
Ealing Soup Kitchen

Home Seeker's Guide

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Housing Crisis

Local Council

Contact the Local Council's Housing Department:

Ealing Council Housing Advice Service:

Tel: 020 8825 8888 (Out of Hours: 020 8825 5000)

Perceval House
14-16 Uxbridge Road
Ealing
W5 2HL

See **Map of West Ealing**

Opening hours: Mon-Fri, 9am-5pm

See: <http://nhas.org.uk/factsheets> for information on the process.

Other Help

Help is also available from:

Citizen's Advice Bureau
Tel. 03444 111 444
Web <https://www.citizensadvice.org.uk/housing/>

Shelter's Free Housing Advice Helpline
Tel. 0808 800 4444
8 a.m. - 8 p.m. Weekdays, 8 a.m. - 5 p.m. Weekends
<https://www.shelter.org.uk/>

If the issue is financial in origin, consider whether you may be eligible for Local Welfare Assistance or Discretionary Housing Payments:

Tel. 0208 825 6237
Apply online at <https://www.ealing.gov.uk/site/>

Eviction

If evicted, obtain from your landlord if possible:

- written, dated evidence of being asked to leave or being evicted;
- a written, dated, signed reference in respect of your tenancy.

Gather together key documents

- ideally, make copies and leave the copies with someone you trust for safe-keeping.

Make a list of names and contact details for family and friends.

Pack belongings- where possible store or sell what you cannot carry with you.

Seek help from family and friends where possible.

Attend Ealing Soup Kitchen or Hub for help and support.

Health

G.P.

You can register with a doctor even if you don't have a permanent address.

For example, at:

Gordon House Surgery
78 Mattock Lane
Ealing
London
W13 9NZ
Tel. 020 8799 5699
Monday – Friday: 8 a.m. – 1:00 p.m., 2 p.m. – 6:30 p.m.
Saturday: 9 a.m. – 12 p.m. (by appointment only, no emergencies)

See **Map of West Ealing**

NHS Direct

If you need medical advice when the surgery is closed, you can contact NHS Direct:

Tel. 111

<https://www.england.nhs.uk/urgent-emergency-care/nhs-111/>

NHS Walk-in Centres

If you can't get an appointment with a doctor, NHS walk-in centres can provide emergency treatment for minor injuries and illnesses. An NHS Walk-In Centre can be found at this address:

Featherstone Road Health Centre
Hartington Road
Southall
Middlesex
UB2 5BQ

See **Map of Southall**

Accident and Emergency and Urgent Care

Accident and Emergency Services are available at our local hospital:

Ealing Hospital
Uxbridge Road
Southall
Middlesex
UB1 3HW
Tel: 020 8967 5000

There is also an Urgent Care Centre inside the main entrance to the Accident and Emergency department at Ealing Hospital. You can receive treatment for cuts, grazes, lacerations, sprains, strains, broken bones, bites, stings, infected wounds, minor head injuries, minor eye infections, foreign bodies and scratches. You will be referred to Accident and Emergency if necessary.

See [Map of Hanwell](#)

Help with Issues Relating to Housing

Poverty, Employment and Debt

Christians Against Poverty (CAP) Free debt advice for those overwhelmed by their financial circumstances.

Tel. 0800 328 0006 (9:30am-5pm Monday to Thursday, 9:30am-3:30pm on Friday)

See **CAP**

National Debtline:

Tel. 0808 808 4000

ACAS – advice about employment disputes:

Tel. 08457 47 47 47

Relationships

Relate Marriage Guidance:

Tel. 0208 427 8694

Tel. 0300 100 1234

Choices Ealing (Sexual Health):

Tel. 0208 840 8034

24-hour National Domestic Violence: Freephone 0808 2000 247

Southall Black Sisters (domestic violence): Tel. 0208 571 0800

Victim Support:

Tel. 0845 30 30 900

Making Contact with Family

Missing People Helpline:

Tel. 116 000

Get Connected (Young People in Difficulty):

Tel. 0808 808 4994

Refugees

Refugee Council:

Tel. 0808 808 2255

Mental Health

Mind (Mental Health Charity):

PO Box 277

Manchester

M60 3XN

Tel. 0300 123 3393

Ealing Mental Health:

Tel. 0203 313 5661

Addictions and Gambling

Ealing RISE (Recovery Intervention Services Ealing):

Local services for those who are experiencing difficulties with their drug or alcohol use.

