

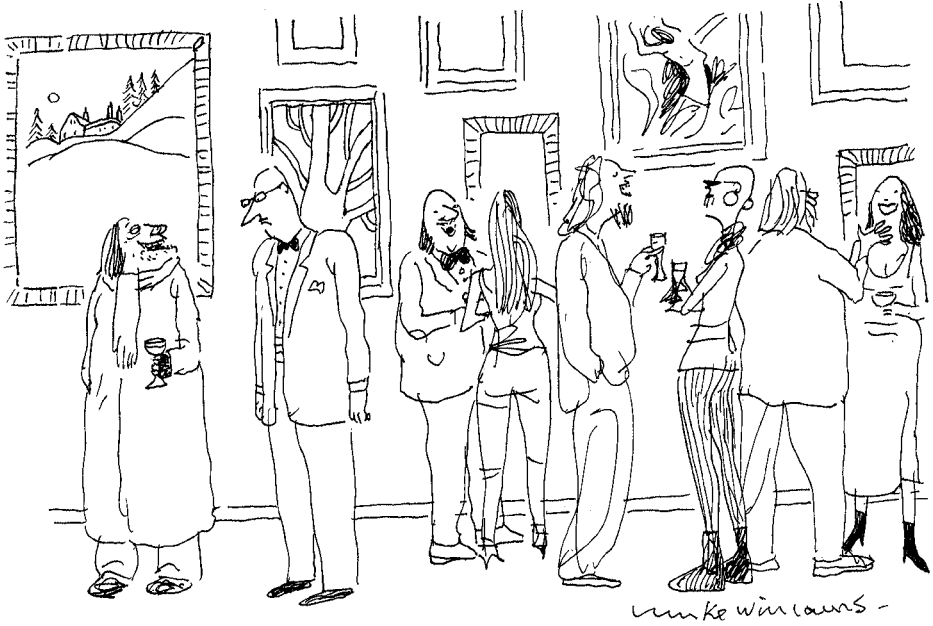
the Pavement

The *FREE* monthly for West Midlands' homeless

October 2010

NEW STREET COUNT GUIDANCE





“Actually, I’m rather a well known piss artist”

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The Editor

Getting into our stride

Welcome to the second edition of *The Pavement's* West Midlands edition. Thanks to those of you who fed back on last month's launch issue.

We delivered 1,500 copies across Birmingham, Coventry and Wolverhampton, and you tell us you found it useful and entertaining. If you would like your drop-in, night shelter or day centre to become a stockist, please get in touch via the email below. This is an entirely free service, and we will deliver to your door (of larger organisations).

In these times of government cuts, struggling services and changes to housing benefit (see page 7), it's great to have some good news to report... Two projects that have been successful elsewhere are coming to Birmingham, and both offer creative and inspirational activities for free.

Crisis is launching its Skylight project this month. I have seen it in action in London, and I know the positive outcomes it can achieve. The Choir with No Name is also looking to start up in Birmingham and will be laying the groundwork within the next few months for a launch in January. That is great news for Birmingham. However, projects like these only work if the people attending classes have the advice, accommodation and other support they need so that they can fully engage. Working in partnership is integral to the success of these projects, so we hope the government cuts don't go too far to effect vital services.

Ellie Jones

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The counting tool, but not the method – at last, new guidance has been published to replace the old 'flawed' street counts.

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Skylight arrives

Crisis Skylight is replicating its success in Birmingham

Skylight, the arts, education, training and employment skills project run by homelessness charity Crisis, has come to Birmingham.

The project's six tutors, along with sessional tutors and volunteers, will run an ambitious range of activities from creative arts, dance and music to basic skills and training. And all for free. Team leader Matthew Green told *The Pavement*: "Currently, we have no base. We will be delivering these activities from charities, hostels and day centres in the central and south Birmingham area, including St Martin's in the Bullring, SIFA Fireside, St Anne's Hostel, Anawim and Allison House."

Skylight, which has already succeeded in London and Newcastle, emphasises inspiring people, and putting fun and creativity back into their lives. Creative arts and dance tutor Pam said: "We will definitely be doing visual arts, using acrylics, water colours, life drawings and digital photography. We are also going to offer drama and different forms of dance such as street, contemporary and maybe even belly dancing. We are planning vocal and DJ classes, percussion, song writing, producing and rapping sessions. And we'll be visiting different places too, especially with the photography – we won't be stagnating in a classroom." The activities are not set in stone, and all the team is open to suggestions for what else they could do, as long as activities remain within their creative or skills remit.

The programme is for single homeless people or those at risk, with a maximum class size of around 10. It aims to help readers regain confidence, direction and control over their lives. Mr Green said: "Ideally, entry to the classes

will be by referral from a key worker. That way we know individuals are getting all the other support they may need and Crisis can help in providing a holistic package. We will be offering accredited and non-accredited sessions." Members will be offered a range of services that includes Smart Skills, a one-to-one self-development programme accredited through City & Guilds; arts and drama; basic skills and employment support. The workshops will run for 10 weeks at a time, four times a year, with breaks at Christmas and Easter, but the training and job advice will be continuous.

William West, who has attended similar activity classes at St Martin's and SIFA Fireside, said: "I think this is a brilliant idea. I know so many people who had a difficult time in school and for various reasons missed out on the basics. I have a friend who is interested in so many different subjects (he has loads of books in his house), but he can't get past the first few lines. Education was a very negative experience for me as well. I was in school from 1963 to 1975, and those who were struggling were just humiliated. English needs to be fun and linked in with drama. That's what gets people motivated."

