDF version of this page, with more detailed information on your housing rights.

## If you have nowhere to sleep tonight, and nowhere else to turn, contact:

1. Your local council: Glasgow: **0800 838 502**; Edinburgh: **0800 731 6969**
2. Simon Community (Glasgow): **0800 027 7466 (Free, 24 hr)**
3. Streetwork (Edinburgh) **0808 178 2323 (Free, 24 hr)**
4. Shelter's advice helpline: **0808 800 4444 (Free, 9–5 Mon–Fri)**
5. Police Scotland: dial **101** (not 999)

## If your application is rejected:

- you should appeal the decision if you think it is wrong. The council must find you temporary accommodation whilst they look at your appeal
- the council legally has to direct you towards local homeless charities

[scotland.shelter.org.uk/](http://scotland.shelter.org.uk)  
[www.citizensadvice.org.uk/](http://www.citizensadvice.org.uk/)  
0808 2000 247  
0141 440 2503  
[www.glasgow.gov.uk](http://www.glasgow.gov.uk)  
[www.edinburgh.gov.uk](http://www.edinburgh.gov.uk)

# Housing in England: your rights

Your local council does not always have to help you find emergency accommodation if you are homeless. English local councils run a '**priority need**' system which was originally set up to make sure that the most vulnerable homeless people are helped first. However, the 'priority need' system can negatively affect many 'single-homeless' people who do not have the same rights to emergency housing as others do.

## To get emergency housing from your local authority you must:

1. be legally homeless meaning you:
  - have no roof over your head now, or in the near future
  - have not chosen to be homeless
  - are fleeing from domestic abuse
  - are fleeing from domestic abuse
  - have been released from prison or hospital with nowhere to go
  - live in overcrowded or hygienically unsafe accommodation
2. be 'eligible for assistance', meaning you:
  - have the right to live in the UK
  - can receive housing benefit
3. be in 'priority need' meaning you:
  - are 'vulnerable'
  - have children who depend on you
  - are pregnant
  - are homeless due to a fire, flood or other disaster
  - are 16–17 years old

## For free help with your emergency housing application:

1. Streetlink
  - Phone: **0300 500 0914**
2. Shelter
  - Web: [england.shelter.org.uk](http://england.shelter.org.uk)
  - Phone: **0808 800 4444** (8am–8pm Monday to Friday, 8am–5pm weekends)
3. Citizens Advice Bureau
  - Web: [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)
  - Phone: **03444 111 444**
4. UK Government
  - Web: [www.gov.uk/homelessness-help-from-council](http://www.gov.uk/homelessness-help-from-council)

## If your application is rejected:

- you should appeal the rejection if you think it is wrong. You have 21 days to appeal this decision
- Shelter and Citizens Advice Bureau can help you with your appeal

## Short Term Emergency Housing

- emergency nightshelters will allow you to stay there for 1 or 2 nights
- **No Second Night Out:** [www.nosecondnightout.org.uk](http://www.nosecondnightout.org.uk) (via *Streetlink*)
- 'cold' and 'winter' shelters are open in winter
- **Women's Refuges are available for women fleeing domestic violence** (Call the National Domestic Violence Helpline on **0808 2000 247** if you are experiencing domestic violence or abuse.)

Visit [www.thepavement.org.uk](http://www.thepavement.org.uk) for a full PDF version of this page, with more detailed information on your housing rights.



## KEY TO ALL SERVICES

<b>A</b>	Alcohol workers
<b>AC</b>	Art classes
<b>AD</b>	Advocacy
<b>AH</b>	Accommodation/housing advice
<b>B</b>	Barber
<b>BA</b>	Benefits advice
<b>BE</b>	Bedding available
<b>BS</b>	Bathroom/showers
<b>C</b>	Counselling
<b>CA</b>	Careers advice
<b>CL</b>	Clothing store
<b>D</b>	Drugs workers
<b>DA</b>	Debt advice
<b>DT</b>	Dentist
<b>EF</b>	Ex-forces
<b>EO</b>	Ex-offenders
<b>ET</b>	Education and training
<b>F</b>	Food
<b>FF</b>	Free food
<b>FC</b>	Foot care
<b>IT</b>	Internet access
<b>L</b>	Laundry
<b>LA</b>	Legal advice
<b>LF</b>	Leisure facilities
<b>LS</b>	Luggage storage
<b>MD</b>	Music/drama
<b>MH</b>	Mental health
<b>MS</b>	Medical/health services
<b>NE</b>	Needle exchange
<b>OL</b>	Outreach worker links
<b>OW</b>	Outreach workers
<b>ST</b>	Step free access
<b>SH</b>	Sexual health advice
<b>TS</b>	Tenancy support

Email changes and suggestions to:  
[val@thepavement.org.uk](mailto:val@thepavement.org.uk)

Updated: January 2017

## DRUGS/ALCOHOL

### ADDACTION SMART

9b Mitcham La, Streatham SW16 6LG  
02086778541/0208769 4764; [www.addaction.org.uk/](http://www.addaction.org.uk/)

Mon: 9.30am–5pm; Tue: 9.30am–1pm;  
Wed: 2–5pm; Thu: 9.30am–5pm; Fri:  
9.30am–2pm

For people with drug-related problems. Advice, information and support. Assessment, counselling, complementary therapies, referral to specialist providers and user groups.

*AD, C, D, MS, NE, OW*

### ADFAM

25 Corsham St, WC1H 8BS  
020 3817 9410; [www.adfam.org.uk/](http://www.adfam.org.uk/)

National charity working to improve life for families affected by drugs and alcohol. Useful resources, including a map of local support groups, are available on its website.

*C*

### ANTIDOTE SERVICES (LONDON FRIEND)

London Friend, 86 Caledonian Rd, N1 9DN

020 7833 1674

Mon–Fri: 10am–6pm; Mon: 11am–1pm (drop-in assessment). Women workers, 86 Caledonian Rd); Mon: 9–12am (walk-in clinic, MSM clinic, Capper St; Tue: 5–7pm (MSM CODE clinic, 56 Dean St); Thu: 6–8.30pm (LGBT drop-in, 32a Wardour St)

Drug & alcohol service targeted at the LGBT community. Also work through the Club Drug Clinic (<http://clubdrugclinic.cnlw.nhs.uk/>)

*A, C, D, SH*

## BREAK THE CYCLE

Community Hse, 311 Fore St, Enfield, N9 0PZ  
020 8373 6307 /07807 789473; [btcc@ggce.org.uk](http://btcc@ggce.org.uk)

Mon–Fri: 9am–3pm (café for clients of 12 Centre Way, Claverings); Tue & Wed: 9–12am (peer-support drop-in); Weds 3–4pm women only; Fri: 2–6pm (peer-support drop-in)

Set up by current & ex-users of Enfield drug treatment services.

