Free Digital Skills Sessions

Do you want to get more digitally confident or learn more about devices and the internet?

Come along to this in-person session where you can learn how to use a device, access the internet, use online tools, and manage your health online

Knighton Community Centre: Friday 2 December (1pm - 4pm)

Ystradgynlais Library: Thursday 8 December (1pm - 4pm)

Welshpool Town Hall: Thursday 8 December (1pm - 4pm)

Newtown Library: Friday 9 December (9.30am - 12.30pm)

To book your place, please phone: 01874 442589

Free Digital Skills Sessions

Course A - Digital Health

Session 1: Digital Health and Wellbeing

Online sessions: Mon 5th December 2022   6pm -7pm
Thu 2nd February 2023   11am - 12pm

This session will look at various apps and digital tools to help maintain health and well-being. The session is based on the NHS 5 ways to well-being which we use as an inspiration for our topics to cover. We provide an overview of options for:

- Staying connected and ideas for online group activities.
- Being active and keeping entertained.
- Apps that motivate us to be active and consider our physical health and diet.
- Apps that focus on our mental health and well-being.
- Opportunities to learn new skills online.

Session 2: My Health Online

Online sessions: Wed 11th January 2023   7pm – 8pm
Tue 14th March 2023   11am - 12pm

Please note: You must check if your GP uses the My Health Online service. My Health Online is an online service which enables you to make GP appointments, order repeat prescriptions and update your own personal details online. This session will:

- Guide you through the process of registering for a new patient account on My Health Online.
- Demonstrate where to view your medical history
- Explain how to order a repeat prescription.

Face to Face - Digital Health and Wellbeing & My Health Online

Date: Tue 17th January 2023
Time: 10.30am – 2.30pm (refreshment & lunch provided)
Venue: Y Gaer, Brecon Library, Brecon

Book your place on any of the sessions via:
https://forms.office.com/r/jFLwDRE5iR

Llywodraeth Cymru Welsh Government

Bwrdd Partneriaeth Ranbarthol Powys Iechyd a Gofal Cymdeithasol

One Powys Yn Un
Powys Regional Partnership Board Health and Social Care

GOGLEDD POWYS Lles

NORTH POWYS Wellbeing

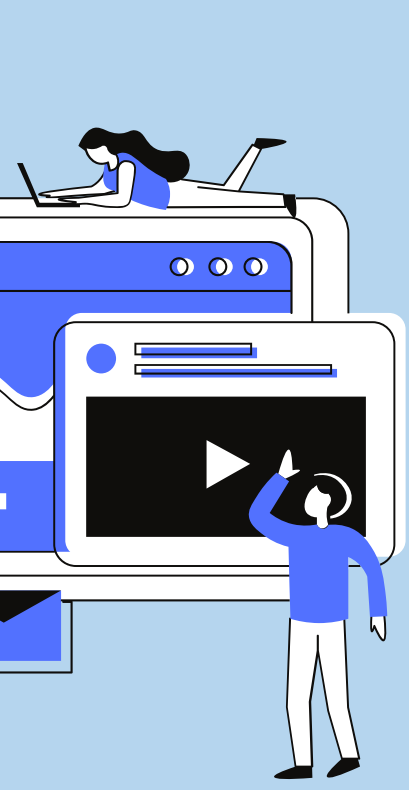Cymunedau Digidol Cymru Hyder Digidol, Iechyd a Lles

Digital Communities Wales Digital Confidence, Health and Well-being

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Powys

Free Digital Skills Sessions
Course B - Digital Safety & Video Communication

Session 1: Online Safety and Accessibility

Online sessions: Wed 14th December 2022   6pm -7pm
Tue 14th February 2023   11am - 12pm

This session introduces you to the foundation online safety skills based upon the UK Government's Essential Digital Skills. It will cover:

- Keeping safe on websites and understanding suspicious emails
- Password safety and understanding online privacy
- Virus awareness
- Discuss built-in accessibility options available on a range of digital devices
- Give an overview of apps for visual and auditory support
- Give an overview of apps to support communication.

Session 2: Video Communication

Online sessions: Thur 11th January 2023   6pm – 7pm
Wed 22nd March 2023   4pm - 5pm

Our video communication session is based upon our use of the platforms and devices. We are not affiliated with nor represent any of the organisations that own them. We will be looking at Facebook Portal, Microsoft Teams and Zoom.
Within this session we will:

- Discuss the key features of the platforms.
- Explain how to make video calls using Portal Teams and Zoom
- Provide an understanding the basic functions of the platforms

Face to Face - Online Safety, Accessibility & Video Communication

Date: Thur 23rd February 2023
Time: 10.30am – 2.30pm (refreshment & lunch provided)
Venue: Llandrindod Wells Library, The Gwalia

Book your place on any of the sessions via:
https://forms.office.com/r/jFLwDRE5iR

Free Digital Skills Sessions
Course C - Supporting People in the Medium of Welsh

Session 1: Learning Welsh with Digital Tools

Online sessions: Thur 15th December 2022   3pm - 4pm
Wed 8th February 2023   7pm - 8pm

This session is delivered in English only. It is designed to provide entry level resources for Welsh language learners. In this session we will:
- Discuss the history of the Welsh language and how it has overcome cultural changes.
- Show you a variety of resources that are available to help you develop your Welsh language skills, whether you're a beginner, intermediate or advanced learner.
- Demonstrate ways of immersing yourself in Welsh when using the internet.

Session 2: Sensory Apps

Online sessions: Mon 23rd January 2023   11am – 12pm
Wed 8th March 2023   6pm - 7pm

This session will provide an overview of online and digital tools to improve cognitive stimulation and tools to focus, sleep better and relax. The areas we will cover include:
- Visual apps.
- Apps for meditation.
- Apps for keeping occupied.
- Mood tracking apps.
- Apps to help boost memory.

Face to Face - Learning Welsh with Digital Tools & Sensory Apps

Date: Wed 15th March 2023
Time: 10.30am – 2.30pm (refreshment & lunch provided)
Venue: Newtown Library, Newtown

Book your place on any of the sessions via:
https://forms.office.com/r/jFLwDRE5iR