

Sitting at home wondering what to do? Get a job? Complete a course? Do more training?

Wondering what training will make you more employable?
Wondering which skills will increase your confidence?
Wondering which organisations are currently looking to employ?

STOP wondering and use our dedicated Advice Solutions team to help you out!

If you are over 16, unemployed, not on a course, and want a helping hand, we are here for you!

There are three easy ways to get our free, confidential and friendly advice:

1) Drop into our Advice Solutions Centres:

Poplar Centre, Poplar High Street,
London E14 0AF
Monday - Thursday 9.30am - 5.00pm
Friday 9.00am - 3.00pm - If you want
to book an appointment call 020 7520
7903 or 0207 7510 7510

Arbour Square Centre, London E1 0PT
Monday - Thursday 10.00am - 5.00pm
Advice sessions are held every
Wednesday - call the advice line to
confirm times and/or to book an
appointment.

2) Speak to a course advisor: ring the Course Advice Line on 020 7510 7777

3) Email your queries: advice@tower.ac.uk or via our website www.tower.ac.uk
Our Advisers will help you take those steps which will get you into employment, education or training.