

# FREE Beginners IT Workshops

We have Beginners Workshops at 10.30-12 on Wednesdays run by Catbytes. Sessions are for a maximum of 6 people and are hands-on and interactive.

All sessions are informal, relaxed and people of all abilities we welcome.

Participants can work from their own starting point and at their own pace and can focus on the things they want to be able to do. For example, setting up an email address, doing online grocery shopping, booking health appointments, paying bills online etc.

IT volunteers support the sessions so that participants benefit from 1-1 support. All equipment is provided.

**Open to all Lewisham residents, but priority will be given to unpaid carers.**

Contact [info@carerslewisham.org.uk](mailto:info@carerslewisham.org.uk)  
or speak to a member of the team.



**Lewisham Carers Hub**  
Waldram Place, London, SE23 2LB.

No need to book, just turn up when you can and have a go!

[www.carerslewisham.org.uk](http://www.carerslewisham.org.uk)

Reception Tel No: 020 8699 8686

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**Your Voice  
Carers**  
Committed to those who care

Lewisham Carers Hub is a subsidiary of Your Voice in Health and Social Care and a Your Voice Carers service.

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