



In partnership with
BT Group



Free digital skills training for older people

- Need help with your emails?
- Want to book a GP appointment online, or order an online shop?
- Need to know how to avoid online scams?

Visit abilitynet.org.uk/BTDigitalSkills to book

Or call 0300 180 0028



Get free support from AbilityNet

AbilityNet charity's friendly team runs free training sessions to boost your skills with mobile phones, laptops, computers and tablets.

About our trainers

- Trusted, security checked trainers
- Group or individual sessions
- Will work at your pace and tailor the session to your needs

We also have a network of 450+ Tech Volunteers on hand to support with extra sessions and advice

Call **0300 180 0028**

digitalskills@abilitynet.org.uk

abilitynet.org.uk/BTDigitalSkills

Get training on topics including:

- An Introduction to the Internet
- Getting to know your mobile or Tablet
- Staying Safe Online
- Getting started with Email
- Using Social Media, e.g. Facebook
- Watching TV online
- How to access Public Services
- Downloading Apps
- How to make a video call
- How to manage your health online
- How to bank and shop online

AbilityNet is a registered Charity in England and Wales No. 1067673 & Scotland No. SC039866.