*AD, D, F*

## CENTRAL AND NW LONDON SUBSTANCE MISUSE SERVICE

Crowthor Mkt, 282 North End Rd, SW6 1NH

Mon–Fri: 9am–5pm

<http://www.cnwl.nhs.uk/services/>

Info on a wide range of drug, alcohol, mental health & medical services.

*A, C, D, MS*

## CHANGE GROW LIVE ISLINGTON

99–101 Seven Sisters Rd, N7 7QP  
020 7561 3310; [www.changegrowlive.org](http://www.changegrowlive.org)

Mon, Wed, Fri: 10.30am–5pm; Tue: 2–5pm; Thu: 2–8pm

Community recovery service. Supports individuals affected by substance misuse to overcome their dependence, stay safe and healthy, and work towards recovery.

*AH, C, D, ET, IT, NE, OL, OW, SF*

## CRANSTOUN CITY RDS (CRISIS INTERVENTION)

William Hart Hse, 352–358 City Rd, EC1V 2PY  
020 7843 1640/020 7278 8671; [www.cranstoun.org/](http://www.cranstoun.org/)

Residential crisis intervention, primary healthcare & assessment, detox, one-to-one support, group work programme, complementary therapies etc. Planned inpatient detox. Telephone helpline (24/7) run by trained staff.

*C, D, MS*

## CGL (184 CAMDEN)

184 Royal College St, NW1 9NN  
020 7485 2722; [www.changegrowlive.org/](http://www.changegrowlive.org/); [184camden@cgl.org.uk](mailto:184camden@cgl.org.uk)

Mon: 9.30am–9pm; Tue, Wed, Fri: 9.30am–5.30pm; Thu: 9.30am–3pm  
Please confirm opening hours etc via email.

*AH, AD, BA, C, D, LA, MS, MH, NE, OL*

## DAIS CAMDEN SOUTH

264 Pentonville Rd, N1 9JY  
0808 178 0113; [www.changegrowlive.org/](http://www.changegrowlive.org/)

Mon–Fri: 9am–5pm (office); Mon–Fri: 12.30am–5.30pm (open access)  
Drugs and alcohol support for any Camden resident 18+. Pentonville Rd DIAS office has closed: contact [184camden@cgl.org.uk](mailto:184camden@cgl.org.uk) (184 Royal College St) for drugs-related issues. Also at 210 Kilburn High Rd, NW6 4JH, tel: 020 7328 3470.

*A, D, OW*

## EVOLVE HOUSING & SUPPORT

9 Akabusi Close, Croydon CR0 6YL  
020 8662 1171; [www.evolvehousing.org.uk](http://www.evolvehousing.org.uk)

Mon–Fri: 9am–4pm

Accommodation for people 21–69 who are dry & clean. Priority to applicants from Croydon. Phone for assessment.

*A, C, D*

## GATEWAY SERVICE (BARKING & DAGENHAM)

Red Lion Hse, 38 George St, Barking, IG11 8FE  
020 8507 8668 / 020 8594 8504; [www.cri.org.uk/content/gateway-barking-and-dagenham](http://www.cri.org.uk/content/gateway-barking-and-dagenham)

Tue & Thu: 9am–8pm; Mon, Wed, Fri: 9am–5pm

For drug users 19+. Drop in or phone.

*C, D, MS, MH, NE*

## GREAT CHAPEL STREET MEDICAL CENTRE

13 Great Chapel St, W1F 8FL  
020 7437 9360

Mon, Tue, Thu: 10–12.30am (doctor);

Mon–Fri: 2–4.30pm (doctor);

Tue: 2–4.30pm & Mon: 10–12am

(counselling); Mon–Fri: 10–12.30am

(nurse; drugs, alcohol & mental health;

housing advisor); Mon–Fri: 2–4.30pm

(nurse; drugs, alcohol & mental health

nurse; housing advisor); Fri: 9–12.30am

(podiatry); Tue & Thu: 10am–5pm

(dental service)

Wide range of services. Psychiatrist by appointment.

*AH, AD, A, C, D, FC, MS, MH*

## HOPE WORLDWIDE/ TWO STEP

360 City Rd, EC1V 2PY  
020 7713 7655; [www.hopeworldwide.org.uk](http://www.hopeworldwide.org.uk)

Mon–Thu: 10am–4pm (appointments)

Works with refugees, homeless people, ex-offenders & those with drug & alcohol issues. Successful abstinence programme.

*AH, AD, A, C, D, TS*

## INTEGRATED CAMDEN ALCOHOL SERVICE (ICAS)

7–8 Early Mews, Arlington Rd, NW1 7HG  
020 3227 4950; [www.icascamden.org.uk/](http://www.icascamden.org.uk/)

Mon: 10–12am (drop-in); Tue & Fri: 2–4pm (drop-in); Mon & Thu: 5–7pm (assessments)

Welcoming, open-access service for people experiencing difficulty with alcohol use or who are affected by alcohol use issues. The Family Alcohol Service is delivered in partnership with the NSPCC and the provision of the affected others service by Some Space. You can self-refer by attending the drop-in. Evening assessments by appointment only.

*A, BA, C, MS, MH, OL, OW, TS*

## ISLINGTON YOUNG PEOPLE'S DRUG AND ALCOHOL SERVICE (IYPDAS)

50 Isledon Rd, N7 7LD  
020 7527 5099

Mon–Fri: 9am–7pm

A free, confidential service which offers one-to-one counselling, advice and

### KEY

<b>A</b> Alcohol workers	<b>B</b> Barber	<b>CA</b> Careers advice	<b>EF</b> Ex-forces
<b>AC</b> Art classes	<b>BA</b> Benefits advice	<b>CL</b> Clothing store	<b>EO</b> Ex-offenders
<b>AD</b> Advocacy	<b>BE</b> Bedding available	<b>D</b> Drugs workers	<b>ET</b> Education/training
<b>AH</b> Accommodation/housing advice	<b>BS</b> Bathroom/showers	<b>DA</b> Debt advice	<b>F</b> Food
	<b>C</b> Counselling	<b>DT</b> Dentist	<b>FF</b> Free food

<b>FC</b> Foot care	<b>LS</b> Luggage storage	<b>NE</b> Needle exchange	<b>SF</b> Step-free
<b>IT</b> Internet access	<b>MD</b> Music/drama	<b>OL</b> Outreach worker links	
<b>L</b> Laundry	<b>MH</b> Mental health	<b>OW</b> Outreach workers	
<b>LA</b> Legal advice	<b>MS</b> Medical/health services	<b>SH</b> Sexual health	
<b>LF</b> Leisure facilities		<b>TS</b> Tenancy support	

information for drug and alcohol issues to people in Islington up to 21. Group work, staff training and drug education, all free of charge. Ring 0207 5275099 for more info or an appointment. Referrals can also be made by phone or emailed to [drugs@islington.gov.uk](mailto:drugs@islington.gov.uk).

