



Advice and Guidance

Our information sheets can be obtained in larger font from Regional Office or downloaded from our website www.wea.org.uk

Help to Plan Your Future

At some times in our lives, we could all use some extra help with planning our future. It often helps to talk to people who can give us different points of view.

The first step is to talk to your tutor, who'll be able to tell you about WEA opportunities. But you may need a wider range of information. If so, the contact details on the back of this leaflet are all of reputable, professional organisations that can offer you free, impartial information and advice about:

- Learning opportunities
- Career development
- Returning to work or education - and much more.

Information, Advice or Guidance?

You may just need accurate, up to date information and a few words with someone about the opportunities available to you. But for more in-depth help, you could consider guidance. Guidance offers an opportunity to discuss things one-to-one and to think about new possibilities. There may be computer-aided assessments to help you find a suitable career, or even psychometric testing to help you match jobs and careers to your abilities. These services may be free, but always check beforehand to see whether you will be asked to make a financial contribution.



Sources of Help

Nationally, the main specialist for all these services is LearnDirect.

LearnDirect forms part of the government's strategy to help adults (anyone over 20) to find good quality information and advice. It's free, impartial and objective. It's available by telephone, email or on-line, offers help there and then, or can put you in touch with your local information, advice or guidance specialists. See overleaf.

Job Centre Plus also has a free national helpline. This focuses on finding jobs and training, and has information about how to write a good CV, tips for interviews, and so on. Again, details are overleaf.

Locally, you may get help from:

- Your Information, Advice and Guidance (IAG) Partnership
- Your local Connexions service
- Local colleges or adult education centres
- JobCentre Plus.

The LearnDirect Helpline and the LearnDirect website can give you local contact details for colleges and advice and guidance services.

There are also a number of advice lines that offer other kinds of help - for example, help with benefits or legal matters. Some offer help in other languages. Again, details are given below.

Learn Direct National Helplines

Main helpline	0800 100 900	8am-10pm 24/7
For those with hearing difficulty	08001 100 900	Minicom
In Punjabi/Urdu	0800 093 1333	Mon-Fri 9-5
In Bengali/Sylheti	0800 093 1444	Mon-Fri 9-5
In Somali	0800 093 1555	Mon-Fri 9-5
Email an adviser service	www.learndirect-advice.co.uk	Anytime 24/7
Find a local adviser service	www.hotcourses.com/lagUserSearch	

JobCentre Plus

JobCentre Plus Helpline	0845 6060 234	
JobCentre Plus online	www.jobcentreplus.gov.uk	Anytime 24/7

Specialist Advice

Connexions (advice for 13-19s)	080 800 13-2-19	Anytime 24/7
Connexions website	www.connexions.gov.uk	Anytime 24/7
SKILL Helpline (disabled learners)	0800 328 5050	Tues 11.30-1 & Thurs 1.30-3.30
SKILL website	www.skill.org.uk	Anytime 24/7
UCAS (university entrance advice)	www.ucas.ac.uk	Anytime 24/7

Advice in other languages

Multikulti - housing, immigration	www.multikulti.org.uk	Anytime 24/7
Citizens Advice Bureau - as above	www.adviceguide.org.uk	Anytime 24/7
AsylumAid - asylum-seeking	www.asylumaid.org.uk	Anytime 24/7
AsylumAid - Helpline	020 7247 8741	Mon-Tue 2-4.30 & Thurs 10-12.30

If you'd like to comment or would like more information about the WEA information, advice and guidance service, contact your Regional Office. You can also ring the national Suggestions Line on 0800 013 1903 or email us at Suggestions@WEA.org.uk.