



Improve your digital skills!

Do you want to...

- **Stay in touch with loved ones?**
- **Shop from the comfort of your own home?**
- **Access the services you need in a quick and easy way?**

Here at Age UK/Age Cymru we offer FREE support so that you can make the most of the internet!

Whether you're a complete beginner or looking to brush up your skills, our Digital Champions are here to help!

They can support you to use your gadget (tablet, smartphone or laptop) and help you to learn new skills in a safe and secure way.

Why not get involved today?

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