# Career Services in London and the surrounding areas

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<tr>
<th>Location</th>
<th>Service provided</th>
<th>Age range</th>
<th>Locations</th>
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</table>
| **Barking and Dagenham** (Youth careers and employment advice) | Offers a variety of information and activities careers advice  
- one-to-one meetings and CV writing with trained centre staff  
- work experience  
- apprenticeships  
- traineeships  
- college courses  
- university and job applications | unknown | Barking Learning Centre - 3 Arboretum Place, Barking IG11 7RL - Monday 9am - 5pm (Job shop)  
Dagenham Library - 1 Church Elm Ln, Dagenham RM10 9QS - Tuesday 9am to 5pm, Meeting Room 3, first floor  
Tel: 020 8724 2917 / 020 8227 2010  
Email: tia.rose@lbbd.gov.uk  
| **Barnet** (Young People Careers Service) | Careers guidance, information and advice for young people in Barnet after leaving Year 11 until the age of 19 (or 25 for young people with statements/EHCP). Provided by Barnet Education, Employment and Training Support (BEETS). | 16-19 (Upto 25 with EHCP) | Barnet  
Tel: 020 8359 7875  
Email: Sharon.Glover@barnet.co.uk  
Web: [https://www.barnet.gov.uk/young-people/careers-advice-young-people](https://www.barnet.gov.uk/young-people/careers-advice-young-people) |
| **Bexley** (Prospects - careers service) | Services to young people are provided both on a drop-in and appointment basis. There are topical workshops available as well as relevant group work opportunities. There is free internet access available for young people to engage in research and provide them with the opportunity to work on job applications and to create or update CVs. | 16-19 (Upto 25 with EHCP) | 233 Broadway, Bexleyheath, Kent, DA6 7EJ  
Monday to Friday - 9:30am to 5pm  
Careers Advisers are available on a drop in basis as follows:  
Monday to Friday - 10am to 2pm  
Tel: 0203 045 5555  
Email: N/A  
Web: [https://www.prospects.co.uk/Contact-Us/Corporate-Head-Office/Prospects-in-Bexley-](https://www.prospects.co.uk/Contact-Us/Corporate-Head-Office/Prospects-in-Bexley-) |
| **Brent** (Brent Connexions/ Prospect Services) | **Locations**: Brent Connexions is located at the Roundwood Youth Centre: 49 Longstone Avenue, Harlesden, NW10 3UN  Monday – Friday 1pm - 5pm. Other access points available across the borough.  
**Tel**: 020 8438 1650  
**Email**: brent.cc@prospect.co.uk  
**Web**: https://www.brentyouthzone.org.uk/work-learning/brent-connexions-prospects-services/ |
| **Service provided**: If you are between 16-19 years of age (or up to 24 with a learning difficulty and or disability) you can speak to a Personal Adviser about education, employment, apprenticeships and training opportunities. Get support with your job-search and much more!  
**Age range**: 16-19 (Upto 25 with EHCP) |

| **Bromley** (Bromley Youth Support) | **Locations**: 8 Masons Hill, Bromley, BR2 9EY  
Bromley Youth Support also run careers advice sessions at Job Centre Plus, 28 Elmfield Road, Bromley, BR11NX. Thursday and Friday 1.30 to 4.30pm.  
**Tel**: 020 8466 3080  
**Email**: N/A  
**Web**: https://www.bromley.gov.uk/info/200104/young_bromley/668/careers_information_and_advice |
| **Service provided**: All young people can obtain careers advice and information from National Careers Service and can talk directly with a careers adviser using the phone and call back service. You can contact a careers adviser through National Careers Service. Bromley Youth Support also run careers advice sessions at Job Centre Plus, 28 Elmfield Road, Bromley, BR11NX. Thursday and Friday 1.30 to 4.30pm.  
