# Connect Up

This introductory course helps learners develop the fundamentals skills needed to participate and communicate safely online.



Connect Up supports older people to develop their digital skills and confidence to learn new things, live more independently and connect with their community.

Each week we cover a different topic, through practical activities, discussions and demonstrations learners will get to grips with using different online tools in a fun and friendly environment.

Our hands-on approach gives an opportunity to try, make mistakes and learn as a group to build confidence in using the internet independently on their smartphones, tablets or computers.

This is suitable for beginners, those wanting to brush up on skills or needing to cover the fundamentals of using the internet.

### What we cover:

<u>Session 1 – Course Induction</u> With support from our team of staff and volunteers, get set up with what you will need to get the most out of the course.

#### Session 2 – Email 101

Learn the basics of how to navigate your email account, structuring and sending emails and attachments.

<u>Session 3 – Using Zoom to Join</u> <u>Activities</u> Learn the basics of how to join a meeting, basic controls and best practices when joining a video call for the first time. Session 4 – Searching Safely Learn the basics of finding information online, understanding search results, navigating websites and what to look out for.

<u>Session 5 – Intro to 'Learn My Way'</u> Overview of the Learn My Way curriculum, setting up an account and explore the online courses on offer.

<u>Session 6 – Putting it all into Practice</u> With support from our team of staff and volunteers, practice what you have learnt in the course, get your questions answered and decide the next steps in your digital learning.

## Additional Support:

Learners will be able to attend other *Connect Up* activities to extend their learning.

## Community Connect Meet Up

Bi-weekly online meet up, chat about all things digital and get the latest updates of what's on in the area.

Where and when: Thursdays 14.00-16.00 from 9<sup>th</sup> June Wellness Centre, 1st Floor, Whitgift Centre, Croydon, CRO 2AA