

COMMUNITY LEARNING AND SKILLS

Useful numbers and contacts

Careers

National Careers Service: 0800 100 900 www.nationalcareers.service.gov.uk

(7 days a week 8am-10pm - free call back to mobile users)

For information and advice about learning and work choices – online, over the phone and to make an appointment for local, face to face advice.

Work and employment

www.gov.uk/find-a-job

www.jobs24.co.uk

www.jobsinkent.com

www.totaljobs.com

www.kentjobs.co.uk

www.gov.uk/government/organisations/disclosure-and-barring-service

www.indeed.co.uk/jobs-in-Kent

www.reed.co.uk/jobs/kent

www.newappointmentsgroup.co.uk

Learning Providers

Adult College for Rural East Sussex: 01825 761820 www.acreslearning.org.uk

London South East College - Bexley & Bromley Campus College: 020 3954 4000
www.lsec.ac.uk/contact-us

Canterbury Christ Church University: 01227 928000 www.canterbury.ac.uk

Canterbury College: 01227 811111 www.ekcgroup.ac.uk/colleges/canterbury-college

East Kent College: 01843 605040 www.ekcgroup.ac.uk

Hadlow College: 01322 629 400 www.hadlow.ac.uk

Kent Adult Education: 03000 412222 www.kentadulthoodeducation.co.uk

Learn Direct: 01202 006464 www.learndirect.com

Medway Adult Education: 01634 338400 www.medwayadulthoodeducation.co.uk

Mid-Kent College: 01634 383000 www.midkent.ac.uk

North Kent College: 01322 629400 www.northkent.ac.uk

University College for the Creative Arts: 01252 918291 www.uca.ac.uk

Workers Educational Association (WEA): 0300 3033464 www.wea.org.uk

University of Kent: 01227 764000 www.kent.ac.uk

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Mental Health Support

Release the pressure: 0800 1070160 www.kent.gov.uk/social-care-and-health/health/release-the-pressure

Mind: www.mind.org.uk Guidance on taking the first steps to get support

Young Minds: www.youngminds.org.uk Help for supporting young people's mental health - for young persons, parents or support workers

Shout: Confidential and 24/7 text messaging service for anyone that needs support. Text the word "shout" to 85258

Drugs and Alcohol

Drinkline: Free confidential helpline for anyone concerned about their drinking or someone else's 0300 123 1110 www.drinkaware.co.uk

FRANK: 0300 1236600 www.talktofrank.com

Kent Drug & Alcohol Action Team: 01622 221 676 www.kent.gov.uk/social-care-and-health/health/drug-and-alcohol-support

Narcotics Anonymous: 0300 999 1212 www.ukna.org

We Are With You (Drugs and Alcohol Support): www.wearewithyou.org.uk

Sexual Health

Sexual health Kent: www.kent.gov.uk/social-care-and-health/health/sexual-health

Terence Higgins Trust: www.tht.org.uk

Pregnancy

NHS Pregnancy Service: www.nhs.uk/pregnancy

Parentline: 0808 800 2222 www.coramfamilylives.org.uk

Smoking

NHS Smoke Free: www.nhs.uk/live-well/quit-smoking

Other Useful Numbers

Apprenticeships: www.apprenticeships.gov.uk

British Dyslexia Association: 0333 405 4555 www.bdadyslexia.org.uk/contact

Bullying – Parent Line Plus: Family Lives: 0808 800 2222 www.coramfamilylives.org.uk/how-we-can-help/confidential-helpline

Citizens Advice Bureau: 0800 144 8848 www.citizensadvice.org.uk

Childline: 0800 1111 www.childline.org.uk

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Department of Education

www.gov.uk/government/organisations/education-and-skills-funding-agency

Civil Legal Advice (legal aid): 0845 345 4345 www.gov.uk/civil-legal-advice

Step Change - debt advice charity: 0800 138 1111 www.stepchange.org

Job Centre Plus: www.gov.uk/contact-jobcentre-plus

Kent Association for the Blind: 01622 691 357 www.kab.org.uk

Kent Association of Further Education Colleges: www.kentfurthereducation.org

Kent Association of Training Organisations: 07894 746 706 www.kato-training.org.uk

Kent – CXK: 01233 224 244 info@cxk.org www.cxk.org

Kent Integrated Adolescent Support Service:

www.kelsi.org.uk/support-for-children-and-young-people

Kent Jobs: www.kentjobs.co.uk

National Debtline: 0808 808 4000 www.nationaldebtline.org

National Domestic Abuse Helpline (Refuge): 0808 2000 247

www.nationaldahelpline.org.uk

National Missing Persons Helpline: 116 000 www.missingpeople.org.uk

Shelters Free Housing Advice Helpline: 0808 800 4444 www.england.shelter.org.uk

The Samaritans: 116123 www.samaritans.org

Universal Jobmatch: www.gov.uk/jobsearch

Victim Support: 0808 168 9111 www.victimsupport.org.uk

ENIC: Official organisation for the recognition and comparison of international qualifications and skills www.enic.org.uk

Help dealing with bereavement: www.nhs.uk/mental-health/feelings-symptoms-behaviours/feelings-and-symptoms/grief-bereavement-loss/ - contains helpful information to help deal with grief including some signposting.

Volunteering

Volunteering opportunities in Kent: www.kent.gov.uk/leisure-and-community/volunteering