



## Digital Skills for unpaid, family Carers

**A half day introductory course exploring:**

**Social Media, Shopping on line, connecting together apps such as WhatsApp**

**Learning how to use the internet safely in a range of contexts**

**What is a virtual assistant?**

**Looking at available technology such as sensors and detectors that can help Carers take a break**

**PLEASE BRING YOUR OWN DEVICE - SMART PHONE AND/OR TABLET**

- **Monday January 27th 1-4pm Durham Leadership Centre, Spennymoor DL16 6YP**
- **Monday February 3rd 1-4pm Seaham Learning Centre (Seaham Contact Centre) SR7 7JE**
- **Monday March 16th 1 – 4pm – Louisa Centre, Stanley, DH9 0TE**
- **Monday March 30th 1 – 4pm – The Sjovoll Centre, Pity Me, Durham, DH1 5BZ**

**Suitable for beginners  
and those needing to  
know more about digital  
resources**



**Demand is high  
and places are  
limited**

**To book a free place on this course please  
use the booking slip on the back page  
or email [admin@dccarers.org](mailto:admin@dccarers.org)  
Phone 0300 005 1213**