**AD, A, D, OW**

### KAIROIS COMMUNITY TRUST

22 Linden Grove, SE15 3LF

020 7277 6264

Mon–Fri: 9am–5pm

Supported accommodation for single homeless people 18+ who are committed to becoming clean & dry, & have low support needs. If no vacancies, placed on waiting list. Help with benefits, & getting ID & funding.

**AD, A, BA, D**

### KALEIDOSCOPE KINGSTON DRUGS SERVICE

28–46 Cromwell Rd, Kingston upon

Thames, KT2 6RN

0208 549 2681

Mon–Fri: 9–11am (dispensary); Mon–

Fri: 4.30–6.30pm (dispensary); Sat:

10am–1pm (dispensary); Mon–Fri:

9am–1pm (needle exch); Mon–Fri:

2.30–6pm (needle exch); Sat: 10am–

1pm (needle exch); Mon–Fri: 9am–1pm

(care co-ordination); Mon–Fri: 2.30–

5.30pm (care co-ordination)

For drug users in the Kingston area, particularly heroin users. Medical team. Doctor's clinic, Methadone scripts, dual diagnosis, education & training.

**D, ET, MS, NE, OW**

**KEY**

**A** Alcohol workers  
**AC** Art classes  
**AD** Advocacy  
**AH** Accommodation/  
housing advice

**B** Barber  
**BA** Benefits advice  
**BE** Bedding available  
**BS** Bathroom/showers  
**C** Counselling

### LIFELINE BASIS SUBSTANCE MISUSE SERVICE

Royal Arsenal Medical Centre, 21

Arsenal Way, Woolwich SE16 6TE

020 3696 2640; [lifecyclebasis.org.uk/](http://lifecyclebasis.org.uk/)

Mon–Fri: 9am–4.30pm (later by appointment)

Free and confidential substance misuse service. Cannabis; cocaine & party drugs; new psychoactive substances (NPS, formerly 'legal highs') and party drugs; steroids; alcohol (non-dependent); and 'chemsex'.

**A, AC, D, LF, OL, OW, SF**

### LIFELINE RENEW, YOUNG PEOPLE'S DRUG & ALCOHOL SERVICE

Spotlight, 2nd floor, 30 Hay Currie St, E14 6GN

0207 536 8869; [www.lifeline.org.uk/](http://www.lifeline.org.uk/)

Mon–Fri: 9.30am–5pm

Works with individuals, families and communities to prevent and reduce harm, to promote recovery and to challenge the inequalities linked to alcohol and drug misuse.

**A, D, SF**

### NEW DIRECTION

410 Lewisham High St, SE13 6LJ

020 8314 5566; [www.cri.org.uk/](http://www.cri.org.uk/content/new-direction-lewisham)

[content/new-direction-lewisham](http://content/new-direction-lewisham)

Thu & Fri: 10am–5pm (drop-in); Tue:

1.30–5pm (drop-in); Mon & Wed:

10am–7pm (drop-in)

For adults who have a problem with drug & alcohol use. Wide range of services. NA, CA & SMART groups. For

**CA** Careers advice  
**CL** Clothing store  
**D** Drugs workers  
**DA** Debt advice  
**DT** Dentist

**EF** Ex-forces  
**EO** Ex-offenders  
**ET** Education/training  
**F** Food  
**FF** Free food

assessment, attend an open access session. Accept referrals by phone.

**A, C, D, ET, MS, NE, OW**

### REMAR ASSOCIATION UK

847 High Rd, Leytonstone, E11 1HH

020 8539 0452; [www.remar.uk.com](http://www.remar.uk.com)

Wed: 7.30–8.30pm (William IV

St, Strand – hot drinks, biscuits &

sandwiches)

For individuals suffering from drug or alcoholic addiction. 24-hour helpline:

0791 758 5056

**A, D, FF**

### SHP

245 Grays Inn Rd, WC1X 8QY

020 7520 8660; [www.shp.org.uk](http://www.shp.org.uk)

Mon–Sun: 9am–5pm (referrals)

Accommodation & support. To discuss referral, phone.

**AH, AD, AC, BA, CA, DA, D, ET, IT, LA, MS, OW, TS**

### SPITALFIELDS CRYPT TRUST (ACORN HOUSE)

116–118 Shoreditch High St, E1 6JN

020 7613 3055; [www.sct.org.uk/our-](http://www.sct.org.uk/our-services/acorn-house)

[services/acorn-house](http://services/acorn-house)

Tue: 1–3pm (St Leonard's Church);

Wed: 10–12am (St Luke's); Thu:

11am–2pm (women's lunch club, St

L's) Friday: 1–3pm (St L's. Film Club);

Fri: 9–11.30am (The Tab Centre); Thu:

8–10am (Tab)

Single homeless men 25+ with alcohol, drug or gambling problems, including rough sleepers & those with low to medium mental health support needs. Must be prepared to address their

**FC** Foot care  
**IT** Internet access  
**L** Laundry  
**LA** Legal advice  
**LF** Leisure facilities

**LS** Luggage storage  
**MD** Music/drama  
**OH** Mental health  
**MS** Medical/health  
services

addiction.

**AH, A, BA, C, DA, D, LA, MH**

### TASHA FOUNDATION

Alexandra Hse, 241 High St, Brentford,

TW8 0NE

020 8560 4583

Mon–Sun: 10am–10pm (online

counselling: <http://bit.ly/1zLeJhi>)

Helpline for people with mental health or drug use difficulties.

**AD, A, C, D, MS, MH**

### THE NEHEMIAH PROJECT

47 Tooting Bec Gdns, SW16 1RF

020 8773 7417; [www.tnp.org.uk](http://www.tnp.org.uk)

For men who have got caught up in the cycle of alcohol, drugs & crime.

Supported housing & move-on accommodation. Please phone.

**AD, A, C, D**

### THE PILION TRUST

Unit 205, Omnibus Building, 39–41

North Rd, N7 9PD

020 7700 2498; [piliontrust.blogspot.](http://piliontrust.blogspot.co.uk/)

[co.uk/](http://co.uk/)

Mon–Fri: 10am–5pm; Sun: 2–5pm

(outreach worker at Margins, Union Chapel)

For people who have been affected by drugs, alcohol and mental health.

