



**Are you looking for a new job?
Are you facing redundancy or been made
redundant?**

Free and impartial careers advice for all adults.

The National Careers Service provides free, up to date, impartial information, advice and guidance on careers, skills and the labour market. We can help you:

- Assess your skills
- Find the right course
- Get new qualifications
- Develop your CV
- Improve your interview skills
- Understand the local job market
- Progress into work
- Realise your potential

What we offer

Free telephone appointments with a professional careers adviser who can help you to:

- Explore your career options and aspirations
- Understand the local job market
- Develop or enhance your CV
- Search and apply for local jobs
- Identify local volunteering opportunities
- Apply for training and online learning.

To make a free telephone appointment or find out more about what support we can offer you please call **0800 100 900**.

Lines are open 7 days a week between 8am - 10pm.

For further information visit nationalcareers.service.gov.uk

Get in touch:



0800 100 900



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