Tel. 0800 195 8100 (free, 24h Web <http://www.ealingrise.org.uk>)

See **Ealing RISE**

Alcoholics Anonymous:

Tel. 0845 769 7555

UK National Drugs Helpline:

Tel. 0800 77 66 00

Eating Disorders Helpline:

Tel. 0845 634 1414

National Gambling Helpline Free Tel:

Tel. 0808 8020 133

General Help and Advice

Samaritans (24h):

Tel. 0845 790 9090

General Directory of Services:

<http://www.thepavement.org.uk>

Hanwell Community Centre Information and Support Sessions Help with Information, Guidance and Support, third party reporting, internet services, photocopying and letter writing support. Support in making complaints, finding services, signposting and general information. Monday-Friday 9:30-12:30

Contact EASE for an appointment:

Tel. 0208 575 6139

Heathrow Travel Care

Room 00142

North Wing

Terminal 3

Heathrow Airport

Hounslow

TW6 1BZ

Tel. 0208 745 7495 [Link to Map](#)

Ealing Youth Counselling:

Tel. 0208 992 8182

Age UK Ealing: 135 Uxbridge Road

LONDON

W13 9A

Tel. 020 8567 8017 [Link to Map](#)

Age UK Michael Flanders Day Centre: Church Road

London

W3 8PP

Tel. 020 8825 9189

[Link to Map](#)

Help from Faith Organisations

Ealing Street Pastors:
Web <http://www.ealing.streetpastors.org.uk>
Tel. 07908 156927

Ealing Abbey Counselling Service:
Tel: 020 8998 3361

Accommodation

Work with Accommodation

The following sites promote opportunities for work which includes accommodation:

<http://www.indeed.co.uk/Free-Accommodation-Live-jobs-in-London>

<https://www.gumtree.com/jobs/london/accommodation>

<https://www.wwoof.org.uk/>

<http://helpstay.com/>

<https://www.workaway.info/>

<http://www.helpx.net>

<http://www.nomadwallet.com/free-accommodation-at-hostels-an-interview-with-a-die-hard-hostel-fan/>

<https://www.adzuna.co.uk/jobs/london/accommodation-provided>

<http://www.newsnow.co.uk/classifieds/jobs/live-in-accommodation-jobs-uk.html>

Shared Accommodation

The following sites promote shared accommodation, such as Flat Shares:

<http://www.spareroom.co.uk/>

<http://uk.easyroommate.com/south-east/london-flatshare>

<https://www.gumtree.com/flatshare/london/flat+share>

<http://www.moveflat.com/>

<https://www.roomhunters.co.uk/>

<http://flatshare.zoopla.co.uk/london-flatshare/>

<https://www.roombuddies.co.uk/>

See also windows of local newsagents etc.

Shared Lives

Site which matches those with Support Needs with those with Housing Needs who can provide Support:

<http://sharedlivesplus.org.uk/about-shared-lives-plus/home-share>

Camp Sites

If you have the use of camping equipment, the following may be of use:

<http://www.visitlondon.com/where-to-stay/caravan-and-camping#Qhw0JJ7cySMJrmga.97>

<http://www.ukcampsite.co.uk/sites/results.asp?county=London>

<https://www.coolcamping.co.uk/campsites/uk/england/near-london>

Low Cost and Free Accommodation

Low Cost Hostels. These can be booked online. Would suit those who can present as workers, visitors or tourists.

<http://www.northfieldshostel.com/>

<http://www.hostelworld.com>

<http://www.hostelbookers.com/hostels/england/london/>

<http://www.hostels.com/london/england>

<http://www.budgetplaces.com/london/budget-hostels-list/>

http://www.travelstay.com/Cheap_London_Hostels.htm

Advice on getting Free Accommodation in London:

<http://www.brokeinlondon.com/free-accommodation-london/>

Job Centre

Job Centres provide help with finding work and claiming benefits. They provide IT Facilities and offer WiFi access. They may also be able to assist with work-related telephone calls for those without mobile telephones.