**AD, A, C, D, MH, OW**

### THE SEVENTY4 FOUNDATION

18 Dartmouth St, SW1H 9BL

020 7233 0400; [www.wdp.org.uk/find-](http://www.wdp.org.uk/find-us/seventy4-foundation)

[us/seventy4-foundation](http://www.wdp.org.uk/find-us/seventy4-foundation)

Mon, Wed, Fri: 9.30am–5pm; Tue & Thu:

**NE** Needle exchange  
**OL** Outreach worker links  
**OW** Outreach workers  
**SF** Step-free  
**SH** Sexual health

**TS** Tenancy support

9.30am–8pm  
Counselling for people with drug or alcohol dependency problems. Dual diagnosis. Phone for an appointment.  
**A, C, D**

**THE TAB**  
Shoreditch Tabernacle Baptist Church, 23 Godfrey Pl, E2 7NT  
**020 7739 3076; www.tabcentre.com/tab-centre**  
Fri: 9–12am  
Support & friendship to people experiencing alcohol & drug addiction.  
**D, F**

**TURNING POINT SOUTH WESTMINSTER DRUG AND ALCOHOL SERVICE**  
32a Wardour St, W1D 6QR  
**020 7437 3523; www.turning-point.co.uk/south-westminster**  
Mon–Fri: 10am–5.30pm; Sat & Sun: 11am–4.30pm  
**C, D, MH, NE, OL**

**WDP – WESTMINSTER DRUG PROJECT**  
470–474 Harrow Rd, W9 3RU  
**020 7266 6200; www.wdp.org.uk**  
Mon–Fri: 1–5pm (drop-in)  
Open access, structured treatment, outreach & aftercare. Advice about blood-borne viruses. Helpline: **020 7266 6300**.  
**AH, AD, C, D, MS, NE, OL, OW**

**WDP – ENFIELD ROOTS**  
12 Centre Way, Claverings Ind Est,

Montagu Rd, N9 0AH  
**020 8379 6970; www.wdp.org.uk/find-us/london/enfield**  
Support for people who come through the criminal justice system & are experiencing problems with drugs and/or alcohol.  
**A, C, D**

**WDP – WANDSWORTH DRUG PROJECT**  
86 Garratt Lane, SW18 4DB  
**020 8875 4400; www.wdp.org.uk**  
Mon–Fri: 1–5pm; Sat: 1–4pm  
**AH, AD, A, AC, CA, C, D, ET, MS, NE, OL, OW**

**WANDSWORTH COMMUNITY DRUG AND ALCOHOL SERVICE (WCDAS)**  
St John's Therapy Centre, 162 St John's Hill, Battersea, SW11 1SW  
**020 8812 4120**  
Mon, Tue, Thu, Friday: 9am–4:30pm  
Wed: 1–7pm  
A consortium between SLaM NHS Foundation Trust, Addaction and St Mungo's which provides specialist treatment for Wandsworth adults affected by drug and/or alcohol issues.  
**A, D, ET, MS, MH, NE, OL, OW, SH, SF**

## FOOD/SOUP RUNS

**ABUNDANT LIFE HOUSING SERVICES**  
9 Campbell Rd, Stratford E15 1SY  
0208 534 2194/2316  
Sat: 2–5pm **AH, FF**

**ACTON HOMELESS CONCERN**  
Emmas Hse, 1 Berrymead Gdns, W3 8AA  
**020 8992 5768;**  
**actonhomelessconcern.org**  
Call for the times of their many services.  
**A, B, BA, CL, C, DT, D, ET, F, FC**  
**AGAPE**  
01483 824006; **www.knaphillchurch.co.uk/agape.htm**  
Wed: 7.45–9.15pm (Embankment)  
**FF**

**AMERICAN INT'L CHURCH SOUP KITCHEN**  
79a Tottenham Ct Rd (entrance Whitfield St), W1T 4TD  
**020 7580 2791; amchurch.co.uk/soup-kitchen**  
Mon & Tue: 10–12am; Thu–Sat: 10am–12am  
Meals, clothes (alt Mons) & toiletries.  
**CL, FF**

**AMURT**  
020 88064250; **www.amurt.org.uk/who-we-are/amurt-uk/**  
Thu: 6.15–7.30pm (Lincoln's Inn Fields)  
Vegetarian food & music.  
**FF**

**ASLAN**  
c/o All Souls Clubhouse, 141 Cleveland St, W1T 6QG  
**www.allsouls.org/**  
Sat: 5.30–7.45am (tea run: 5.30  
Tavistock St; 6.15 Savoy Pl; 6.45 King William IV St; All Souls Ch 7.40);

Sat: 9–12am (day centre at Webber St. Breakfast, bible group, ESOL, photography & art. Showers & clothes for ticket holders. Tickets from Webber St on Mons); Sat: 6.30–8.30pm (entertainment – invites via tea run or welcome desk at All Souls.  
Films, coach trips, clothes store and bible group every Sat night at 6.30pm. Invitations via the tea run or welcome desk at All Souls Langham Place. Step-free access via Cleveland St entrance.  
**AC, CL, D, ET, F, FF, LF**

**BARON'S COURT PROJECT**  
69 Talgarth Rd, W14 9DD  
**020 7603 5232; www.baronscourtproject.org**  
Mon–Wed: 2–5pm (drop-in, showers/laundry & café); Fri: 12am–2pm (women's group); Fri: 2.30–5.30pm (Green Palm Club for isolated black people); Thu: 2–5pm (life skills)  
Friendly drop-in where people can socialise, find support & access services.  
**BS, CL, F, IT, LA, MS**

**BLOOMSBURY CENTRAL BAPTIST CHURCH**  
235 Shaftesbury Ave, WC2H 8EP  
**020 7240 0544**  
Sun: 12.30am–2.30pm  
Limited number of tickets for Sun roast available at 10.30am.  
**FF**

**BRIDGES**  
Memorial Community Church, 389–395 Barking Rd, E13 8AL

<b>KEY</b>	<b>A</b> Alcohol workers	<b>B</b> Barber	<b>CA</b> Careers advice	<b>EF</b> Ex-forces
	<b>AC</b> Art classes	<b>BA</b> Benefits advice	<b>CL</b> Clothing store	<b>EO</b> Ex-offenders
	<b>AD</b> Advocacy	<b>BE</b> Bedding available	<b>D</b> Drugs workers	<b>ET</b> Education/training
	<b>AH</b> Accommodation/housing advice	<b>BS</b> Bathroom/showers	<b>DA</b> Debt advice	<b>F</b> Food
		<b>C</b> Counselling	<b>DT</b> Dentist	<b>FF</b> Free food

<b>FC</b> Foot care	<b>LS</b> Luggage storage	<b>NE</b> Needle exchange	<b>SF</b> Step-free
<b>IT</b> Internet access	<b>MD</b> Music/drama	<b>OL</b> Outreach worker links	
<b>L</b> Laundry	<b>MH</b> Mental health	<b>OH</b> Outreach workers	
<b>LA</b> Legal advice	<b>MS</b> Medical/health services	<b>SH</b> Sexual health	
<b>LF</b> Leisure facilities		<b>TS</b> Tenancy support	

020 7474 6603

Sat: 8–11.30am (breakfast 9–11am);  
Mon: 10am–2pm  
Nurse clinics & signposting to other agencies. Practical activities and life skills.