**Age range**: 16-19 (Upto 25 with EHCP) |

| **Camden** (Camden Connexions) | **Locations**: Camden  
**Tel**: 020 7974 7252  
**Email**: connexions@camden.gov.uk  
**Web**: http://cindex.camden.gov.uk/kb5/camden/cd/service.page?id=mPKD7ONNMHc |
| **Service provided**: Offers expert careers information, advice and guidance to help young people plan their future careers and education pathways. Careers and connexions advisers are working within schools and in the the community where the advice and support is aimed at young people who are not in education, employment or training.  
**Age range**: 13 - 19 and up to 25 for those who have a learning difficulty or disability |

| **City Of Westminster** (Online Careers Support) | **Locations**: Westminster  
**Tel**: N/A  
**Email**: N/A  
**Web**: https://www.westminster.gov.uk/education-training-and-employment |
| **Service provided**: Online support for young people visit website for more  
**Age range**: 16-19 |
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<tr>
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<th>Locations:</th>
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</thead>
<tbody>
<tr>
<td><strong>Croydon</strong></td>
<td>(Post 16 Participation and NEET Team)</td>
<td>16-19</td>
<td>2nd Floor, Zone D Bernard Weatherill House 8 Mint Walk Croydon CR0 1EA Tel: 020 8726 7485 Email: <a href="mailto:post16@croydon.gov.uk">post16@croydon.gov.uk</a> Web: <a href="https://www.croydon.gov.uk/education/education-training-and-careers-for-16-to-19s/what-you-and-the-council-can-do">https://www.croydon.gov.uk/education/education-training-and-careers-for-16-to-19s/what-you-and-the-council-can-do</a></td>
</tr>
<tr>
<td><strong>Ealing</strong></td>
<td>(Young Ealing)</td>
<td>13-19 years and up to 25 years for those with additional needs.</td>
<td>Ealing Youth and Connexions Service Ealing Council 14-16 Uxbridge Road Ealing W5 2HL Tel: 020 8825 5777 Email: <a href="mailto:youngealing@ealing.gov.uk">youngealing@ealing.gov.uk</a> Web: <a href="https://www.youngealing.co.uk/connexions/">https://www.youngealing.co.uk/connexions/</a></td>
</tr>
<tr>
<td><strong>Enfield</strong></td>
<td>(Enfield Careers Service)</td>
<td>16-19 years old (upto 25 with a EHCP)</td>
<td>Central Enfield City Learning Centre, 113 Parsonage Lane, Enfield EN2 0AB Tel: N/A Email: <a href="mailto:careerservice@enfield.gov.uk">careerservice@enfield.gov.uk</a> Web: <a href="https://new.enfield.gov.uk/services/children-and-education/help-and-support/enfield-careers-service/">https://new.enfield.gov.uk/services/children-and-education/help-and-support/enfield-careers-service/</a></td>
</tr>
<tr>
<td><strong>Greenwich</strong></td>
<td>(The Point Careers Advice)</td>
<td>16 to 19 (or up to 25 if you have special educational needs and disabilities)</td>
<td>The Point, 47 Woolwich New Road, Woolwich SE18 6EW Opening hours: 9am to 5pm Tel: 020 8921 8224 Email: <a href="mailto:the-point@royalgreenwich.gov.uk">the-point@royalgreenwich.gov.uk</a> Web: <a href="http://www.royalgreenwich.gov.uk/thepoint">http://www.royalgreenwich.gov.uk/thepoint</a></td>
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| **Hackney** (Young Hackney (Prospects)) | **Locations**: Tuesday 6-8:30pm Forest Rd Youth Hub, E8 3BY  
Wednesday 6-8:30pm The Edge, 7 Woodberry Grove, N4 1SN  
Thursday 1:00 – 5:00pm 2nd floor, Hackney Learning Trust, 1 Reading Lane, E8 1GQ  
Friday 1:00 – 5:00pm 2nd floor, Hackney Learning Trust, 1 Reading Lane, E8 1GQ  
Tel: 020 8356 2664  
Email: Hackneycareersserviceplus@prospects.co.uk  
Web: https://www.younghackney.org/advice/jobs-training/careers-advice/ |
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<tr>
<td><strong>Service provided</strong>: The sessions at Forest Rd and The Edge also have more specific workshops taking place such as CV writing and interview technique. You can find out more details about these workshops like what days and times from the hubs directly.</td>
<td><strong>Age range</strong>: 13-19</td>
</tr>
</tbody>
</table>
| **Hammersmith and Fulham** (National Careers Service) | **Locations**: Hammersmith and Fulham  
Tel: 0800 100 900 or text 07766 413339  
Email: N/A  
Web: https://www.lbhf.gov.uk/children-and-young-people/youth-services |
| **Service provided**: For information, advice and guidance you can also contact the National Careers Service. | **Age range**: N/A |
| **Haringey** (No Specific service or centre - Careers adviser contact details provided on council web) | **Locations**: Haringey  
Tel: T: 020 8489 5041  
M: 07971 308 100  
Email: paul.kirsarkye@haringey.gov.uk.  
