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Jeremy Paxman at the centre today

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Jeremy Paxman has praised an east London homelessness charity as "the full package" after visiting its centre today.

Caritas Anchor House, based in Canning Town, Newham, provides shelter for homeless people and for those suffering from substance misuse, as well as helping them to find employment and become involved in the local community.

The former Newsnight host, a patron of the charity since 2011, talked to staff and residents at the centre.

Mr Paxman said: "Caritas Anchor House is the full package – each person who walks through their doors gets support tailored to them, whether that's improving their job prospects with educational and training courses, addressing drug or alcohol issues or dealing with mental health needs.

"Their focus is very much on people as individuals, rather than taking a one-size-fits-all approach.

"That might sound simple, but it's incredibly important and, as their track record proves, it works."

Over 500 people have been given accommodation and support by the charity over the past two years, while the centre receives over 40,000 visitors annually.

Keith Fennett, director of Caritas Anchor House, said: "We are delighted to have Jeremy's support.

"He has a real understanding of the issues that lead to homelessness and is fully behind what we are trying to achieve here."

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