*BS, BA, CL, FF, MS, OL*

### CHRIST APOSTOLIC CHURCH (BETHEL) UK

217–23 Kingsland Rd, Hackney, E2 8AN  
020 7729 4375/ 661

Sat: 2–3:30pm (last Sat of month); Sun: 8–9am

Sunday morning – cooked breakfast;  
last Saturday of month for hot meals.

*FF*

### CHRISTIAN KITCHEN

65 Blackhorse Rd, W' stow, E17 7AS  
Mon–Sun: 7.30–8.30pm (Mission Grove car park)

Hot meals from mobile kitchen van.

*FF*

### CHURCHES FOODBANK (NEWHAM)

020 8555 9880; 020 8534 www.

[churchesfoodbank.org.uk/](http://churchesfoodbank.org.uk/)

Thu: 1–3pm (Woodgrange Baptist Ch, Romford Rd, E7 8AA); Tue: 9–11am (St Paul & St James, Maryland Rd, E15 1JL)  
All applications must be accompanied by a referral from an independent agent (support worker etc).

*Ad, BS, F, FF*

### COMMUNITY OF SANT'EGIDIO

07595 931348; [santegidio.org.uk](http://santegidio.org.uk)  
Sat: 5–7pm (Gloucester Rd tube, Ken

High St, Victoria Stn); Sat: 3–7:30pm (tea & cakes, Carmelite Priory, Pitt St W8 4JH – see website for details)

*CL, F, LA*

### COMMUNITY TABLE

Southcroft Church (Ichthus), 276 Mitcham La, Streatham, SW16 6NU

020 8677 0880

Thu: 11am–2pm

Barber every 4 weeks – phone to check.

*B, BS, CL, FF*

### COPTIC CITY MISSION

0207 937 5782

Tue: 9–10pm (Seaforth Pl, behind Westminster City Hall)

*FF*

### EALING SOUP KITCHEN

St John's Ch Hall, Mattock La, W13 9LA

020 8840 0651

Sat & Sun: 3.30–5pm; Mon: 7–9pm (drop-in Salv'n Army Hall, Leeland Rd, W13 9HH (food & drinks, music, games & practical help); Thu & Fri: 10am–4pm (advice) Fri: 11am–4pm)

Practical help/advice. AA meetings.

*FF*

### EMMANUEL CHURCH (STRATFORD)

Romford Rd/Upton Lane, E7 8BD

020 8522 1900

Thu: 7.30–8.30am

Cooked breakfast.

*FF*

### EMMANUEL PENTECOSTAL CHURCH

374 Lee High Rd, SE12 8RS

020 8852 8261

Tue: 6–8pm

*FF*

### FARM STREET CHURCH

114 Mount St, W1K 3AH

020 7493 7811

Mon: 8–10.30pm

**Oxford St route:** Davies St, Bourdon St, S Molton St, Oxford St (S Moulton St to Oxford Circ), top of Regent St to Hanover St, Hanover Sq, **New Bond St–Berkeley Sq route:** Berkeley Sq; Berkeley St; Green Pk tube; Piccadilly. **Hyde Pk Corner route:** Mount St; Park La underpasses (Park La & Hyde Pk Corner); Shepherds Mkt; Curzon St.

*FF*

### FAST58

[www.fast58.org.uk/](http://www.fast58.org.uk/)

Fri: 8.45–11pm (Strand, nr Ryman's); Fri: 9.15–10.30pm (Waterloo, nr IMAX)  
Help for people of all faiths and none, and a sympathetic ear.

*FF*

### FEED THE HUNGRY HEART

101a Pears Road, Hounslow, TW3 1SS

020 8569 5359

Tue & Thu: 10–12am (drop-in)

Low-cost coffee and tea.

*F*

### FINSBURY PARK MOSQUE

7–11 St Thoms's Rd, N4 2QH

020 7424 5252

Mon, Tue, Fri: 10:30am–1pm (women's group); Thu: 6pm–8pm (soup run – 7–9pm in summer)

*C, ET, L, LA*

### FLOWING RIVERS FOUNDATION

07985585996

Tue: 7–10pm (fellowship – Castle Grn, Dagenham); Sun: 6.30–8pm (2nd & 3rd week of month – Lincoln's Inn Fields)

*CL, FF*

### GOOD SAMARIA NETWORK

12 Voyagers Close, London SE28 8QQ

0203 651 0869

Sun: 6–7pm (Lincoln's Inn Fields)

*FF*

### HARE KRISHNA FOOD FOR ALL

102 Caledonian Rd, N1 9DN

07946 420 827; [iskconuk.com/](http://iskconuk.com/)

Mon–Sat: 12am–1pm (behind Kentish Tn stn); Mon–Sat: 1–1.45pm (Arlington Rd); Mon–Sat: 2–2.30pm (York Way); Mon–Fri: 12.45am–1.45pm (LSE & SOAS); Mon–Thu: 7.30–8.30pm (Lincoln's Inn Fields)

Delicious vegetarian food.

*ET, FF, IT, LF*

### HARINGEY MIGRANT SUPPORT CENTRE

St John Vianney Ch Hall, 386 W Green Rd, N15 3QL

07544078332

Mon: 1–5pm (drop-in, immigration & welfare advice, lunch)

*AD, BA, FF, LA*

KEY

<i>A</i> Alcohol workers	<i>B</i> Barber	<i>CA</i> Careers advice	<i>EF</i> Ex-forces
<i>AC</i> Art classes	<i>BA</i> Benefits advice	<i>CL</i> Clothing store	<i>EO</i> Ex-offenders
<i>AD</i> Advocacy	<i>BE</i> Bedding available	<i>D</i> Drugs workers	<i>ET</i> Education/training
<i>AH</i> Accommodation/housing advice	<i>BS</i> Bathroom/showers	<i>DA</i> Debt advice	<i>F</i> Food
	<i>C</i> Counselling	<i>DT</i> Dentist	<i>FF</i> Free food

<i>FC</i> Foot care	<i>LS</i> Luggage storage	<i>NE</i> Needle exchange	<i>SF</i> Step-free
<i>IT</i> Internet access	<i>MD</i> Music/drama	<i>OL</i> Outreach worker links	
<i>L</i> Laundry	<i>MH</i> Mental health	<i>OH</i> Outreach workers	
<i>LA</i> Legal advice	<i>MS</i> Medical/health services	<i>SH</i> Sexual health	
<i>LF</i> Leisure facilities		<i>TS</i> Tenancy support	

## HARVEST OF GRACE (DEPTFORD METHODIST MISSION)

1 Creek Rd, Deptford, SE8 3BT  
020 8692 0048

Sat: 12am–2pm (lunch)

FF

## HINDE STREET METHODIST CHURCH

19 Thayer St, W1U 2QJ

020 7935 6179; [www.hindestreet.org.uk](http://www.hindestreet.org.uk)

Wed: 4:30–8pm

Safe, warm space; soup, sandwiches & drinks for 10p each; free sandwiches after 7pm. Part of W London Mission.

