



DIGITAL SKILLS FOR LIFE AND WORK FOR LEARNERS AGED 19 +

A course to develop the digital skills you need for everyday life and work.

When: **Enrolment and advice sessions – Booking required in advance**
Course dates – Various

Days: Mon, Tues, Wed and Thursday over 4 weeks

Time – 9:30am – 12:30pm each day

Courses are ongoing in 4 week cycles over the academic year

For more information please contact us
on 07956484114 or via email on sgill@adult-training.org.uk

Where: Mitcham Library

157 London Road, Mitcham, CR4 2YR

Course content

- How to use online video packages such as Zoom
- Job searching and online applications, shopping online, booking appointments or services, safe internet browsing, using emails and social media – contacting family and friends helping to keep connected and reduce isolation, managing information

Contact us now at ATN to book your information/enrolment sessions and course dates

Tel: 07956484114

Email: sgill@adult-training.org.uk

Web: www.adult-training.org.uk

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