The details for Ealing's local Job Centre are:

Ealing Job Centre
86-96 Uxbridge Road
West Ealing W13 8RA
See **Map of West Ealing**

Web <https://www.jobcentreplusoffices.com/london/ealing-jobcentre-plus/>

Opening hours 9 a.m. - 5 p.m. Mon-Fri, weekends closed.

National Job Centre Enquiry Line is:

Tel. 0345 604 3719

To make a Jobseeker's Allowance Claim

- On-line:
 - <https://www.dwpe-services.direct.gov.uk/portal/page/portal/jsaol/>
- Call the following number for new benefit claims:
 - 0800 055 6688

You will need your National Insurance Number and Date of Birth.

To enquire about existing claims for the following:

- Jobseeker's Allowance,
- Income Support,
- Incapacity Benefit and
- Employment and Support Allowance,

make a call to:

Tel. 0345 608 8545.

The Job Centre provides a work coach to support claimants in their search for work.

Information on courses, training and apprenticeships is also available.

Work Clubs

What are Work Clubs?

Work Clubs are equipped with IT and internet and provide practical advice and support with finding work and training. They may also be able to help with finding volunteering opportunities.

Local Work Clubs

Monday

Acton Library Work Club

High Street
Acton
W3 6NE

See **Map of Acton**

10am - 1pm. (not Bank Hols)

For further details:

web https://www.ealing.gov.uk/info/201013/jobs/1517/work_clubs/

UR4Jobs

St Saviour's Church
Upper Room
Wendell Park
Cobbod Rd W12 9LN

See **Map of Acton**

12 - 5pm

Tel. 020 8740 5688

email: ur4jobs@theupperroom.org.uk

web: <https://www.theupperroom.org.uk/ur4jobs>

Tuesday

Hanwell Community Centre Work Club,

Westcott Crescent
Hanwell
W7 1PD

See **Map of Hanwell**

9.30 a.m. - 1.30 p.m.

Run by EASE:

Tel: 0208 575 6139

email: fsw@empowering-action.org.uk

web: <http://www.empowering-action.org.uk/>

Northolt Work Club

Northolt Library
Church Road
Northolt

Middlesex

UB5 5AS

Note that this is some distance from the area covered by the guide and may require use of buses or other transport.

See **Map of Southall**

10 a.m. - 3 p.m.

For further details:

web https://www.ealing.gov.uk/info/201013/jobs/1517/work_clubs/

UR4Jobs

St Saviour's Church

Upper Room

Wendell Park

Cobbold Rd

W12 9LN

See **Map of Acton**

12 p.m. - 5 p.m. Tel. 020 8740 5688

email: ur4jobs@theupperroom.org.uk

web: <https://www.theupperroom.org.uk/ur4jobs>

Wednesday

Hanwell Library Work Club

Cherington Road

London

W7 3HL

See **Map of Hanwell**

10 a.m. - 1 p.m.

For further details:

web https://www.ealing.gov.uk/info/201013/jobs/1517/work_clubs/

Friday

Ealing Work Club

Ealing Central Library

Ealing Broadway Shopping Centre

London

W5 5JY

See **Map of West Ealing**

10 a.m. - 1 p.m.

Tel: 020 3700 1052

Christians Against Poverty Job Club

St Paul's Church hosts a Christians Against Poverty Job Club on Tuesdays in Term-Time. They run a free 8 session "Steps to Employment" Course, which includes 1:1 coaching support. You need to be eligible to work in the UK and willing to commit to attending the full 8 weeks of the course.

Contact: Julia Sarson

Tel. 07473004435

email juliasarson@capjobclubs.org

Location:

St Paul's Church

Ridley Avenue

London
W13 9XW
See **Map of West Ealing**

Communications

Telephone

Public offices, churches or charitable organisations may allow phone calls to be made or make them on your behalf.

World-Wide Web and Email

Can be accessed for free at local libraries.

Free email accounts can be obtained from the following:

<https://www.outlook.com/>

<https://www.google.com/intl/en/mail/help/about.htm>

Skype

Skype has a directory service which may be helpful in making contact with family and friends.

