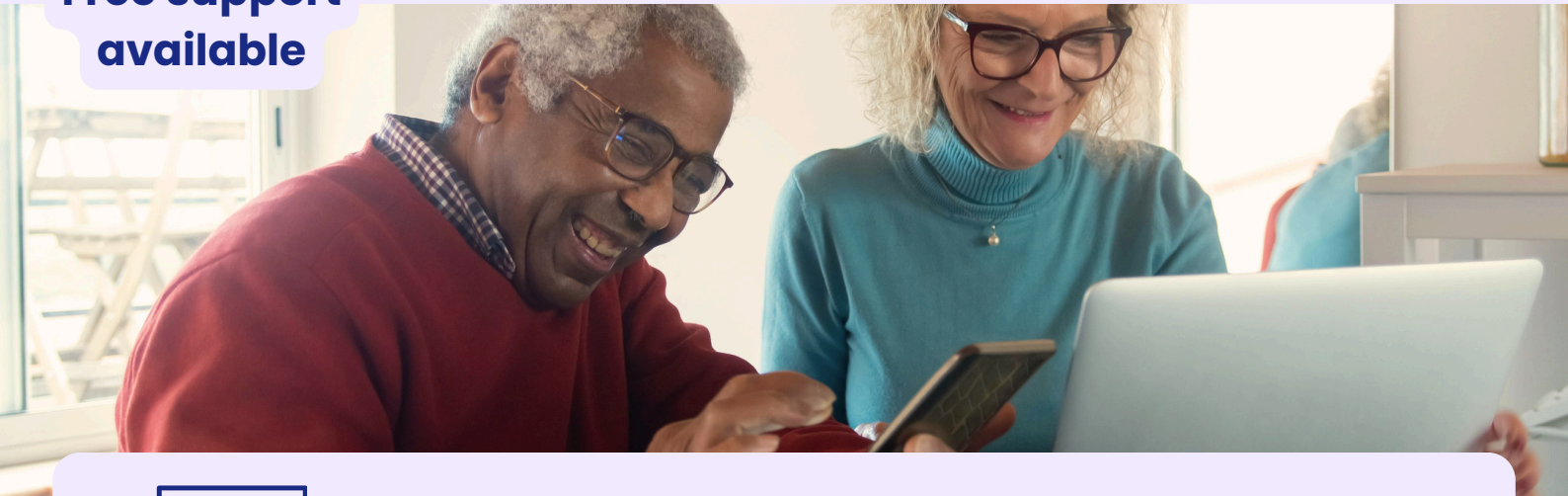




Living Well

Community Wellness & Empowerment Service

**Free support
available**



Digital Skills Sessions

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/livingwell
-  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