

FREE

EXERCISE

ONLINE SHOPPING

Connect!

BOOKINGS

GPS

NHS



VIDEO CALLS



DO YOU NEED HELP WITH TECHNOLOGY?

Do you have a computer or a smart device lying around but are not sure how to use it? Have you got access to the internet? No digital device or access to internet? Want help to get online and access opportunities? Do you know a neighbour or friend who may benefit with some digital assistance?

We can help you.

Our team of friendly volunteers can assist you to get online safely and get the most out of your device, whether that's making video calls, internet shopping, or online exercise classes – you decide.

All sessions are provided on a 1-2-1, face-to-face basis, either from your own home, or a public place such as a local café (when restrictions allow), adhering to social distancing guidelines, ensuring you are kept safe.

Connect! is also recruiting volunteers to become digital champions to support the project. If you feel that you can offer your digital knowledge to help the community please contact Volunteer Connect on info@volunteerconnect.org.uk. Full training will be provided.

How to book

Please call the Royal Voluntary Service (RVS) on **01295 264 214**, if there is no answer, please leave a message and someone will get back to you.