Lee Harris, who is co-ordinating the partnership between SIFA Fireside and Crisis, said: "This will be of great benefit to our service users, as they will have the opportunity to take part in activities which they would be unable to access elsewhere because of social exclusion and cost. I've always been an advocate of 'meaningful activity' because I've seen individuals achieve extraordinary things and unlock potential they never realised

they had before. A further bonus to SIFA Fireside is that because the bWell funding for our activities finishes soon, we will be able to offer replacement and enhanced activities. The funding from bWell was immensely useful, but because of the current Government's policies, we are unable to replace it."

Ellie Jones

• For more on this project go online to: www.crisis.org.uk

“I know so many people who had a difficult time in school and for various reasons missed out on the basics”

You got something to say?



is listening!



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West Midlands news

The homeless news from across the region

Homeless told to make up Housing Benefit shortfall

The coalition government has announced cuts of £1.8 billion to housing benefits, with changes to Local Housing Allowance (LHA) due to take effect in October. LHA is the benefit paid to tenants in the private rented sector. According to an impact assessment conducted by the Department of Work and Pensions, the reduced benefit is likely to affect every one of the 80,140 households that rely on it in the West Midlands.

With absolute caps to be introduced to the LHA and allowance rates being calculated differently, less housing benefit will be paid out for the same accommodation, and tenants will have to pay the difference. In the West Midlands, the changes are likely to cause an average loss of £520 a year to housing benefit, which will decrease by £10 a week.

Homeless charities have reported a significant increase in the number of people accessing their services over the last year, and the changes to housing benefit are likely to put further strain on vulnerable groups. As many of these tenants are unemployed, it is feared that the changes will lead to rent arrears, an increase in debt and people being forced out their homes, ultimately increasing levels of homelessness.

Leslie Morphy, chief executive of Crisis, pointed out that the changes are counter-productive: "the costs to society of somebody who has lost their home is huge compared to keeping someone in accommodation". Politicians

are failing to protect the most vulnerable, despite their promises, so Homeless Link is asking them to sustain current levels of investment in homelessness support and services to ensure that those who want to help, actually can.

Jasveer Kaur

Homeless choir's debut album

The Choir With No Name, London's choir for homeless people, is recording its first album in Livingston Studios, north London, whose alumni range from Jamie Cullum to Shakira.

The choir has been together for two years; it began with just four members and now has 40. Marie Benton, its founder and director, said: "The aim of the group is to help the singers who are one stage up from being rough sleepers to build their confidence, make friends and create good music. I'd really like to give the members the experience of a lifetime at every stage of the recording process."

Choir member David Keen, 42, a former copywriter and archivist who came close to being homeless, said: "A favourite song I have sung with the choir is 'Watching the Wheels', by John Lennon. My least favourite is 'I'm Still Standing, by Elton John – I am not sure if it is realistic."

The songs on the album will be cover versions, including Elvis Presley's famous 'Suspicious Minds'. The album will be released at the end of November, priced £10. Money raised from sales will go back into the organisation for future expansion.

Marie Benton said: "We have new plans to set up a choir for homeless people in Birmingham in 2011. We will be looking to appoint a choir director in Birmingham and also need volunteers to help with administration."

If you're interested in getting involved go to the website www.choirwithnoname.org or contact Marie directly at: marie@choirwithnoname.org.

Jackie Lindoe

Counts are optional

We look at the new guidance on conducting street counts

On 14 September, the department of Communities and Local Government (CLG) marked the biggest reform in years to the way the number of rough sleepers is assessed with the publication of new guidance on how to conduct street counts.

'Evaluating the extent of rough sleeping – a new approach' is the result of a CLG consultation which lasted from 23 July to 3 September and invited suggestions from local authorities and charities. It was much anticipated, following comments on 16 June from housing minister Grant Shapps, MP for Welwyn Hatfield, who condemned the old system as "flawed".

The 12-page document details the six key changes in how the street counts should be conducted which were put forward in the earlier consultation report. The bulk of the document details how to carry out these counts.

Although Shapps's earlier comments implied the new guidance would come into effect in 2011, the introduction states that "the new methodology should be used for carrying out counts and providing estimates from October 2010".

But aside from coming into immediate effect, there are few other surprises in the new guidance; and although it aims to gather figures to "provide a complete picture of rough sleeping levels across England", critics will say it doesn't go far enough to address the inaccuracies that dogged the old system.

The six main changes to the method of counting readers who sleep out are:

1. It is now up to local authorities to decide whether they conduct counts. Previously they

were required if a council estimated they had more than 10 rough sleepers in their area. The guidance states "counts are no longer required by Communities and Local Government (CLG)."

2. Following on from this, if councils do not conduct a count, they "should submit a robust estimate" of the numbers of rough sleepers. Later in the document it states this should be done on a day "between 1 October and 30 November each year."

3. The definition of 'rough sleeper' and who to count has been broadened, to address old criticisms that only those 'bedded down' were counted. The new guidance includes "people sleeping, about to bed down (sitting on/in or standing next to their bedding) or actually bedded down in the open air (such as on the streets, in tents, doorways, parks, bus shelters or encampments). People in buildings or other places not designed for habitation (such as stairwells, barns, sheds, car parks, cars, derelict boats, stations, or 'bashes')."

4. These new methods also suggest "neighbouring authorities to count on the same night and to count on a sub-regional or regional basis to avoid missing (or counting twice) rough sleepers who move back and forth between local authority areas." Again, this is based on old criticisms that counts in one borough pushed people over boundaries for the duration of the count.

