



## Digital support for BCP residents



### Libraries

Our libraries are a great resource for people to be able to access public computers, free internet access and wifi. There are 24 libraries across the BCP area. Staff will always help support people to access services and devices digitally where they can and Tech Buddy one to one support sessions can now be booked. [Help using computers \(bcpcouncil.gov.uk\)](http://bcpcouncil.gov.uk)

### Skills and Learning

Online or face to face learning in local venues. 'Whether you're an absolute beginner and would like to learn how to use a mobile phone or are an experienced IT user looking to grow your skills, we have a course for you.' 01202 123444  
[Computing, IT & Digital Skills Courses | Skills & Learning \(skillsandlearningace.com\)](http://skillsandlearningace.com)

### BCHA – Bournemouth Digital Project



BCHA is offering a new project called Bournemouth Digital.

Bournemouth Digital aims to provide residents an opportunity to upskill their online, digital and computer knowledge in community venues throughout the

Bournemouth area.

Bournemouth Digital will deliver four, three hour sessions in small groups with additional personalised one to one support. Bournemouth Digital has been made possible by Power Up- an initiative by Good Things Foundation, with the financial support of J.P Morgan.  
[BCHA's Bournemouth Digital Project](#) or call 07929 709903

## Tricuro - improving people's health and wellbeing



Tricuro provide high quality care and support to older people; people with physical and learning disabilities; people with mental health needs; dementia; carers and clients' families.

They're delighted to announce a new digital service to help people have community and social interactions from their own home. Enabling them to stay active, learn new skills and meet new people, which all contributes to people staying healthy and well.

They're offering a free trial of three sessions and one to one support to help folks that are a bit daunted about accessing things online.

Please share with anyone you feel would benefit from this amazing offer. There's a lot more information about content and nature of the sessions along with the support on offer on their [website](#)

## GoodGym

A group of local residents who run, walk, or cycle to help out community projects and older people in Bournemouth. They can help digitally with things such as one off online application form filling [GoodGym - Do Good, Get Fit | Bournemouth](#)

## Prama (for over 55's)

Prama run computer club sessions.

Aimed at the 55+ age group. Basic IT support, learn how to email, google search, video call, shop online etc. Use their laptops or preferably bring your own device.

Share & Learn Computers at Old Rope Walk

Every Thursday, 10:00 - 12:00

📍 The Old Rope Walk, Poole BH15 4AU, UK

📞 Contact Bridget 01202 207310

**SHARE & LEARN**   
**COMPUTERS**

Westbourne Baptist Church  
41 Poole Road  
Bournemouth  
BH 4 9DN  
*(Class will be held in Room 2 - at the back of the carpark)*

Join us every Tuesday  
10:00 - 11:30 | £2 per session

**COME AND MEET THE TEAM, AND LET US GUIDE YOU THROUGH THE UNKNOWN!**

- Very basic to the more technical stuff
- Learn how to access the internet
- Do online shopping or applications
- Learn how to FaceTime/Skype friends or family
- Phone texting and using WhatsApp

Aimed at the 55+ age group. Use our laptops or preferably bring your own device.

To learn more or to book a place contact:  
Adrien Richardson  
07867 354599

 **PramaLIFE**  
Age friendly communities

[Groups Handbook 2022 \(pramalife.org\)](https://pramalife.org)

## Further Digital Skills Support

[Home | Learn My Way](#)

[Digital Eagles | Barclays](#)

[Digital learning - your way | Digital Wings \(uk.barclays\)](#)

[Learn - Good Things Foundation](#)

[Technology Basics: Popular Articles and Free Courses \(techboomers.com\)](#)

[Digital - Essential Skills - Skills for Life](#)

[Using a computer - Home Life - Skills for Tomorrow | BT](#)

[Home life - Skills for Tomorrow | BT](#)

[Video calling - Home Life - Skills for Tomorrow | BT](#)

[Email for older people | Age UK |](#)

[Easy read technology guides | Digital Unite](#)

[resources-for-digital-champions.pdf \(learnmyway.com\)](#)

[Information, Advice and Support to Keep Children Safe Online \(internetmatters.org\)](#)

[Free online courses | Bournemouth and Poole College \(thecollege.co.uk\)](#)

## **Support with Digital costs**

[Cost of living: Government to simplify broadband access - BBC News](#)

## **Digital support for those that are unemployed or economically inactive**

[ucan\\_project.pdf \(openobjects.com\)](#)

[Free Courses – Free Courses in England Online](#)

**Adapting to a Digital World – The UCan Project** - For people aged 18 and over, living in Dorset. And who are not in paid employment – Call 0300 303 3737

## **Accessibility Support**

[Our Services | AbilityNet](#)

[AbilityNet Factsheets | AbilityNet](#)

[Simple 'how to' guides to make your device easier to use | My Computer My Way \(abilitynet.org.uk\)](#)

## **Support for those not digitally connected**

[HMCTS - We Are Digital | Support \(we-are-digital.co.uk\)](#)

## **Digital Support for Carers**

[Dorset Computers 4 Carers – Computers for full time Carers](#)

[Free Tech Support & Information | AbilityNet](#)

## **Digital Health Apps**

[NHS app guide - Home Life - Skills for Tomorrow | BT](#)

## **Info and support for Charities**

[charities.connected | End digital exclusion | Vodafone](#)

<https://www.digitalcandle.org.uk/>

[Computer Aid International](#)

[National Databank - Good Things Foundation](#) For organisations who work with refugees

[Charity Digital - Events - Charity finance series three: budgeting, futureproofing, and reporting](#)

## **Funding Opportunities**

[New funding opportunity: The Digital Inclusion Capability Grant | Online Centres Network](#)

[Good Things Foundation - Improving lives through digital](#)

## **Scamming Support & Protecting Children**

[Be #ScamAware - Citizens Advice Bournemouth Christchurch & Poole \(citizensadvicebcp.org.uk\)](#)

[Staying safe online - Home Life - Skills for Tomorrow | BT](#)

[Stay safe and secure online | Lloyds Bank Academy](#)

[Friends Against Scams - Spotted a Scam?](#)

[Personal fraud and how to prevent it | Metropolitan Police](#)

[Parenting in a digital age: What are the benefits for my child of using technology? - UK Safer Internet Centre](#)

[Supporting your kids online with Rio Ferdinand - Home life - Skills for Tomorrow | BT](#)

[Gaming consoles and platforms - Home Life - Skills for Tomorrow | BT](#)

[Parental controls - broadband and mobile networks - Home Life - Skills for Tomorrow | The Phisherman - Home Life - Skills for Tomorrow | BTBT](#)

[Parent - Homepage \(eephonesmart.co.uk\)](#)

[Advice & Tips \(eephonesmart.co.uk\)](#)

### **Digital Wellbeing**

[Intro to digital wellbeing - Home Life - Skills for Tomorrow | BT](#)

[How to support your child's online wellbeing - Home life - Skills for Tomorrow | BT](#)

### **Donating & Disposing of Devices**

[Safe Disposal - Get Safe Online](#)

[Home - DonateIT | Laptops 4 Learners](#)

### **Accessing shopping by telephone**

[Morrisons introduces new measures aimed at helping vulnerable and elderly during crisis \(morrisonscorporate.com\)](#)