Learn how to use the Internet

Maybe you think computers, tablets and smartphones are just not for you, but **what are the benefits** to using new technology?

- ✓ Stay in closer touch with friends and loved ones
- ✓ Do your shopping from the comfort of your own home
- ✓ Do your banking and pay bills online
- ✓ Research activities and services
- ✓ Look up medical information

The list goes on!

The **Digital Inclusion Project** matches volunteers with pensioners based in Fulham who wish to learn to use the Internet.
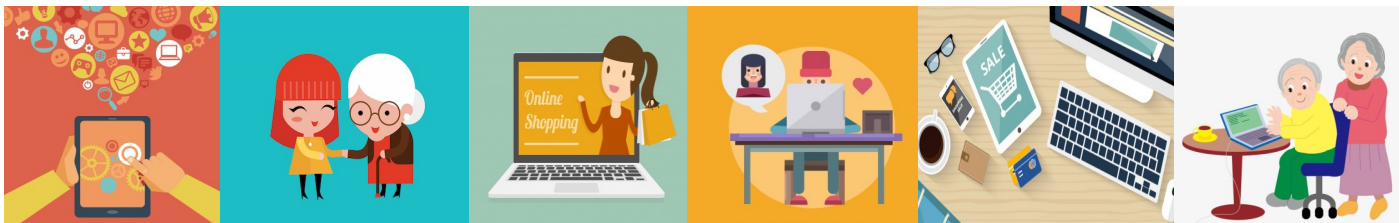
You choose what you wish to learn, our **friendly volunteers can visit people at home** and help with issues like: making a free Skype call to a relative abroad, using tablets or smartphones and much more.

The **meetings are tailored to your needs and interests** and volunteers will work at the speed of the person, teaching them as little or as much as they wish.

To benefit from this project contact Lucia at:
luciaciolanel@fulhamgoodneighbours.org
or call us at 020 7385 8850.

Fulham Good Neighbours | PEOPLE'S POSTCODE LOTTERY — Supported by players of, Awarding funds from PEOPLE'S POSTCODE TRUST | h&f hammersmith & fulham | NATIONAL LOTTERY FUNDED — BIG LOTTERY FUND | co op

Digital Skills Volunteers Needed

Are you passionate about making a difference to the lives of older people? Are you skilled with computers, tablets and smartphones?

Then this might be the role for you!

The **Digital Inclusion Project** matches volunteers with pensioners based in Fulham who wish to learn to use the Internet. Empower an older person to use technology by supporting their knowledge and their overall well-being.

Use your skills and knowledge to help with issues like: using tablets or smartphones, making a free Skype call to a relative abroad, doing online shopping, book appointments, use apps, research local activities and services and much more.

Benefits of volunteering with Fulham Good Neighbours include:

✓ the satisfaction of knowing that you play a pivotal role in aiding to bridge the digital gap

✓ reimbursement for any out of pocket expenses

If this sounds like something you would like to be part of, then please contact Lucia at luciaciolanel@fulhamgoodneighbours.org or call us at 020 7385 8850.