F, FF

## HOLY NATION CHURCH

020 7630 7987

Fri: 9–11pm (W'loo station)

FF

## IMPERIAL COLLEGE

07535250294 (Samuel)

Sun: 8.30–9.30pm (Lincoln's Inn Fields)

FF

## KING'S CROSS BAPTIST CHURCH

Vernon Sq, King's X Rd, WC1X 9EW

020 7837 7182; [www.kingscrossbaptistchurch.com/](http://www.kingscrossbaptistchurch.com/)

Tue: 11am–1pm

Friendly local church at the heart of its community.

FF, LF

## LIGHTHOUSE SEVENTH-DAY

KEY

A Alcohol workers  
AC Art classes  
AD Advocacy  
AH Accommodation/  
housing advice

B Barber  
BA Benefits advice  
BE Bedding available  
BS Bathroom/showers  
C Counselling

CA Careers advice  
CL Clothing store  
D Drugs workers  
DA Debt advice  
DT Dentist

EF Ex-forces  
EO Ex-offenders  
ET Education/training  
F Food  
FF Free food

## ADVENTIST CHURCH

88b Cavendish Rd, N4 1RS

0208 245 4917

Sat: 1.30–2.30pm (hot food); Sun:  
12.30am–1.30pm (soup kitchen,  
counselling & clothes); Wed: 7.30–  
8.30pm (clothes)

CL, FF

## LOVE STREATHAM

Streatham URC, 388 Streatham High  
Rd, SW16 6HX

Mon: 7–9pm

FF

## LOVE TO THE NATIONS MINISTRY

079044 44194

Sun: 4–4.30pm (alt weeks, Charing X –  
phone); Wed: 7–7.30pm (hot drinks &  
sandwiches, Charing X)

Meals, toiletries, clothes, sleeping bags.

FF, MS

## MINISTRY OF PRAISE

020 8808 7697

Tue: 8–8.30pm (Lincoln's Inn Fields)

FF

## MISSIONARIES OF CHARITY SOUP KITCHENS

020 8960 2644

Mon, Tue, Wed, Fri: 3.30–5pm (Pius X  
Church Hall); Sun: 3.45–4.15pm (Pius  
X); Mon–Wed: 10.30–11am (112–6 St  
George's Rd); Fri & Sat: 10.30–11am  
(St G's Rd); Sun: 3–3.30pm (St G's Rd);  
Mon: 10–10.30pm (Tothill St); Mon:  
9.30–10pm (Spitalfields)

FF

## MUSWELL HILL CHURCHES SOUP KITCHEN

Muswell Hill Baptist Church, 2

Dukes Ave, N10 2PT

020 8444 7027

Sun–Thu: 7.45–8.45pm

FF

## NIGHTWATCH

Mon–Sun: 9.30pm–10pm (Queen's  
Gdns, Croydon)

Vocational & educational materials &  
furniture for resettlement. Facebook:  
<http://on.fb.me/1suz2AG>

CL, ET, FF

## NORTH LONDON ACTION FOR THE HOMELESS

St Paul's Ch Hall, Stoke Newington Rd,  
N16 7UE

07745227135; [www.nlah.org.uk/](http://www.nlah.org.uk/)

Mon: 12am–1.30pm; Wed: 7–8.30pm  
Three-course vegetarian meal, & tea  
or coffee. Take-away food and clothing  
on request. Visits from Health Access  
Worker. East European outreach worker.

FF, OW

## NOTRE DAME CHURCH

020 7440 2660

Sat: 12.30am–2.30pm

Sandwiches from ground floor of the  
Maison Pierre Chanel, 16 Leicester Sq.

FF

## OPEN DOOR MEAL

St James the Less Parish Centre,  
Thorndike St, Nr Moreton St, SW1V 2PT  
020 7630 6282

FC Foot care  
IT Internet access  
L Laundry  
LA Legal advice  
LF Leisure facilities

LS Luggage storage  
MD Music/drama  
MH Mental health  
MS Medical/  
health services

→  
YOUNG  
PEOPLE  
this way

2nd and 3rd Fridays of the  
month.

FF

## ORDER OF MALTA SOUP KITCHEN

Crypt of St James's Spanish Pl  
Church, 22 George St, W1U 3QY

Thu: 7:30–9pm

CL, F, FF

## OUR LADY OF HAL

165 Arlington Rd, Camden, NW1 7EX  
020 7485 2727

Tue, Wed, Fri, Sat: 12.45am–2pm

FF

## PRYORS BANK LUNCHES

Pryors Bank Pavilion, Putney Bridge  
Approach, SW6 3LA  
Thu: 12:30am–1.45pm

A main meal, plus fruit, yoghurt,  
biscuits, home-baked cakes and bread.

FF

## ROYAL CONNECTIONS

The Hub Studios, 90 Monier Rd (off  
Wick Lane), Bow E3 2ND  
0300 111 1111; [royalconnections.org.uk](http://royalconnections.org.uk)

Sun: 2–6pm (4th Sun of month)

AH, B, CA, D, ET, FF, LA, MS

## SADHU VASWANI CENTRE

0844 500 1744

Wed: 8pm–8.30pm (Lincoln's Inn  
Fields)

Indian food, drinks, chocolates and  
fruit. FF

NE Needle exchange  
OL Outreach worker links  
OW Outreach workers  
SH Sexual health  
TS Tenancy support

## SALLY'S KITCHEN – GOOD FOOD IN THE COMMUNITY

Salvation Army Hall, Southwell Gr, Leytonstone, E11 4PP  
07944281485; [www.facebook.com/SallysKitchenE11](http://www.facebook.com/SallysKitchenE11)  
12am–1.30pm

Free, delicious two-course meal in warm company. By local people for local people.