5. It is now recommended that counts should start later (after midnight) and states: "it is sensible for counts to start at 2.00am in cities and towns so as to ensure that rough sleepers who bed down later in these busier areas are still counted."

6. Importantly, the "CLG will no longer provide officials to attend and oversee that counts are being conducted in accordance with the agreed methodology." The responsibility for provision of verifiers has been given to Homeless Link, the umbrella charity for many homeless services, which has also been charged with publishing detailed guidance on its website.

Generally, most of these measures will be welcome, although many readers and organisations will question whether making counts optional and using estimates helps build trust in official figures.

Alison Gelder, director of Housing Justice, which offered recommendations within the consultation, told *The Pavement*: "I am really disappointed that local authorities are being let off the hook by making counting a choice. I hope the detailed guidance on providing a 'robust' estimate will be good enough and I wonder how CLG will test the robustness of the estimates."

However, she added: "I am pleased that the definition of rough sleeper has been expanded, though sad that shelter residents will not be included where shelters are open at the time of the count, and the guidance about neighbouring counts being carried out on the same night and varying start times all seems sensible.

"[Housing Justice] expects to be invited to help Homeless Link provide volunteer independent verifiers – and it remains to be seen how many counts actually take place."

Staff



"Oh no! It's the return of Count Jocular"



Terrence Potts

Age at disappearance: 54

Terrence has been missing from Digbeth, West Midlands, since 10 November 1999.

There is considerable concern for Terrence's welfare as it has been so long since he was last heard from. His family just want to know that he is safe and well, and they urge him to get in touch.

Terrence can call the confidential service **Message Home** on **Freefone 0800 700 740** for advice and support..

Terrence, who is also known as 'Poto', is 5ft 4in tall, of slim build with grey hair and blue eyes. He has several tattoos including one on his chest as well as on both hands and arms.

If you've seen Terrence please call the 24-hour confidential charity **Missing People** on Freefone **0500 700 700**
Email: seensomeone@missingpeople.org.uk



mikewinans

**missing
people**

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News in brief

The homeless news from around the bazaars and the mainstream press

Rough sleeper dies in custody

An investigation has been launched into the death of a rough sleeper who died in police custody.

Thirty-six-year-old Valdas Jasiunas was arrested on suspicion of begging at 12.50pm on Wednesday 1 September 2010 and taken to Forest Gate Police Station in East London. He was found collapsed in his cell at approximately 8am the next morning and taken to Newham General Hospital. He was pronounced dead at approximately 8.15pm on Thursday 2 September.

The Independent Police Complaints Commission (IPCC), which always investigates deaths in custody, said that the post mortem examination was inconclusive and further tests had, therefore, been commissioned. IPCC investigators will examine CCTV and police custody records as well as accounts from all officers present during Mr Jasiunas's time in custody.

Rachel Cerfontyne, IPCC Commissioner, said: "This investigation will focus on the care this man received while in police custody to see if anything could have been done differently to prevent his death."

Inquiries are ongoing to trace the man's next of kin, and formal identification has not yet taken place.

Mr Jasiunas, of no fixed abode, was originally from Lithuania. Any *Pavement* readers who knew him are urged to get in touch with the IPCC.

An inquest will be opened and adjourned at Walthamstow Coroner's Court in due course. Trish Keville, the IPCC's press officer for London, said that it was difficult to predict how long an investigation of this kind would take.

In 2008/09 there were 92 deaths during or following police contact; 15 of these were in or following police custody.

His was not the only death in East London in September: on Thursday 8 September, the body of a homeless man was found in Buckingham Road Cemetery in Ilford – see story on page 12.

Rebecca Wearn

ITV plans new homeless reality TV show

Homeless people will move into celebrities' homes for three weeks as part of a new reality TV show.

The ITV show, called 'Home is where the heart is', will begin filming later this year, with stars such as GMTV host Kate Garraway, Anthea Turner, Liza Tarbuck, Danielle Lloyd and Fiona Phillips all rumoured to be taking part. Although ITV couldn't confirm which celebrities had signed up, it stressed that it was looking for celebs with a "genuine interest" in the issue of homelessness.

While the broadcaster could not confirm how much they would receive, a source told the *Daily Star* that the celebrities would be paid £20,000, but would be "encouraged" to donate £5,000 to the homeless person they had invited into their home. ITV did confirm that the homeless

participants would not be paid.

"This is something brand new," our source said. "It really shines a spotlight on the problems we have in our society.

"All these celebrities live a good life packed full of fine food, comfy homes and top gadgets. Being so up close and personal with someone who has nothing to their name may also be a huge learning curve for our pampered personalities."

The *Daily Star* also reported that all homeless participants would undergo a psychological assessment before moving into the celebrities' homes, though ITV declined to comment on this.

It is understood, though, that ITV has been in talks with homeless charities in a bid to ensure that all those taking part in the show have a positive experience.

However, Crisis – which was approached by the broadcaster but did not want to be involved – warned that extra care needed to be taken when addressing such a sensitive subject. Duncan Shrubsole, its director of policy & external affairs, said: "At Crisis, we believe the media – and television in particular – can be very effective at informing the general public about homelessness, its causes and consequences and the issues homeless people face.

"It is vital, however, that television, whether in media reports or in longer programmes, approaches the subject – and particularly homeless people themselves – with sensitivity."

"Homeless people need an understanding and commitment to telling their stories with honesty, empathy and integrity, moving beyond the stereotypes

to reveal some of the underlying causes of their situation but also the real strengths and potential that they have but which their homelessness has cruelly denied them the opportunity to fulfil," he concluded.

Garnet Roach

Refurb rumours

The management of two hostels in Victoria have denied that their refurbishment would lead to both being closed at the same time.

