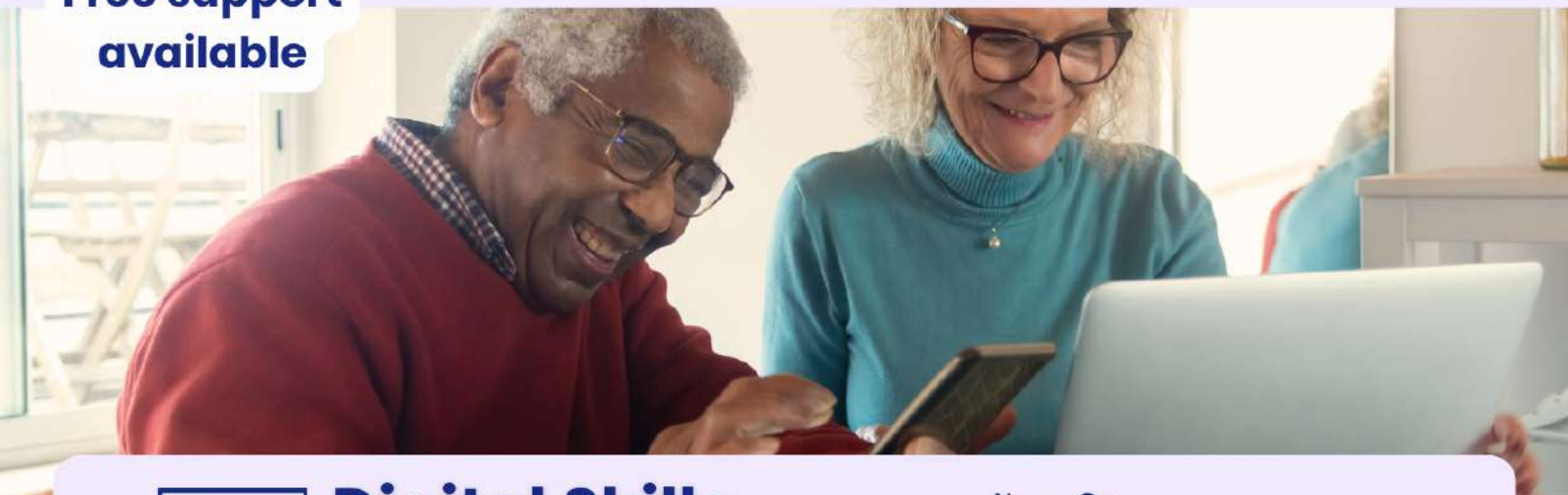




Living Well

Community Wellness & Empowerment Service

**Free support
available**



**Digital Skills
Sessions**



**Free food at
every session**

What You'll Do



**Help using your
smartphone**



**Stay safe
online**



**Access NHS
services online**



**Use video
calling and
messaging**

Contact us to join

 www.tapestry-uk.org/livewell

 livingwell@tapestry-uk.org

 01708 796600

 For Havering residents
aged 18-64 years old

**Scan to read more
about our services**



Digital Skills Sessions

- Smartphone and tablet support
- Learning how to use apps and online services
- Staying safe online and recognising scams
- Accessing NHS services and health information online
- Setting up and managing online accounts
- Video calling family, friends and support services
- Messaging, emails and digital communication
- Building confidence with everyday technology
- Practical help with digital tasks and problem-solving