Web: https://www.youthspace.haringey.gov.uk/education-and-training/choices-16-what-next |
| **Service provided**: If you want to speak to a Careers Advisor for help – ask your school, visit the National Careers Service (external link) or contact Paul Kirsarkye | **Age range**: unknown |
| **Harrow** (Harrow Youth Stop/ Prospects) | **Locations**: 21 Building, 21 Pinner Road, Harrow, HA1 4ES  
Drop in day Tuesday-Thrusday 1:30pm-5pm  
Tel: 020 8427 8617  
Email: harrowys@prospects.co.uk  
Web: https://harrowyouthstop.careers/ |
| **Service provided**: We provide careers information, advice, guidance and support services to young people in the borough of Harrow. | **Age range**: 16-19 up to 25 with learning disabilitites EHCP |
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<th>Locations</th>
<th>Tel</th>
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</thead>
<tbody>
<tr>
<td><strong>Havering</strong> (Prospects - careers service)</td>
<td>We provide careers information, advice, guidance and support services to young people in the borough.</td>
<td>16-19 (Upto 25 with EHCP)</td>
<td>Holgate House 6 Holgate Court Western Road Romford RM1 3JS Monday to Friday 9.00am -5.00pm</td>
<td>01708 746 401</td>
<td><a href="mailto:barbara.faulkner@prospects.co.uk">barbara.faulkner@prospects.co.uk</a></td>
<td><a href="https://www.prospects.co.uk/Contact-Us/Corporate-Head-Office/Prospects-in-Havering">Prospects - Havering</a></td>
</tr>
<tr>
<td><strong>Hillingdon</strong> (Young people employment support and training)</td>
<td>Local support, information and guidance for young people who are not engaging, or at risk of disengaging, from education employment or training.</td>
<td>16-19 (Upto 25 with EHCP)</td>
<td>Please contact a JCP Young People's Adviser for more details: Hays JCP, Adam House, 818-820 Uxbridge Road.</td>
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<td></td>
<td><a href="https://archive.hillingdon.gov.uk/youngemployment">Prospects - Hillingdon</a></td>
</tr>
</tbody>
</table>
| **Hounslow** (Hounslow Connexions - Careers advice for young people) | We can provide you with:  
• information about education courses, training courses and job opportunities (Including apprenticeships);  
• advice about which opportunities might be most suitable for you;  
• guidance to help you think through your options and decide on your next steps;  
• support with applications and interview preparation. | aged 16 to 19 (or up to 25 if you have a learning difficulty and/or disability) | Visit us at Connexions in Hounslow or Feltham (drop in or book an appointment)  
Mondays 2-5pm, Hounslow House Library, 7 Bath Road, TW3 3EB  
Wednesdays & Thursdays 2-5pm, Feltham Library, The Centre High Street, Feltham TW13 4GU | 020 8583 5151 | | [Prospects - Hounslow](https://www.hounslow.gov.uk/info/20025/schools_and_colleges/52/hounslow_connexions_-_careers_advice_for_young_people) |
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| **Islington** (Progress Team) | **locations:** The best way to access the service is to come along to one of four weekly drop-in sessions which take place at Lift Youth Hub, Platform Youth Hub and the Rose Bowl Youth Club. There is no need for an appointment and the service is completely free. Platform  
**Tel:** 020 7527 7031  
**Email:** progress@islington.gov.uk  
**Web:** https://directory.islington.gov.uk/kb5/islington/directory/youth. page?youthchannelnew=0 |
|---|---|
| **Service provided:** Developed with the help of young people, the Progress Pledge sets out the support you can expect to help you find employment, education or training:  
• careers guidance with our qualified advisers  
• job coaching  
• mock interviews  
• support in English and maths up to Level 2  
• one-to-one support into education, a traineeship or apprenticeship, or employment  
• up to 100 hours of work experience or volunteering  
**Age range:** 13-19 (upto 25 with EHCP) | **Age range:** 16-24 |

| **Kensington and Chelsea** (National Careers Service) | **locations:** Kensington Centreal Library - Every Thursday, 10am to 4.45pm  