Roger Clarke, deputy chief executive of The Passage, assured *The Pavement* that no closures were planned for Passage House, the 48-bed facility that is being revamped, but that a small and temporary reduction in beds would occur whilst the improvement works were taking place. The hostel in Longmoore Street is undergoing a facelift in four phases over the next year to replace the current dorm-style rooms with single bedrooms, and to introduce new reception and office facilities.

Passage House is benefiting from the Places of Change: Hostels Capital Improvement Programme, which has spruced up other hostels in London. Mr Clarke said staff at The Passage were "very excited".

Half a mile around the corner, Look Ahead Victoria in Castle Lane was rumoured to be temporarily closing a 54-bed building for a month while improvement works went ahead, courtesy of the Supporting People Grant, via Westminster Council. However, a spokesperson for Look Ahead Victoria denied any closure was on the cards.

She said: "While a number of options are being explored, no decisions or funding commitments have yet been taken or

made on the possible redevelopment of Victoria Hostel. Communication with the appropriate stakeholders will take place at the appropriate time."

Liza Edwards

Man charged with Ilford murder

A homeless man was killed and two others left in a serious condition after a brutal attack in Ilford, East London.

The incident took place between 11.30pm and midnight on Wednesday 8 September near Buckingham Road Cemetery.

According to a report in the *Ilford Recorder*, 31-year-old Harbarjan Singh died as a result of a blunt trauma to his head and neck. While their names have not yet formally been released, the Romford Recorder identifies the other two victims as Jit Singh and Harteerth Singh. According to latest police reports, both men are in a serious but stable condition at an East London hospital. The newspaper also reports that the three men were not related and often slept in a car park near business premises on Clarks Road.

Police first heard of the attack when they were called to reports of an injured man on Ilford High Road at around 1am on Thursday 9 September. Later that day, at around 3.30pm, a member of the public notified them about another injured man near the cemetery. However, the body of Harbarjan Singh was not discovered until 8pm, following a police search of the area. He was pronounced dead at the scene.

Jaswinder Singh, 47, of Town Road, Enfield, appeared at the Old Bailey on Thursday 16 September charged with murder and attempted murder. His appeal

for bail was refused, and he was remanded in custody. He will submit his plea at his next court appearance on 21 December.

Carinya Sharples

They're not lovin' it

The *San Francisco Chronicle* has recorded an outcry from homeless people in one neighbourhood of their city, but it's not because of police harassment or the closure of a day centre: it's the removal of the dollar menu from the local McDonald's.

The fast food restaurant in the Haight-Ashbury area removed the cheapest items from its menu in August, so that whereas a burger could previously have been bought for 99c, it is now \$1.49. A small hike in price, perhaps, but it makes a lot of difference to the city's homeless population, who do not have the same welfare support most of our readers are entitled to and who relied on this cheap food.

Responding to criticism that the move was being made as anti-homeless measure, to move rough sleepers of the local streets, Natalie Gonzales, the franchise owner, told the *San Francisco Chronicle*: "this was a business decision based on a number of contributing factors. And while these items are no longer available at \$1, they are still available at what I believe to be a good, everyday value."

Staff



“...and when the music stops, the department that has the letter must do something about it.”



*“Well, I suggest the gruel – it’s the chef’s
brilliant new signature dish”*



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@beckyblanton says:

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@HomelessGirl1 says:

As the online community around me got bigger, as I blogged and tweeted my very innermost secrets, I began to realize that I was not unique in my situation, people were asking me for advice and sharing their stories about living on the outskirts of society, the shame and helplessness they had experienced like me. This changed my perception and understanding about the epidemic of homelessness and it gave me the purpose that I had been looking for.

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Nobby on stage

A homeless man who spent 10 years living in a Peterborough bus shelter has been immortalised in a new play about his life.

Scotsman Michael Ross, also known as Nobby, found fame in the local press and appeared twice in the London edition of *The Pavement*, having made his home in a local bus shelter where he received postcards, presents and food.

Tales of Ross' life – including his passion for golf, which he developed after a set of clubs were left outside his shelter – will now be brought to the stage as 'Our Nobby' by touring theatre group Eastern Angles.

Ross became known as Nobby after a local job sprayed his own tag, Nobby, on the bus shelter where he lived.

"Using the myths surrounding one of Peterborough's best-loved local figures, Our Nobby reflects on the city's history," said Eastern Angles. "This show will strike a chord with all those who remember Nobby or who have wondered where their own lives might be leading."

People from the city were asked to send in their own stories of Ross to be included in the play. Ross, who now lives in a local housing association flat, has not had any input into the play but has said that he is happy to have his story told.

Garnet Roach

- For more info, go to www.easternangles.co.uk

Keeping the Rhythm

The uncertainty surrounding the future of charity Rhythms of Life (RoL), based in London's Dalston, looks set to continue, with the daily food service likely to close unless a deal can be reached with Hackney Council in the next few weeks.

In the last issue of *The Pavement*, we reported how RoL's tenancy at the premises at Crossway was under threat after a series of increases in rent, related to the new Crossrail expansion at Dalston Junction. Andrew Faris, the founder of RoL, told *The Pavement* that they had yet to receive any private backing, and that the charity may be forced to move away from Dalston.

"We're seeing more and more people every day," he said. "We've got 60 now, but it looks like we're not going to be able

to carry on. I've been thinking that we might have to go somewhere else – whether it's Hammersmith or Camden or wherever – where we're properly supported and appreciated."

