



Digital Helpers in Trafford

Free 1- to - 1 Digital Skills

Learn new skills with our digital helpers

We understand using technology can be daunting.

However, building confidence and learning how to use technology can open up many exciting ways to communicate with friends and family and help access vital services.

We offer free one-to-one sessions tailored to your needs.

They can show you how to:

- Use digital devices (smartphone, tablet, or laptop)
- How to set up online shopping and health service apps
- Use a digital device to keep in touch with family, friends
- How to stay safe online, protect your identity, data and personal information
- How to identify scam emails and fake websites
- Assistance with the downloading of applications and navigating your devices

Digital helpers are specially trained to provide digital support to older people and have undergone a DBS (Disclosure and Barring Service) Check.

Please contact us on 0161 746 7000 or
email: admin@ageuksalfordandtrafford.org.uk



0161 746 7000

Compassion | Respect | Integrity | Responsiveness | Empowerment