FF

## SEVENTH DAY ADVENTIST CHURCH (STOKE NEWINGTON)

Yoakley Rd, N16 0BD  
020 8800 8422

Wed: 12.15am–1.30pm (drop-in); Sun: 7–7.30pm (Lincoln's Inn Fields)

FF

## SILOAM COMMUNITY SERVICES

c/o Salvation Army, Lower Community Hall, Nunhead Green, SE15 3RT  
020 8695 8873; 07925 330290

Tue: 7pm–8pm (free meal); Tue & Thu: 10am–2pm (community café & drop-in, housing advice, practical support)

AH, BA, CL, F, FF, MH, TS

## SIMON COMMUNITY (HOUSE OF HOSPITALITY)

129 Malden Rd, Kentish Tn, NW5 4HS  
020 7485 6639

Sat & Sun: 1:30–3:30pm (street café: St Giles, nr Centrepoint); Mon–Thu: 7:15–8:30am (tea run: 7.15 – Arundel St; 7.30 – Burleigh St; 7.50 – Covent Gdn);

Wed & Thur: 7:30–10:30pm (soup run: Manchester Sq; Temple; W'loo, behind NT); Friday: 11am–2pm (women's group, Swiss Church, Endell St)  
Clothing from the street café when available.

AH, CL, F, FF, MD, OL, OW

## ST ANDREW'S CHURCH

Star Centre, Greyhound Rd, W14 9SX  
07956 587176

Sat: 8.00am–12.30pm

CL, FF

## ST ANNE'S DROP-IN KITCHEN

St Anne's Church Hall, Hemsworth St, N1 6TS

07847 761 361

Sat: 5–7pm

Soup kitchen offering food, warmth and friendship to all in need.

## ST IGNATIUS'S CHURCH

Sat: 7.30–8.15pm (Lincoln's Inn Fields)

FF

## ST JOHN THE EVANGELIST

39 Duncan Terr, Islington, N1 8AL  
020 7226 3277

Tue–Sat: 12.30am–1.30pm

FF

## ST JOHN VIANNEY CATHOLIC CHURCH

4 Vincent Rd, N15 3QH

020 8888 5518; [parish.rcdow.org.uk/westgreen/](http://parish.rcdow.org.uk/westgreen/)

Sat: 5.30–6pm (Temple)

Sandwiches, cakes, soup, tea and coffee.

Clothing, mainly for men.

CL, FF

## ST JOHN'S SOUP KITCHEN

St John the Evangelist, Brownswood Pk, Gloucester Dr, N4 2LW

[www.sjebp.com/soup-kitchen.html](http://www.sjebp.com/soup-kitchen.html)

Tue: 7.30pm–9.15pm (every week; advice 1st Tue of month)

Open to all who are homeless or in need, providing a vegetarian meal in a welcoming and friendly environment.

FF

## ST MONICA'S CHURCH

020 8886 9568

Tue: 8.15–8.45pm (Temple)

FF

## ST PATRICK'S OPEN HOUSE

21a Soho Sq, W1D 4NR

020 7437 2010

Thu: 6–8.30pm (registration first; guests welcome from 7pm)

A home-cooked meal.

FF

## ST THOMAS OF CANTERBURY CHURCH

Wed: 9–9.30pm (2nd & last of the month, Lincoln's Inn Fields)

CL, FF

## STREET SOULS

0208 852 3307

Fri: 8–9pm (1st & 3rd week, St Stephen's Church, Rochester Row)

Meals, sandwiches, hot drinks. Toiletries, clothing, sleeping bags etc.

CL, FF

## STREETLYTES

020 7603 7956

Mon: 6pm–9pm (drop-in, St Stephen's Church)

AH, AD, A, BE, CL, D, FF, OL, OW

## TEEN CHALLENGE LONDON

Wilkerson House, Uphall Rd, IG1 2JJ

020 8553 3338; [www.tclondon.org.uk/](http://www.tclondon.org.uk/)

Mon: 9–11pm (Whitechapel); Tue: 9–11.30pm (Hackney); Thu: 9–10.30pm (Ealing); Wed: 9–11.30pm (Brixton); Sat: 9–11.30pm Stratford Central Baptist Ch; Fri: 9–11.30pm (W'loo stn)

Hot food and drinks. Teen Challenge is a faith-based residential rehabilitation centre.

FF, OW

## THE CABIN

St Gabriel's Community Centre, 21 Hatchard Rd, N19 4NG

020 7272 8195

Mon–Sun: 10.30–11.30am; Thu: 12am–1pm

FF

## THE CARPENTERS

TMO Community Hall, 17 Doran Walk, E15 2JL

020 8221 3860

Tue: 10–12am

FF

## THE PENGE RUN

Sat: 8–8.30pm (2nd week of month, Tothill St); Sat: 10.15–10.45pm (2nd

week of month, Lincoln's Inn fields)

*CL, FF*

### THE SWISS CHURCH

79 Endell St, WC2H 9DY

020 7836 1418

Fri: 12am–1pm (lunch); Tue: 8–10am (breakfast on the steps)

*C, FF, MD*

### TREM (PLACE OF OUR SANCTUARY)

84 Lillie Rd, Fulham, Sw6 1TL

0207 381 5366

Sat: 2–4.30pm (1st Sat of month)

Hot food indoors. In winter, ring to find out if there are extra services.

*CA, FF*

### TRIUMPHANT CHURCH INTERNATIONAL

136 W Green Rd, Sth Tottenham, N15

5AD

020 8800 6001; [www.triumphant.org.uk](http://www.triumphant.org.uk)

Sun: 11am–2pm (food bank); Wed: 7–8pm (hot meal); Sun: 9–10am (hot breakfast)

Five Loaves Food Bank is by referral from Haringey agencies.

*AD, CL, FF*

### UCHARITY

020 3642 6868

Mon: 9–11pm (9–10pm, W'loo nr Imax; 10.15–11.15pm, Strand nr Charing X station)

*FF*

### URBAN TABLE

Round Chapel, Powerscroft Rd, E5 OPU

020 8533 9676

Sun: 2.30–4pm

*FF*

### WYCOMBE & MARLOW GROUP

Tue: 8.15–8.45pm (Lincoln's Inn Fields)

Hot drinks, food, toiletries & clothes.

*CL, FF*

## YOUNG PEOPLE

### 722 YOUNG PEOPLE SERVICE

722 Leytonstone High Rd, E11 3AJ

0300 555 1158

Mon–Fri: 9am–5pm

For people aged 10–18 in Waltham Forest with drug- and alcohol-related issues. Evening appointments by request.

*AH, AD, BA, D, NE, OL*

### ALONE IN LONDON

Unit 6, 48 Provost St, N1 7SU

020 7278 4224; [www.aloneinlondon.org](http://www.aloneinlondon.org)

org

Mon–Fri: 9–12.15am (advice)

Supports people 16–25 who are homeless or at risk of homelessness.

Helps young people to make informed & positive choices about their lives, develop skills.

