

Need help to make the most of your tech?



Are you over 50 and looking for support with your technology?
Would you like to understand the benefits of being online?
In today's digital world, the possibilities are endless!
Contact us and discover how being connected can
help make life a little easier.

Benefits

- Learn how to make the most out of your technology and gadgets
- Feel confident you know how to use the internet safely
- Find out what's happening in your local community
- Search for activities and things of interest to you
- Save money through online shopping and promotions
- Have easier access to things like your GP surgery and NHS app
- Feel great about all the things you can do yourself with just a little guidance.

How much will it cost?

Home visit from our friendly technical support:

- £25.00 per hour
- £40 for a consecutive two hour session

01977 552114
Digital@ageukwd.org.uk

Typical help we offer

We can assist with a wide range of tasks to help you feel more comfortable using your devices:

- **Online safety and security:** Build confidence and reduce fears around digital safety
- **Improved confidence using devices safely:** Understand how to protect personal information and avoid common online scams
- **Greater independence:** Manage your own tasks and activities more easily with the support of digital tools
- **Keeping connected:** Stay in touch with family and friends through video calls, messaging apps, or social media
- **Improved mental wellbeing:** Access online resources for mental health support and stay connected with others
- **Better access to healthcare:** Book doctor appointments online; Order prescriptions digitally; Access health resources such as the NHS website or health tracking apps
- **Cost savings:** Save money through help with benefits access, utility bill management, and cost-saving tips for tech
- **Manage your money:** Access online banking, manage budgets, set up direct debits, and check statements to stay on top of finances
- **Fun pastimes:** Stream movies, catch up TV music, audiobooks and games
- **Learning opportunities:** Take online courses, learn new hobbies, and keep your mind active
- **Improved safety and help in an emergency:** Set up emergency alerts and contacts
- **Online groups:** Engage in online communities to share experiences, find support, and join interest groups
- **Getting out and travel:** Use a map app (SatNav) to find directions or plan travel, find bus timetables and routes

Sorry, we can't help with

- Fixing or repairing broken technology

Next steps

We will call you for a friendly chat and a quick assessment to make sure we can help with your technology and find out what you are hoping to achieve. There's no commitment to having more than one session, you can decide as you go along.

Our experience

Our digital team have over 3 years of experience in delivering Digital Inclusion sessions. Over 500 people have benefited from the support and now feel more confident in using their technology in a way to suit them. We provide one to one sessions in the comfort of your own home to ensure you're happy with the learning pace, feel free to ask questions and recap whenever needed.



Don't just take our word for it

“It has really changed my life, I no longer feel excluded from things and I am even passing on things I have learned to others!”

Maurice

“My Digital Trainer was very clear, spoke in normal ways to explain things that we could all understand. He gave many examples like, it is the first time driving a car, you don't know but you will learn. I never felt stupid or thick and we were taught things we wanted to know about. I now search everything on Google if I do not know anything about it. I look at shops online but do not buy anything, as I like to go out shopping while I can.”

Gwen

“Each week I was overwhelmed by the topics I wanted to learn but, I soon realised that I could do what I had been taught. Every week things seemed to fit in and it was soon like a concertina where it all folded in to place for me. I feel like I am truly a part of society now where before I felt like an onlooker, an outsider. My Digital Trainer has given me my confidence back and I will be forever grateful for that. I feel part of society again, something I haven't felt for such a long time.”

Carole

**To find out more or have a friendly chat
about next steps, please give us a call on
01977 552114 or send an email to
Digital@ageukwd.org.uk**