Note that Skype can be used to make free and low cost phone calls and to send text messages to mobiles and even some land-line phones (In the case of voice only land-lines, text messages are read out to the recipient by means of text-to-speech technology)

If you have a mobile device or computer access, Skype calls can be made to other Skype users or to mobiles and land-lines wherever there is WiFi access.

Computer Training

For details of free computer training courses at various times and places:

Tel. 0203 290 1128

Email info@acda.org.uk

You can also attend the following sessions:

Mondays. 11 a.m. to 1 p.m.

Ealing Central Library

Ealing Broadway Shopping Centre

London

W5 5JY

See **Map of West Ealing**

Wednesdays, 11 a.m. to 1 p.m.

West Ealing Library

28 Melbourne Ave

West Ealing

London

W13 9BA

See **Map of West Ealing**

Services

Monday

West Ealing

Ealing Soup Kitchen Monday Hub { Food, Advice }

Salvation Army Hall
6 Leeland Road
West Ealing
London
W13 9HH
See **Map of West Ealing**

7 p.m. - 9 p.m.

Home-cooked hot meals and drinks are available.

Help with home-seeking and other issues is available from Andrew Mcleay, Ealing Church's Worker with Homeless People.

Acton

Damien Centre on Monday {Food, Activities}

3-5 Church Road
Acton
London
W3 8PU
See **Map of Acton**

9 a.m. - 12 p.m. and 2 p.m. - 6 p.m.

Refreshments and social activities.

Emmaus House on Monday {Food}

1 Berrymead Gardens
Acton
London
W3 8AA
See **Map of Acton**

11:45 a.m. - 2 p.m., Every Other Week

Meals available.

St Saviour's Church on Monday {Food, Advice}

St Saviour's Church
Wendell Park
Cobbold Rd
Shepherd's Bush London
W12 9LN
See **Map of Acton**

5:30 p.m. – 6:45 p.m.

Meals and advice available.

The Upper Room has moved temporarily to Victoria House Community Hall, Becklow Road, London W12 9HB.

Once the building works are complete in August 2019, they will move back to St Saviour's.

Hanwell

St Thomas' Church {Food}

Boston Road

Hanwell

London

W7 2AD

See **Map of Hanwell**

Monday 12 p.m. – 1:30 p.m.

Meals available.

Southall

Sikh Temple Every Day { Food }

Park Avenue

Southall Middlesex

UB1 3AG See **Map of Southall**

5 a.m. - 8 p.m.

They serve vegetarian food and rice dishes.

Visitors to the Sikh Temple will not be admitted if under the influence of drink or drugs or if they are using or in possession of tobacco products.

Tuesday

Acton

Damien Centre on Tuesday {Food, Activities}

3-5 Church Road

Acton

London

W3 8PU

See **Map of Acton**

9 a.m. - 12 p.m. and 2 p.m. - 6 p.m.

Refreshments and social activities.

<https://goo.gl/maps/wGo4rgYmVbphz4Tc6>

Emmaus House on Tuesday {Advice, Dental, Food, Medical, Showers}

1 Berrymead Gardens

Acton

London

W3 8AA

See **Map of Acton**

11:45 a.m. - 2 p.m.

Meals available.

Shower facilities available.

Alcohol and drug counsellor 12-2pm.

Visit from dentist on request.

Homelessness Advice and Referral.

St Saviour's Church on Tuesday {Food, Advice}

St Saviour's Church
Wendell Park
Cobbold Rd
Shepherd's Bush London
W12 9LN

See **Map of Acton**

5:30 p.m. – 6:45 p.m.

Meals and advice available.

The Upper Room has moved temporarily to Victoria House Community Hall, Becklow Road, London W12 9HB.

Once the building works are complete in August 2019, they will move back to St Saviour's.

Southall

Sikh Temple Every Day { Food }

Park Avenue
Southall Middlesex
UB1 3AG
See **Map of Southall**

5 a.m. - 8 p.m.

They serve vegetarian food and rice dishes.