Mr Faris did say, however, that he had arranged a meeting with Hackney Council in the coming weeks to see if there was a council-owned property that would be suitable for them, though he feared they may be 'outbid' by other organisations desperate for premises in the area. "We've been down this road before," said Mr Faris, "and lost out when we had to bid on a council property, so I'm not optimistic. We'll just have to wait and see."

James O'Reilly

Soup runs come in from the cold

Long queues, waiting in the cold, stares or abuse from passers-by... users of soup runs may not have to pay money, but there is often another price to pay. However, one hostel is aiming to change that by helping to bring soup kitchens indoors.

King George's Hostel in London's Victoria currently provides space for two soup kitchens; the Good Samaria Network and Streetlytes. The innovative scheme came to life in May 2009 when the manager of King George's Hostel, Stephen Davies, offered space to various soup kitchens through Housing Justice. "I wanted to help them provide a similar service but with a bit more dignity," he explains, "particularly in the winter months".

Another factor was the complaints made about soup runs located near Westminster Cathedral by people living in the area:

"We're just round the corner," said Mr Davies, "so I thought we could help, and alleviate the concerns of the neighbours at the same time."

Donald Ewers, manager of the Good Samaria Network, was keen to take up the offer. The group had been running a soup kitchen at Temple Station since September 2004, feeding an average of 25 people a night. After dealing with pushing, shoving and confrontations, Mr Ewers says, there was little time for outreach work: "You can see when people are very needy, but you don't get quality time to speak to them on the street".

However, he says, the atmosphere at the hostel is completely different: "The crowd is much better managed. They conduct their behaviour according to the environment they are in." In their first year at King George's Hostel, the Good Samaria Network has reported no incidents.

"There is time to sit and talk," adds Mr Ewers. "We can signpost people to services that can help them. In a hostel, you get warmth, attention, a chance to socialise and somebody to laugh with." As well as supporting homeless people, the group is providing training and experience to volunteers, some of whom are professionals (including a nurse and a doctor) and others who are unemployed.

Whether the concept of the indoor soup run will expand remains to be seen. Mr Davies points out that many other hostels have the same amount of space as King George's. However, at the latest Soup Run Forum, he learned about three other similar schemes in different venues: The Catholic Worker's community café; St Patrick's in Soho; and the Recovery Chapel in Deptford.

The Good Samaria Network soup run takes place at King George's Hostel on Monday,

with plans to add a Wednesday date, while Streetlytes' soup run happens on Tuesdays from 6pm to 9pm.

Carinya Sharples

Peter Pickles completes second walk for charity

Having recently completed his second walk to raise money for a local youth charity, ex-rough sleeper Peter Pickles is becoming quite the advocate for community fundraising.


60 year-old Pickles (pictured opposite, soaking his feet in a canal) completed the 70-mile trek in aid of London charity, Kings Corner Project, which provides courses and activities for young people in Islington. He completed the three-day walk from Kings Corner Project, in Old Street, to Dymchurch, his birthplace on the Kentish coast, at the end of August and raised more than £750.

In April 2008, as reported in *The Pavement* (London edition), Pickles, having recovered from a violent attack, completed his first 70-mile walk to raise money for the Spitalfield Crypt Trust, the organisation that supported him following the attack.


A former amusement arcade worker, Pickles has been on the streets since 2004, when he lost his wife and job and was evicted from his home.

Mr Pickles said: "I am very proud to be doing this walk for such a good cause as Kings Corner Project. My walk is aiming to raise as much money as possible for the charity and promote the wonderful work it does in the borough.

"The workers and volunteers at Kings Corner have really looked after me. They treat me as a normal person, and this is my

A photograph of a man with a grey beard, wearing a dark vest over a striped t-shirt and khaki shorts, leaning over a stone wall. He is looking down at the water in a pond. The background is filled with lush green trees and foliage. The scene is brightly lit, suggesting a sunny day.

*“I am very proud to
be doing this walk”*

A photograph showing a person in a red jacket steering a boat. The person's hands are on the steering wheel, which is a thick, grey, textured handle. The boat's metal railing and various ropes are visible. In the background, the ocean stretches to the horizon under a grey, overcast sky. A white text box is overlaid on the upper left portion of the image.

*John Scarfe, a volunteer with OYT,
watching Jordan Davies at the helm.
Story page 20 – “Learning a new skill
such as sailing can inspire people”*



thank-you to them. My walk shows homeless people and rough sleepers do actually care about others and want to play a full part in contributing positively to our local community”, he was reported as saying in the *Islington Gazette*.

He first became involved with the charity when he was the subject of a documentary on homelessness made by Kings Corner youngsters, and even stopped drinking to be in peak condition for the charity walk.

Sarah Bates, chairwoman of Kings Corner Project, said: “We are delighted that Peter has offered to undertake such an incredible feat as this to help publicise the work we do in the local area.

“Kings Corner Project works tirelessly in Islington aiming to deliver the best quality services and support for local young people. The money that Peter has raised will mean we can continue improving the opportunities we offer to residents.”

Tracey Kiddle

Cyrenians set sail

A group of homeless people have been given the chance to experience the “voyage of a lifetime” with sail training charity Ocean Youth Trust North East (OYT NE).

The organisation teamed up with Newcastle-based charity The Cyrenians to take nine homeless men and women on a four-day trip around the coast, on board the OYT yacht *James Cook* (pictured on previous pages).

The group was made up of service users from The Cyrenians, an organisation that helps socially-excluded people back into society, teaching them new skills and allowing them to experience life at sea. The trip was also designed to “increase individuals’ self-confidence and

give them an opportunity to discover their own potential”.

