

BLISS=Ability

Inform, Involve, Include.

Connect U

Are you lost and confused about the new digital world we live in?

Do your computers skills need brushing up?

Our FREE Training Sessions will help you to achieve the following:

- Gain the confidence to use computers
- Learn the Essential Digital Skills
- Learn how to use the Internet safely and securely
- Access information and 'apps' to help **you** manage your Health, Finances and Social Care
- Discover how to send and receive emails.
- Learn how to complete on-line forms and application forms
- Learn how to shop on-line, book GP appointments, order prescriptions, make social connections, etc.

We can also help you:

- to apply for Blue Badges, including renewals
- Do on-line job search, and apply for universal credit / update journal.



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IT Digital Skills session times

Wednesday 10.00 - 12.00 pm

Thursday 1.00 - 3.00 pm

Thursday 12.00—1.00 pm Jobsearch

Please contact the office to book a place at one of the sessions, and for Blue Badge applications.

CONTACT:

Angela Dunn

34-36 New Green Street

South Shields, Tyne & Wear

NE33 5DL

Telephone: 0191 427 1666

Email: angela.dunn@blissability.co.uk

www.blissability.co.uk

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