Visitors to the Sikh Temple will not be admitted if under the influence of drink or drugs or if they are using or in possession of tobacco products.

Wednesday

Acton

Damien Centre on Wednesday {Food, Activities}

Damien Centre
3-5 Church Road
Acton
London
W3 8PU

See **Map of Acton**

9 a.m. - 12 p.m. and 2 p.m. - 6 p.m.

Refreshments and social activities.

<https://goo.gl/maps/wGo4rgYmVbphz4Tc6>

Emmaus House on Wednesday {Advice, Clothing, Dental, Food, Medical, Showers}

1 Berrymead Gardens

Acton

London

W3 8AA

See **Map of Acton**

11:45 a.m. - 2 p.m.

Meals available.

Shower facilities available (Women Only).

Clothing for Women and Children.

Optician on second Wednesday of the month.

Visit from dentist on request.

Homelessness Advice and Referral.

Women and Children Group at 3 Berrymead Gdns.

St Saviour's Church on Wednesday {Food, Advice}

St Saviour's Church

Wendell Park

Cobbold Rd Shepherd's Bush London

W12 9LN

See **Map of Acton**

5:30 p.m. – 6:45 p.m.

Meals and advice available.

The Upper Room has moved temporarily to Victoria House Community Hall, Becklow Road, London W12 9HB.

Once the building works are complete in August 2019, they will move back to St Saviour's.

Hanwell

St Joseph's Church – Wednesday {Food}

St. Joseph's Church Uxbridge Road Hanwell London W7 3SU

See **Map of Hanwell**

11 a.m. – 1 p.m.

Meals available.

Southall

Sikh Temple Every Day { Food }

Park Avenue
Southall Middlesex
UB1 3AG

See **Map of Southall**

5 a.m. - 8 p.m.

They serve vegetarian food and rice dishes.

Visitors to the Sikh Temple will not be admitted if under the influence of drink or drugs or if they are using or in possession of tobacco products.

Thursday

Acton

Damien Centre on Thursday {Food, Activities}

Damien Centre
3-5 Church Road
Acton
London
W3 8PU

See **Map of Acton**

9 a.m. - 12 p.m. and 2:30 p.m. - 6 p.m.

Refreshments and social activities.

<https://goo.gl/maps/wGo4rgYmVbphz4Tc6>

Emmaus House on Thursday {Advice, Clothing, Dental, Food, Haircut, Showers}

1 Berrymead Gardens
Acton
London
W3 8AA

See **Map of Acton**

11:45 a.m. - 2 p.m.

Meals available.

Visit from a barber every other Thursday on request.

Shower facilities available.

Visit from dentist on request.

Men's Clothing.

Homelessness Advice and Referral.

St Saviour's Church on Thursday {Food, Advice}

St Saviour's Church
Wendell Park
Cobbold Rd
Shepherd's Bush London
W12 9LN
See **Map of Acton**

5:30 p.m. – 6:45 p.m.

Meals and advice available.

The Upper Room has moved temporarily to Victoria House Community Hall, Becklow Road, London W12 9HB.

Once the building works are complete in August 2019, they will move back to St Saviour's.

Southall

Sikh Temple Every Day { Food }

Park Avenue
Southall Middlesex
UB1 3AG
See **Map of Southall**

5 a.m. - 8 p.m.

They serve vegetarian food and rice dishes.

Visitors to the Sikh Temple will not be admitted if under the influence of drink or drugs or if they are using or in possession of tobacco products.

Friday

West Ealing

Ealing Soup Kitchen Hub { Food, Advice, Clothing, Haircut, Showers, Internet, Activities }

The Crypt
St John's Church Room
Mattock Lane
West Ealing
London
W13 9LA
See **Map of West Ealing**

1:30 p.m. - 4 p.m.

Hot drinks and snacks are available.

Help with home-seeking and other issues is available from Andrew Mcleay, Ealing Church's Worker with Homeless People.

Clothing and camping equipment supplied, subject to availability.

One of the regular volunteers is a barber who offers haircuts to clients.

Shower facilities and clean towels are available.

Free WiFi is available - bring your own phone, tablet or laptop or use the lap-tops in our internet kiosks.

