

Get Online Tower Hamlets



Stay in touch



Access services



Local activities



Find work



Manage money



Homework and learning



Find out about using the internet to learn, shop, save, contact family abroad and lots more. Find FREE online courses to develop your skills and hobbies. Contact your nearest Idea Store on **020 7364 4332** or email ideastore@towerhamlets.gov.uk
For details of the nearest UK Online Centre to you in the borough visit their website www.ukonlinecentres.com or tel **0114 221 0410**

Find out what you could do online

There is a huge variety of free high quality information and resources online. Whether you're interested in learning a new language or skill, finding a job, finding new ways to help with children's homework, discovering activities in your local area or if you need information and advice about money or health, go to the following websites.

New skills

Information on courses and online training
www.ideastore.co.uk
www.ukonlinecentres.com

New job or CV help

Information on job and training opportunities for residents of all ages
www.gov.uk/jobsearch
www.towerhamlets.gov.uk/skillsmatch

Health advice

Discover how you improve your health and wellbeing with NHS Choices
www.nhs.uk

Free access to the internet and help to get online

www.ideastore.co.uk
www.ukonlinecentres.com

Money advice

Free online advice and information about benefits, debt and housing problems
www.adviceguide.org.uk
www.moneyadviceservices.org.uk
www.thcan.org.uk

Interested in local history or tracing your ancestors?

If you're interested in a building, tracing your ancestors that lived here, or just feeling nostalgic, then visit Tower Hamlets Local History Library and Archives
www.ideastore.org.uk

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