**Tel:** To book an appointment at a library, call the National Careers Service London Contact Centre on 020 3714 8350.  
**Email:** National Careers Service website  
**Web:** https://www.rbkc.gov.uk/libraries/your-library/getting-more-your-library/career-and-cv-advice |
|---|---|
| **Service provided:** The 45-minute sessions are run by qualified and impartial careers advisers from the National Career Service. They can help you:  
• identify key strengths and skills  
• explore career options  
• search and apply for jobs  
• write your CV and complete application forms  
• improve your interview technique  
**Age range:** from 16 years old | **Age range:** 16-24 |

| **Kingston Upon Thames** (Way 2 Work) | **locations:** Kingston Upon Thames  
**Tel:** 020 8734 3385  
**Email:** barri.ghai@achievingforchildren.org.uk  
**Web:** http://www.way2work.org.uk/ |
|---|---|
| **Service provided:** If you are interested in a traineeship or apprenticeship, you can access current vacancies through the Apprenticeship Search or call our apprenticeship provider, Way to Work. We work with young people aged 16 to 24 and offer apprenticeship vacancies with local employers at intermediate, advanced and higher levels.  
**Age range:** 16-24 |
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<tr>
<td>Lambeth</td>
<td>No Specific service or centre - Careers guidance and information provided on website</td>
<td>16-19 (Upto 25 with EHCP)</td>
<td>Lambeth</td>
<td>N/A</td>
<td>N/A</td>
<td><a href="https://www.lambeth.gov.uk/send-local-offer/young-adults-14-to-25/getting-into-employment-or-training">https://www.lambeth.gov.uk/send-local-offer/young-adults-14-to-25/getting-into-employment-or-training</a></td>
</tr>
<tr>
<td>Lewisham</td>
<td>No Specific service or centre - Careers guidance and information provided on website</td>
<td>16-19 (Upto 25 with EHCP)</td>
<td>Lewisham</td>
<td>020 8314 7549</td>
<td><a href="mailto:baseline@lewisham.gov.uk">baseline@lewisham.gov.uk</a></td>
<td><a href="https://lewisham.gov.uk/myservices/education/14-19/careers-advice">https://lewisham.gov.uk/myservices/education/14-19/careers-advice</a></td>
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<tr>
<td>Merton</td>
<td>NONE</td>
<td>N/A</td>
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<td>Newham</td>
<td>NONE</td>
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<td><strong>Redbridge</strong> (Redbridge Connexions)</td>
<td>The Redbridge Connexions Team provides information, advice and guidance to vulnerable young people who are not in education, employment or training (NEET), young people at risk of becoming NEET and young people with Special Educational Needs and disabilities.</td>
<td>13 to 19 (up to age 25 for young people with Special Educational Needs and disabilities)</td>
<td>To book an appointment with a personal adviser call 020 8708 2600. Please leave a message with your name and phone number. Tel: 020 8708 2600 Email: N/A Web: <a href="https://www.redbridge.gov.uk/young-people/connexionss/">https://www.redbridge.gov.uk/young-people/connexionss/</a></td>
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<td><strong>Richmond Upon Thames</strong> (Way 2 Work)</td>
<td>Way2Work is a professional UK based apprenticeship training provider offering apprenticeship vacancies and full-time job opportunities for young people aged 16 to 24 with local employers who value and encourage them to achieve their full potential.</td>
<td>16-24</td>
<td>Tel: 020 8734 3380 Email: <a href="mailto:way2work@achievingforchildren.org.uk">way2work@achievingforchildren.org.uk</a> Web: <a href="http://www.way2work.org.uk">www.way2work.org.uk</a></td>
