

Monday	Sikh Temple* Southall 5am - 8pm Park Avenue, Southall. For vegetarian food and rice dishes. Shoes must be removed and head covered.	Damien Centre 11.30am - 8pm 3-5 Church Road, Acton W3 For tea and toast and a place to meet.	St. Thomas Church 12noon - 1pm 182 Boston Manor Road, Hanwell For a hot lunch.	St. Saviours Church** 5.30pm - 6.45pm Cobbald Road, Upper room W12. For an evening meal.	
Tuesday	Sikh Temple* Southall 5am - 8pm Park Avenue, Southall. For vegetarian food and rice dishes. Shoes must be removed and head covered.	St. Saviours Church** 9.30am - 11.45am Cobbald Road, Upper room W12. For breakfast-cereal, toast, sausage, beans, etc.	Damien Centre 10.30am - 12pm and 2pm - 8pm. 3-5 Church Road, Acton For tea and toast and a place to meet.	Emmaus House 12noon - 2pm 1 Berrymead Gardens, Acton, W3. For hot lunch and many other services.	St. Saviours Church** 5.30pm - 6.45 pm Cobbald Road, Upper room W12 For an evening meal.
Wednesday	Sikh Temple* Southall 5am-8pm Park Avenue, Southall. For vegetarian food and rice dishes. Shoes must be removed and head covered.	Damien Centre 10.30am - 12pm and 2pm - 8pm 3-5 Church Road, Acton W3 For tea and toast and a place to meet.	St. Joseph's Church 11am - 1pm Uxbridge Road W7 Next to the Gold's Gym. For lunch.	Emmaus House 12noon - 2pm 1 Berrymead Gardens, Acton, W3. For hot lunch and many other services.	St. Saviours Church** 4.40 pm Free Clothing. 5.30pm - 6.45 pm Cobbald Road, W12. For an evening meal
Thursday	Sikh Temple* Southall 5am - 8pm Park Avenue, Southall. For vegetarian food and rice dishes. Shoes must be removed and head covered.	Damien Centre 10.30am - 12pm and 2pm-8pm. 3-5 Church Road, Acton W3 For tea and toast and a place to meet.	Emmaus House 12noon - 2pm 1 Berrymead Gardens, Acton, W3. For hot lunch and many other services.	St. Saviours Church** 5.30pm - 6.45pm Upper room Cobbald Road, W12. For an evening meal.	The Salvation Army 12.30pm - 1.15pm Community Hall, Leeland Terrace, W13. For lunch. Free clothing on offer.
Friday	Sikh Temple* Southall 5am - 8pm Park Avenue, Southall. For vegetarian food and rice dishes. Shoes must be removed and head covered.	Damien Centre 10.30am - 12pm and 2pm-8pm. 3-5 Church Road, Acton W3 For tea and toast and a place to meet.	Methodist Church 12noon - 1.30pm. Church Road, Hanwell (round the corner). For lunch and clothes.	Emmaus House 12noon - 2pm 1 Berrymead Gardens, W3 Acton, W3. For hot lunch and many other services.	
Saturday	Sikh Temple* Southall 5am - 8pm Park Avenue, Southall. For vegetarian food and rice dishes. Shoes must be removed and head covered.	St. Johns Church 4pm - 5pm Mattock Lane, West Ealing. For soup and sandwiches.	St. Saviours Church** 12.30pm - 1.45pm. Upper room. Cobbald Road, W12 For lunch.		
Sunday	Sikh Temple* Southall 5am - 8pm Park Avenue, Southall. For vegetarian food and rice dishes. Shoes must be removed and head covered.	Emmaus House 12noon - 2pm 1 Berrymead Gardens, Acton, W3. For hot lunch and many other services.	St. Saviours Church** 12.30pm - 1.45pm Upper room. Cobbald Road, W12. For lunch.	St. Johns Church 4pm - 5pm Mattock Lane, West Ealing. For soup and sandwiches.	

* Please note: Visitors to the Sikh Temple will not be admitted if they are under the influence of alcohol or drugs or if they are carrying or using any tobacco product.

** St Saviours Church is currently closed until 2010 due to fire damage. At the time of going to print no exact start date has been agreed on.

Produced by PCSO's Aleksandra Sznaber, Nicky Lusignani and Stuart Honey. Log on to: www.met.police.uk/ealing