

# Get free support from AbilityNet

AbilityNet charity's friendly team runs 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 450+ Tech Volunteers on hand to support with extra sessions and advice

Call 0300 180 0028

[digitalskills@abilitynet.org.uk](mailto:digitalskills@abilitynet.org.uk)  
[abilitynet.org.uk/BTDigitalSkills](http://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 and Wales No. 1067673 & Scotland No. SC039866.



In partnership with  
**BT Group**



## Free digital skills training for older people and disabled adults

- Need help with your emails?
- Want to book a GP appointment online, or do your shopping online?
- Need to know how to avoid digital scams?

Visit [abilitynet.org.uk/BTDigitalSkills](http://abilitynet.org.uk/BTDigitalSkills) to book

Or call 0300 180 0028

