

# Get help to use smartphones, tablets, or laptops

Healthwatch Islington and the Clarion Digital Skills Team invite you to come along to our training sessions on Zoom. These sessions are free and are aimed at Islington and Clarion residents. Build your confidence in all things digital!

- **Web-browsing using Google**, Monday 17 January 2pm
- **Staying safe online for parents**, Thursday 10 February 10.30am
- **Shopping and saving money online**, Tuesday 22 March 2pm

Contact Maria Gonzalez on **07949 780695** to find out more.  
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**“It is really good to find out I am not the only one struggling with digital. It has really helped not to be so panicked because it is possible to learn, and to get more confident with things. I have enjoyed every session.”**