Clients can enjoy games of pool and table-tennis.

See **Map of West Ealing**

Acton

Damien Centre on Friday {Food, Activities}

Damien Centre
3-5 Church Road
Acton
W3 8PU
See **Map of Acton**

9 a.m. - 12 p.m. and 2:30 p.m. - 6 p.m.

Refreshments and social activities.

Emmaus House on Friday {Advice, Dental, Food, Medical, Showers}

1 Berrymead Gardens
Acton
London
W3 8AA
See **Map of Acton**

11:45 a.m. - 2 p.m.

Meals available.

Shower facilities available.

GP visits 12-2pm.

Chiropodist visits on the last Friday of month 12 p.m. - 2 p.m.

Alcohol and drug counsellor 12 p.m.- 2 p.m.

Visit from dentist on request.

Homelessness Advice and Referral.

St Saviour's Church on Friday {Food, Advice}

5:30 p.m. – 6:45 p.m.

St Saviour's Church
Wendell Park
Cobbold Rd
Shepherd's Bush London
W12 9LN
See **Map of Acton**

Meals and advice available.

The Upper Room has moved temporarily to Victoria House Community Hall, Becklow Road, London W12 9HB.

Once the building works are complete in August 2019, they will move back to St Saviour's.

Hanwell

Hanwell Methodist Church {Food, Showers }

Hanwell Methodist Church
Church Rd
Hanwell
W7 1DJ

See **Map of Hanwell**

Friday 12 p.m. - 1 p.m.

Meals served.

Shower facilities available.

Southall

Sikh Temple Every Day { Food }

Park Avenue
Southall Middlesex
UB1 3AG

See **Map of Southall**

5 a.m. - 8 p.m.

They serve vegetarian food and rice dishes.

Visitors to the Sikh Temple will not be admitted if under the influence of drink or drugs or if they are using or in possession of tobacco products.

Saturday

West Ealing

Ealing Soup Kitchen { Food, Advice, Showers, Internet }

The Crypt
St John's Church Room
Mattock Lane
West Ealing
W13 9LA

See **Map of West Ealing**

3:30 p.m. - 5 p.m.

Hot drinks and meals are available.

Help with home-seeking and other issues is available from Andrew Mcleay, Ealing Church's Worker with Homeless People.

Clothing and camping equipment supplied, subject to availability.

Shower facilities and clean towels are available.

Internet is available - bring your own phone, tablet or laptop.

See **Map of West Ealing**

Southall

Sikh Temple Every Day { Food }

Park Avenue
Southall Middlesex
UB1 3AG
See **Map of Southall**

5 a.m. - 8 p.m.

They serve vegetarian food and rice dishes.

Visitors to the Sikh Temple will not be admitted if under the influence of drink or drugs or if they are using or in possession of tobacco products.

Sunday

West Ealing

Ealing Soup Kitchen { Food, Advice, Internet }

The Crypt
St John's Church Room
St John's Church
Mattock Lane
West Ealing
London
W13 9LA
See **Map of West Ealing**

3:30 p.m. - 5 p.m.

Hot drinks and meals are available.

Help with home-seeking and other issues is available from Andrew Mcleay, Ealing Church's Worker with Homeless People.

Clothing and camping equipment supplied, subject to availability.

Internet is available - bring your own phone, tablet or laptop.

Acton

Emmaus House on Sunday { Food }

1 Berrymead Gardens
Acton
London
W3 8AA
See **Map of Acton**

11:45 a.m. - 2 p.m. Every other week.

Meals available.