*AH, AD, CA, C, ET, MH*

### BARNARDO'S (YOUNG WOMEN'S PROJECT)

PO Box 34727, N7 8YQ

0800 316 1770 (freephone);

[www.barnardos.org.uk/youngwomenslondon](http://www.barnardos.org.uk/youngwomenslondon)

youngwomenslondon

Mon–Fri: 9am–5.30pm (office hours);

Mon & Wed: 12am–3pm (under 14 drop-in); Mon & Wed: 2–5pm (over 14s drop-in)

For young women 11–18 who are involved in or at risk of being sexually exploited in Hackney, Haringey, Islington & Camden. Call 020 7700

2253 for info or to discuss referral.

*AD, A, C, D, LA, MS, MH, OW*

### BRANDON CENTRE

26 Prince of Wales Rd, NW5 3LG

020 7267 4792; [brandon-centre.org.uk](http://brandon-centre.org.uk)

Mon: 9.30am–8pm; Tue & Thu:

9.30am–6pm; Wed: 9.30am–7pm; Fri:

9.30am–5pm

Counselling, therapy, contraceptive advice & info for people 12–21. Phone 020 7267 1321 for a contraceptive appointment. Drop in or phone.

*C, MS, MH, SH*

### CAYSH

See ADVICE

### CENTREPOINT

See NIGHT SHELTERS

### CLASH (CENTRAL LONDON ACTION ON STREET HEALTH)

See HEALTH/MEDICAL

### DEPAUL NIGHTSTOP UK

020 79391235/07540703922; [www.depaulnightstopuk.org/](http://www.depaulnightstopuk.org/)

Mon–Sun: 9am–5pm

Emergency accommodation for people 16–25 in the homes of approved volunteers. Check website for the nearest scheme.

*Accommodation/housing advice, Advocacy*

### DEPAUL UK

020 7939 1231; [www.depauluk.org/](http://www.depauluk.org/)

Mon–Fri: 9am–5pm

Accommodation, resettlement, training & employment, mediation, prison work, work in communities, volunteering and mentoring.

*AH, BA, CA, DA, ET, TS*

### FOYER FEDERATION

020 7430 2212; [foyer.net/](http://foyer.net/)

Provides more than 10,000 16–25-year-olds with accommodation, training, job search, support and motivation.

*AH, AD, CA, C, ET*

### HAVEN (PADDINGTON)

St Mary's Hosp, Praed St, W2 1NY

020 7886 1101

Mon–Sun: 24 hours

Counselling & medical services for people who have been sexually assaulted. Screening for STIs, pregnancy testing & emergency contraception.

Specialist workers for 13–18-year-olds & Asian women.

*C, MS*

### HAVEN (WHITECHAPEL)

The Royal London Hosp, 9 Brady St, E1

5BG

020 7247 4787

Mon–Sun: Open 24 hours

Counselling & medical services for people who have been sexually assaulted. Screening for STIs, pregnancy testing & emergency contraception.

Specialist workers for 13–18-year-olds & Asian women.

*C, MS*

### HERTS YOUNG HOMELESS (HYH)

1st Fl, Gracemead Hse, Woods Ave,

Hatfield, AL10 8HX

0844 833 0933; [www.hyh.org.uk](http://www.hyh.org.uk)

Mon–Fri: 9am–5pm (appointments for advice)

Works mainly with people aged 16–24. Mediation, education and other specialist prevention services, advice, support etc. Advice line number: 0844 833 0933.

*AD, C, ET*

### **JUST FOR KIDS LAW**

Saga Centre, 326 Kensal Rd, W9 2HU  
0203 174 2279; [www.justforkidslaw.org](http://www.justforkidslaw.org)

Mon–Fri: 9.30am–5.30pm (open door)  
For people 10–21. Legal help, criminal representation (up to 18), & advocacy.  
**N London:** 180 N Gower St, NW1 2NB;  
**W London:** Saga Centre, Unit FF8, 326 Kensal Rd, W10 5BZ; **S London:** 21–22 Camberwell Grn, SE5 7AA.

*AD, BA, ET, LA, MS*

### **MERTON ACTION FOR SINGLE HOMELESS (MASH)**

8 Wilton Rd, Colliers Wood, SW19 2HB  
020 8543 3677  
For people aged 16–25. Ring first.

### **MUSLIM YOUTH HELPLINE (MYH)**

0808 808 2008; [info@myh.org.uk](mailto:info@myh.org.uk);  
[www.myh.org.uk](http://www.myh.org.uk)  
Sat & Sun: midday–midnight; Mon–Fri:  
6am–midnight  
Phone, web chat, email.

*AD, C, MH*

### **OFF CENTRE**

25–27 Hackney Grove, E8 3NR  
020 8986 4016; [www.offcentre.org.uk](http://www.offcentre.org.uk)  
Wed & Fri: 10am–6pm; Mon, Tue, Thu:  
10am–8pm  
Free counselling, therapy, advocacy,  
advice & psychosocial service for  
people 11–25 in Hackney. Sexuality;  
bereavement; violence; depression;  
accommodation; college; stress; abuse;  
family breakdown; self-harm; anger;  
neglect; identity & more.

*AH, AD, CA, C, MH, OW, SH, TS*

### **ROMFORD YMCA**

29 Rush Green Rd, Romford, RM7 0PH  
01708 766211 x 281; [www.ymcatg.org/ymca-romford/](http://www.ymcatg.org/ymca-romford/)  
Mon–Fri: 9am–4pm (office hours)  
Sports, fitness, arts & other facilities.  
Priority to homeless people 18–30 with  
local connection. Phone, call in or write.

*LA*

### **ST CHRISTOPHER'S FELLOWSHIP (FOR CHILDREN)**

1 Putney High St, SW15 1SZ  
0208 780 7800; [www.stchris.org.uk](http://www.stchris.org.uk)  
For runaway children.

*AH, AD, BA, CA, C, ET, IT, LA*

### **STREETS REVOLUTION ISLINGTON**

See SOCIAL EVENTS

### **THE YOUTH HUB**

0203 283 8616; [www.theyouthhub.co.uk/](http://www.theyouthhub.co.uk/)  
Mon–Fri: 9am–5pm  
Connecting teens, young adults,  
employers, training providers and  
charities.

*CA, ET*

### **YOUTHNET UK**

First Fl, 50 Featherstone St, EC1Y 8RT  
020 7250 5700; [www.youthnet.org](http://www.youthnet.org)  
Mon–Sun: Open 24 hours  
Online resource for 16–24-year-olds.

*AH, AD, CA, DA, LA*

### **YMCA**

[www.ymca.org.uk/](http://www.ymca.org.uk/)  
Housing, training and community  
health organisation that runs hostels  
for homeless young people. Check the  
website for details.

*AD, AH, BA, CA, ET, MS*