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<tr>
<td><strong>Southwark</strong> (Southwark Choices)</td>
<td>Visit our drop in centre at 132 Queens Road, London, SE15 2HP every Monday and Thursday between 10am and 4pm</td>
<td>16-18</td>
<td>Locations: 132 Queens Road, London, SE15 2HP Tel: 020 7525 4545 Email: N/A Web: <a href="https://www.southwark.gov.uk/jobs-and-careers/help-you-to-find-a-job-or-training/southwark-choices">https://www.southwark.gov.uk/jobs-and-careers/help-you-to-find-a-job-or-training/southwark-choices</a></td>
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<tr>
<td><strong>Sutton</strong> (No Specific service or centre - Careers guidance and information provided on website)</td>
<td>There are a range of employment support and training providers in the borough that can support with CV writing, building confidence, support to gain additional skills, and securing employment.</td>
<td>16-19 (Upto 25 with EHCP)</td>
<td>Locations: Sutton Tel: N/A Email: N/A Web: <a href="https://www.opportunitysutton.org/employment-and-skills/employment-support/">https://www.opportunitysutton.org/employment-and-skills/employment-support/</a></td>
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| **Tower Hamlets** (Young WorkPath) | Locations: 40-42 Watney Market London E1 2PR  
Tel: 020 7364 1401  
Email: youngworkpath@towerhamlets.gov.uk  
Web: https://www.towerhamlets.gov.uk/lgnl/jobs_and_careers/employment_and_training_initia/Workpath/Information_for_young_people.aspx |
|---|---|
| Service provided: We are open Monday-Friday 9am-5pm. Our careers advisers can help you find the right path. Our brokerage and tracking advisers can support with applying for work and training.  
**Age range:** 13-19 upto 25 with learning difficulties |  
| **Waltham Forest** (Careers Service) | Locations: postcode: E17 4JF  
Tel: 020 8496 1920  
Email: careerservice@walthamforest.gov.uk  
Web: https://directory.walthamforest.gov.uk/kb5/walthamforest/directory/service.page?id=_r2apaVsCsE&directorychannel=0 |
| Service provided: You can contact the National Careers Service, Monday to Sunday from 8am to 10pm to speak to a Careers Adviser on 0800 100 900.  
**Age range:** 16-19 (Upto 25 with EHCP) |
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<th>Buckinghamshire (National Careers Service)</th>
<th>Hertfordshire (Youth Connexions)</th>
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<tbody>
<tr>
<td><strong>Service provided:</strong> For information, advice and guidance you can also contact the National Careers Service.</td>
<td><strong>Service provided:</strong> YC Hertfordshire provides targeted youth work projects and programmes, information, advice, guidance and work-related learning.</td>
</tr>
<tr>
<td><strong>Age range:</strong> from 16 years old</td>
<td><strong>Age range:</strong> 11 years old - 17 years old up to 21 for care leavers and up to 25 for some vulnerable groups including young adults with learning disability.</td>
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<thead>
<tr>
<th>Locations: Buckinghamshire</th>
<th>Locations: Hertfordshire</th>
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<tbody>
<tr>
<td>Tel: 0800 100 900</td>
<td>Tel: 0300 123 7538</td>
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<tr>
<td>Email: <a href="mailto:info@adviza.org.uk">info@adviza.org.uk</a></td>
<td>Email: <a href="mailto:yc@hertfordshire.gov.uk">yc@hertfordshire.gov.uk</a></td>
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