Southall

Sikh Temple Every Day { Food }

Park Avenue
Southall Middlesex

UB1 3AG

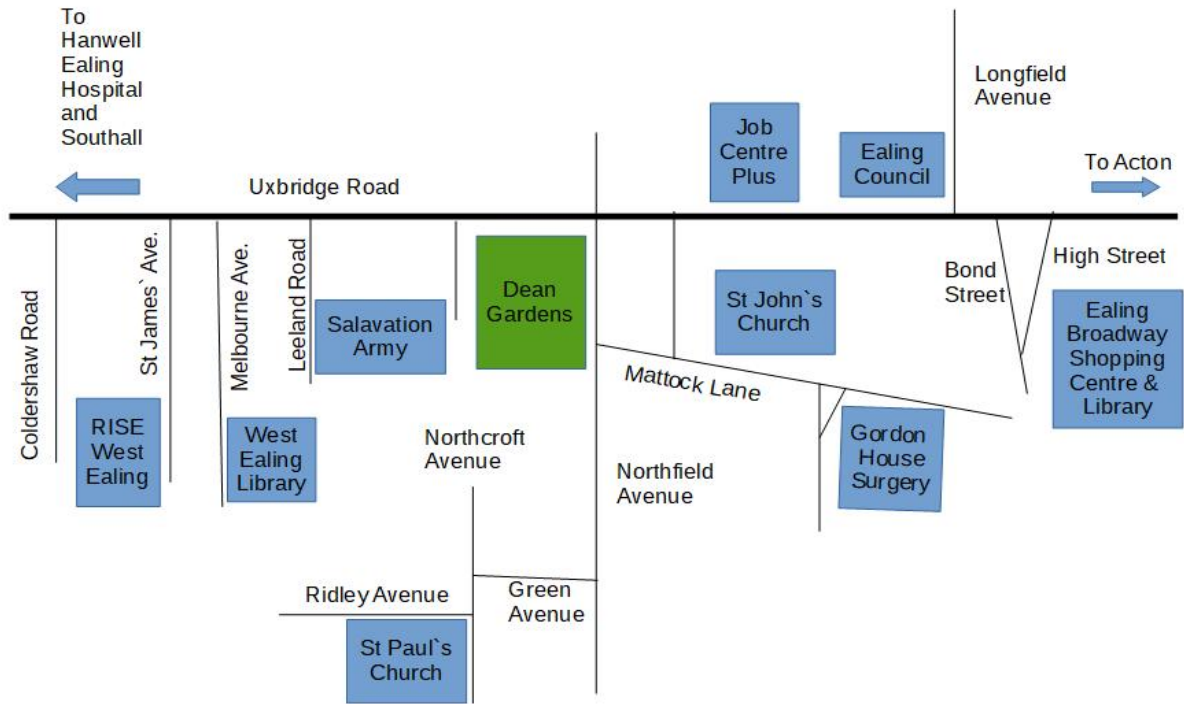
See **Map of Southall**

5 a.m. - 8 p.m.

