



AbilityNet

In partnership with
BT Group

Free digital skills training for over 65s

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

Visit abilitynet.org.uk/BTDigitalSkills to book

Or call free 0800 048 7642



Get free support from AbilityNet

Our friendly team run 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 350+ Tech Volunteers on hand to support with extra sessions and advice

Call free on **0800 048 7642**
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 No. 1067673 & Scotland No. SC039866.