Terry, a resident at The Cyrenians, enjoyed his time in the *James Cook* so much that he has now registered as a volunteer.

“The voyage was an unbelievable experience and I am so pleased I was able to take part,” he said. “It is something that I will never forget.

“It was extremely hard work, but there was a huge sense of satisfaction knowing you had done a full day’s hard graft.”

The charity works with people of all backgrounds - those with sailing experience and those who want to try it for the first time - offering them a chance to learn new skills while building up their self-esteem and confidence as part of a team.

Steve Lennon, general manager of OYT NE, added: “Learning a new skill such as sailing can inspire people to achieve and continue developing their skills.

“Working with The Cyrenians gave us a fantastic opportunity to deliver these opportunities to those members of society who are often passed over. I’m delighted that some of the people who took part in this voyage have decided to continue their journey with us as volunteers.”

Garnet Roach

- Find out more at www.oyt.org.uk

The shape of things to come

London day centre Providence Row has told *The Pavement* of cuts being to its funding that mirror funding reductions many charities will experience with the coalition government’s pro-

posed cuts in public spending.

Providence Row, in London’s East End, marked its 150th anniversary this year, but even in this year of celebration has been told by its local authority, Tower Hamlets, that funding to its project will be cut by £100,000 annually from 1 January 2011. Lisa Harrison, deputy chief executive of the charity, said: “this constitutes just over 10 per cent of our annual income, and so we will need to be making some cuts. We aim to minimize the effect on our clients’ services, but there may be some effect what is available in the future.”

Harrison added: “although Tower Hamlets is making the cut, it is as a result of cuts from central government.”

Providence Row will weather this storm, but many younger, smaller organisations may more affected by public sector cuts.

Staff



“You do realise, Weatherby, that this is the thick end of the wedge?”

BIRMINGHAM.

STREET SHIELD

EPISODE 17

WHERE'S
THE
CARDBOARD
SHIELD?

I JUST NEED A
COUPLE OF QUID!

BUT...WHY SHOULD
WE GIVE IT TO YOU?

GRRR!





... AND WE DON'T HAVE THOSE VILLAINS HERE, BUT WE HAVE THE SAME EVERY DAY DANGERS!

WITH DRINK AND DRUGS KILLING PEOPLE!

I'D RATHER HAVE A STRAIGHT FIGHT WITH MY FISTS, RATHER THAN THE LONG FIGHT HELPING THOSE WITH ADDICTION.

MISSING MAN
E WHAT YOU DO,
ABOUT ALL
ENEMIES...

NEXT MONTH : A MYSTERY TO SOLVE!

Health and wellbeing

The Pavement's health team – a nurse (on holiday) and a podiatrist – answer your questions



Foot care: socks appeal

Socks are great – such a simple design idea, yet so functional. In hot weather, they direct the sweat away from our feet; and in cold weather, they give us an extra layer of insulation to protect against frostbite. They also give us a bit of protection from friction where the shoe rubs against the foot – if you've ever worn hard shoes with no socks, you'll know that feeling. Socks provide the interface between your foot and your shoe, so we need to think about choosing the right ones. Historically, the first socks were made from animal wools, fleeces or skins. These days we have a bit more choice, but natural materials are still the best way to go.

Cotton – preferably 100 per cent – allows your feet to breathe and lets the sweat out, so it makes a great sock material. Nylon socks, or ones with a high nylon content, can make a little pocket of sweat form under your feet, which can lead to uncomfortable heat and friction. With up to a pint of sweat coming out of your feet every day, your socks have a lot of wet stuff to contend

with! Wool socks are good, but some people are allergic or sensitive to wool, and it's not all of the same quality. Some doesn't wash or react to sweat so well, so your size nine socks could come out as a five, or stay as a nine but come out like cardboard instead of nice, soft, fluffy wool.

Socks come in a variety of shapes and types, colours and styles. Toe socks with individual toe spaces, like the fingers on a glove, have grown in popularity. I've always seen them as a form of torture (squeezing my toes into little pockets just seems wrong!), but some people love them, and swear by their comfort and warmth. The sock industry produces annual awards, based on fit, durability and appearance. Socks sold in 'walking' or 'outdoor' shops always seem to win, but tend to come it at a heavy price, usually around £10–£15 per pair. M&S, with over 90 types of sock on show in M&S at any one time, offers a range to suit all feet and all budgets. Their three pairs for £5 deals, often for socks with a high percentage of cotton, provide

an affordable option for those in need of a new sock wardrobe.

Rihanna made 2010 the year in which it was cool to wear socks with stilettos. While the jury is out on the aesthetic appeal of socks with high heels (it was a massive no-no in my day, much like socks and sandals!), there must be some benefit in providing a comforting socky layer between foot and stiletto. Maybe they limit the potential for rubbing to produce those all too familiar blisters.

So far so good, then – but are there any problems with socks? Well, the elastic shouldn't be too tight. If it leaves an imprint on your lower leg when you remove the sock, you need to cut a 'V' in the top of the elastic with scissors. If your socks are wet, through sweat or our wonderful climate, take them off and let them dry thoroughly before wearing them again. If you have diabetes, or are worried about the circulation or sensation in your legs and feet, check the inside of your socks. A big thick seam there can rub and irritate your toes. If there is one, simply turn the sock inside-out and keep the seam on the outside.

An article on socks would not be complete without some mention of 'lonely sock syndrome'. In every washing machine in the country, at least once a week, a sock will be vaporised, resulting in a single sock problem that will never be resolved. Perhaps a website – SocksReunited? – would help rematch these lonely socks...