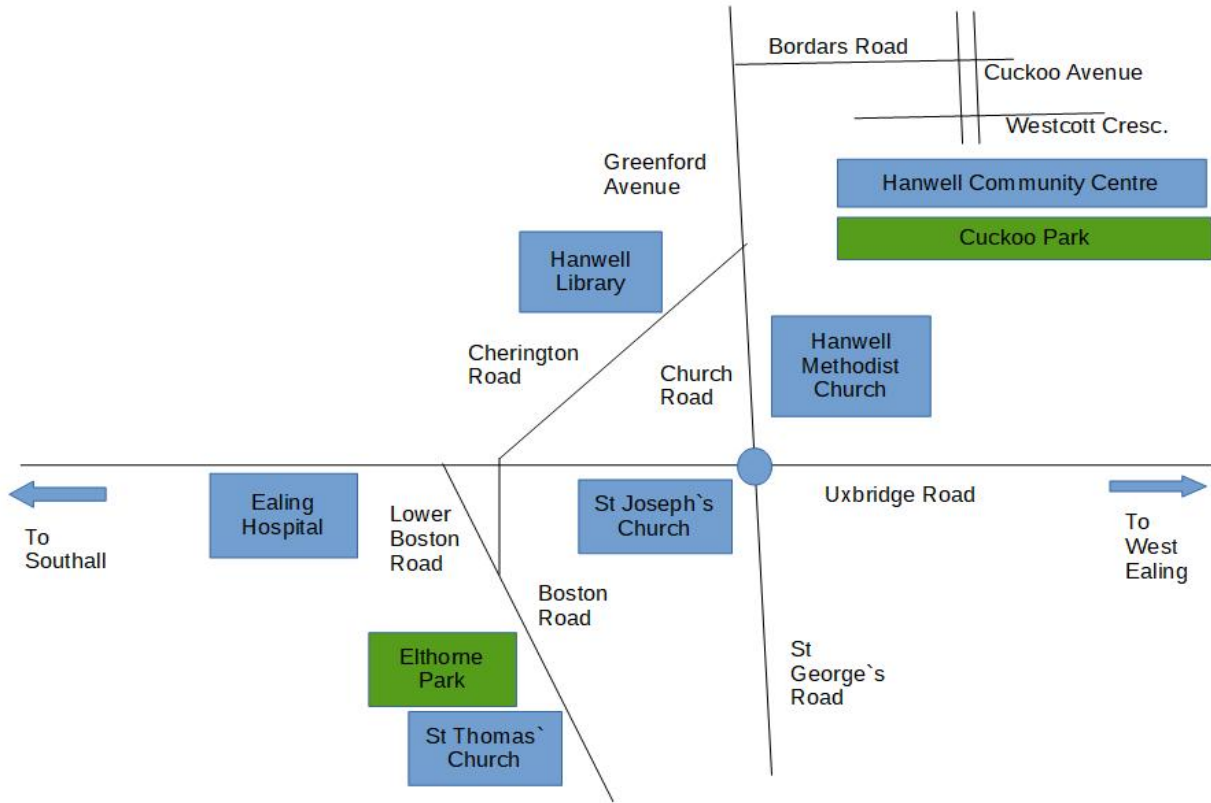
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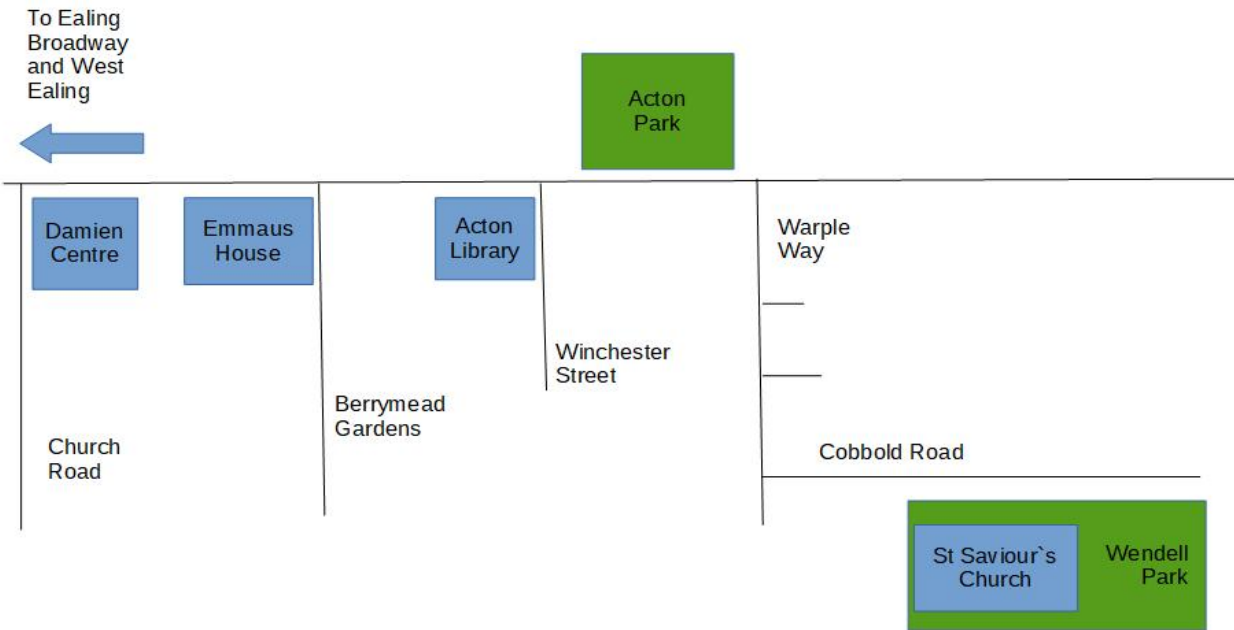
Map of West Ealing



Map of Hanwell



Map of Acton



Map of Southall

