

Do you need help using a computer, tablet or phone?

Our **free, one to one** IT (digital skills) learning sessions are available to individuals living in the Tonbridge and Malling Borough Council areas.

They are designed to help you to get the best out of a laptop, a tablet or your smart phone. You might be looking for employment, manage your benefits, enjoy keeping in touch, understand apps, shop safely online, or learn new skills or interests.

If you don't have a laptop or tablet or broadband at home, there may be the opportunity for you to be loaned suitable equipment and a mobile internet data box for the duration of the course, so you can get online.

It's all very relaxed and informal. You would be learning at **your** pace with plenty of breaks. There is no pressure to 'keep up'.

Each session will be aimed at what you personally feel you would like to learn and you will receive full support to do so. You will have lots of opportunity to talk to your Trainer about your own goals throughout the course.

Depending upon Covid restrictions, your face to face sessions would take place at a local location. Alternatively, sessions can be conducted 'remotely' via a live video link, with you staying in the comfort of your own home.

You would receive once weekly sessions of between 1 and 2 hours, for a month or two, giving you time to learn new skills and build up your confidence.

If you would like to find out a bit more, why not give us a call? We will look forward to hearing from you.

VAL SPROTT

Training Services Manager, Compaid

Tel: 01892 351053 or 07942 180885