Evelyn Weir


Lecturer in podiatry
Queen Margaret University




"I'm afraid Hugo doesn't do eye contact"


HOMELESS CITY GUIDE


 squat

 empty building

 dangerous neighbourhood


 danger


 guard dogs


 an attack happened here


 good place to drink / smoke


 unfriendly place


 friendly place


 soup run (with rating)

 strong police presence


 potential for work

 good food thrown away here

 safe for sleeping

 message board x mins that way

 security guard

 you'll get moved on here

step 1



step 2



MAKE YOUR MARK AND HELP OTHERS TO READ THE CITY

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

The Samaritans
08457 90 9090

SANeline

6 – 11 pm

0845 767 8000

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

Shelter

0808 800 4444

Housing info and advice
8am–8pm daily

UK Human Trafficking Centre
0114 252 3891

WEBSITES

Mental Fight Club
A creative/arts site for those
with mental illness.

uk.geocities.com/gabriele-
jenkinson@btinternet.com/

The Pavement Online
An online version of *The List*,
amongst other things.

www.thepavement.org.uk/
services.htm

Proud to be mad
A campaigning site for those
with mental illness

www.proudtobemad.co.uk

Sock Book

Previously Everyone's Home
An 'e-shelter', with a large
directory of services.

sockbook.referra.com

Stonewall Housing
Addresses the housing needs of les-
bians and gay men. Provides tempo-
rary, supported housing for 16 – 25
years old lesbians and gay men.
www.stonewallhousing.org

Streetmate
An independent site with sub-
stantial information on housing,
working and learning, built for
those homeless who use the
internet and want to do-it-them-
selves as much as possible.
www.streetmate.org

HEALTH WARNING

BEING HEALTHY MAY

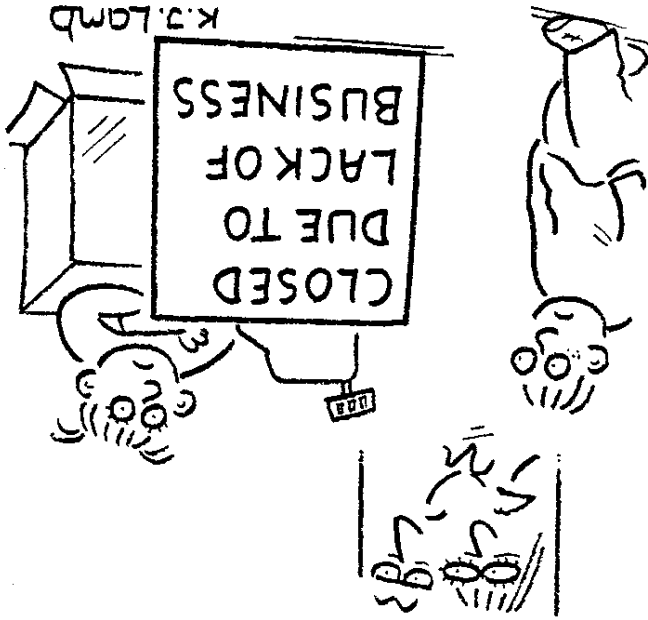
RESULT IN LOSS OF

BENEFITS

K.J. Lamb



"They're playing shop"



Centrepoint Streets Project
 PD Box 2756, West Bromwich, Birmingham B70 6HA
 0871 717 7284
 Outreach to asylum seekers, refugees, and the homeless. Education and training for children and young people.
 AD, CA, ET, H

Coventry Refugee Centre
 15 Bishop St, Coventry CV1 1HU
 024 7622 7254
 Mon–Thu: 9am–5pm; Wed & Fri: 1pm–5pm; Fri: 9am–4pm
 Helps asylum seekers and EU citizens. Helps refugees given leave to remain to set up home. Women’s and youth groups.
 AS, AS, C, ET, H, LA, TS

Dudley Refugee Support Team
 17 St James’s Rd, Dudley, Birmingham DY1 1JG
 01384 812626 or 815108
 Mon–Fri: 9am–5pm
 Culturally sensitive support service. Advice on benefits, harassment, domestic violence, housing. Floating support.
 BA, H, OW

Front Door Wolverhampton
 2-3 Bell St, Wolverhampton, West Midlands
 01902 444030
 Mon–Fri: 1:45pm–4:45pm
 Fantastic range of support from starter kits for tenants to guidance on support options and benefits. Signposting, listening, needle exchange.
 AD, C, NE, OL, SK, TS

Gilgal
 PO Box 3918, Birmingham B9 5AQ
 0121 773 1431
 Mon–Sun: Open 24 hours
 Emergency accommodation for women and children escaping domestic violence. Birmingham Domestic Abuse Refugeline: 0800 111 4223
 AS, AD, H, LA, SH

The Haven Wolverhampton
 PO Box 105, Wolverhampton WV1 4LP
 01902 572140
 Mon–Sun: Open 24 hours
 For women affected by domestic violence and their children.

Panahgar
 Coventry – phone for details
 0800 055 6579
 Support for Asian women and their children facing domestic violence.
 Safe house, advice, info, advocacy, counselling, and children’s services.
 AS, C, OL

SAFE Project
 Phone for details
 0121 440 6655
 Mon: 12:45am–1:45pm (clinic) – 0121 440 0034; Mon: 1:15pm–3:30pm (walk-in clinic); Wed: 12am–4pm (drop-in clinic); Thu: 11am–1:30pm (Methadone clinic – 0121 446 5381)
 Promotes the health and wellbeing of female sex workers (18+) in Birmingham, Sandwell and Walsall.
 AD, BA, CA, C, D, MS, OB, OL, SH

time2talk Mediation Service
 DACHS, Dudley MBC, 5 St James’s Rd, Dudley DY1 1HP
 01384 812 422
 Mon–Fri: 9am–5pm (message service outside these hours). Interpreters can be arranged). Free for Dudley residents.
 AD, C

Walsall Metropolitan Borough Council (Refugee Support Team)
 2nd Fl, Civic Center, Darwall St, Walsall WS1 1TP
 01922 653827, 653840, 653476
 Mon–Fri: 9am–5pm
 AS, BA, H, OL

The What? Centre
 23 Coventry St, Stourbridge DY8 1EP
 01384 379992
 Advice, information and therapeutic counselling for people 13-25 in Dudley.
 H, LA, MS, MH, SH

The Haven Wolverhampton
 PO Box 105, Wolverhampton WV1 4LP
 01902 572140
 Mon–Sun: Open 24 hours
 For women affected by domestic violence and their children.

Valley House
 Navigation Centre, 55-57 Bell Green Rd, Courthouse Green, Coventry CV6 7GQ
 024 7626 6270 or 6290
 Mon–Sun: Open 24 hours
 Single people and parents, inc. women escaping domestic violence, young homeless people, and or single parents. Referrals to other agencies for specialist help.
 C, ET, LA, OL

TELEPHONE SERVICES

Community Legal Advice
 0845 345 4345
 Nationwide
 www.communitylegaladvice.org.uk
 Mon–Fri: 9am–8pm; Sat: 9am–12:30pm
 AD, BA, DA, H
 Free, confidential service, offering specialist advice on housing, benefits, tax credits, debt etc.
Domestic Violence Helpline
 0808 2000 247
 Frank
 0800 776 600
 Free 24-hr drug helpline

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

Job Centre Plus (benefits agency)
 To make a claim
 0800 055 6688
 For queries about existing claims for Income Support, Jobseekers Allowance or Incapacity Benefit
 0845 377 6001
 For Social Fund enquiries
 0845 608 8661
 For the Pensions Service
 0845 60 60 265

Message Home Helpline
 0800 700 740, 24 hrs daily

National Debtline
 0808 808 4000

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

ENTERTAINMENT & SOCIAL

Aquarius
2nd Fl, 16 Kent St, Birmingham B5 6RD
0121 622 8181
Mon-Fri: 9am-4:30pm
For people with alcohol, drugs and gambling addictions: 0121 414 6340 (North B'ham); 0121 414 0888 (South B'ham). AW, C, D

Norman Imlah Day Centre
2nd Fl, The Matthews Centre, Duddleston Manor Rd, Duddleston, Birmingham B7 4LZ
0121 685 6346
Mon-Thu: 9am-5pm; Fri: 9am-4pm
For people wanting help and support in addressing their alcohol problem/dependence.
AS, AD, AW, AS, CET, LA, MH, SH

EX-FORCES

AWOL?
01380 738137
Call the 'Reclaim Your Life' scheme from SSAFA (Soldiers, Sailors, Airmen and Families Association): Mon - Fri: 9am - 10am

Birmingham City Council (Housing Pathways)
PO Box 13254B1, Birmingham B15 1DL
0121 675 1683
If you are leaving, or have left, the armed forces, you can apply directly. Phone or email (HOUVulnerability@birmingham.gov.uk).
AS, H

EASTERN EUROPEAN

Polish Club Birmingham
Polish Millennium House, Bordesley St, Birmingham B5 5PH
0121 643 3577
Fri: 1pm-3pm
Advice on employment law, social benefits, housing and accommodation.
AS, BA, DA, H, LE

EMPLOYMENT AND TRAINING

ENTA
110 Mill Wharf
10 Mill Street
Birmingham B6 4BS
0121 380 4801
Mon-Thu: 8.30-4.30; Fri: 8.30-1.30
CA, ET
www.entapeople.com/default.aspx

Jericho Foundation
196 197 Edward Rd
Balsall Heath
Birmingham B12 9LX
0121 440 7919
www.jcp.org.uk/
birmingham@jericho.org.uk
CA, ET

The Big Issue (West Midlands)

Page House, 23-25 Summer Lane, Birmingham B19 3TN
0121 236 1936
Employment and training.
CA, ET

MEDICAL SERVICES

See **Telephone Services** for helplines

JOB CENTRE PLUS

Veterans UK
0800 169 2277
Free help and advice for veterans and access to dedicated one-to-one welfare service
www.veterans-uk.info

SPECIALIST SERVICES

Anawim
PO Box 8902, Birmingham B12 9JZ
0121 440 5296
Mon-Fri: 10am-4pm (out of hours: 07976 188 220)
Reaches out in friendship to women trapped in prostitution. Courses and activities, creche. Methadone programme. 24-hour helpline: 0800 970 8232.
AS, AD, AS, BA, CL, C, D, ET, FF, H, LA, SH

SOUP KITCHENS & SOUP RUNS

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

PERFORMING ARTS

Vision Care for Homeless People
William Booth Centre, Shadwell St, Birmingham B4 6HA
Mon: 10am-5pm (except bank holidays)
Comprehensive eyecare services, totally free of charge.
MS

The Castle & Crystal Credit Union
25 New St, Dudley DY1 1LT
01384 815771
All credit union members (18+) can apply for a Handloan (£100 to £500) and anyone living or working in Dudley can join.
& Sun: 9am-5pm
Mon-Fri: 9am-7pm; Sat

EVENTS

Help with accommodation, benefits, employment and resettlement. Help with access to mental health services.
AS, AD, AD, BA, CA, C, H, MH, OB, OL

