

Digital help for health and wellbeing

Free training and support to improve your digital skills so you can take a more active role in your health, care and wellbeing.

Every Wednesday - starting 4 September 2019 - your Digital Support Hub will be at [Nottingham Central Library](#) from 10am to 2pm - just drop in to the StorySmash room on the ground floor **no need to book**.

The support on offer ranges from keeping in touch with family and friends to following hobbies or managing health:

- Showing people how to get online on a touchscreen device, including basic and more advanced touchscreen controls
- How to download and register for the NHS App
- Ordering a repeat prescription and accessing information on medical conditions
- Accessing trusted online health advice and NHS services
- How to search and explore the internet, keep in touch with email, and use public services online



Nottingham City Libraries are working with Connected Nottinghamshire to tackle the digital divide in our area. Having the digital skills, knowledge, confidence and ability to use technology can mean better access to information and care, increased convenience and more opportunities for greater control of your own health, care and wellbeing. However, many of us who could most benefit from digital services are the least likely to be online.

That's why a **Digital Support Hub will be available at Nottingham Central Library. In a community space** where people can learn how to use digital devices through informal learning, have access to digital devices and guidance from volunteers to help people improve their digital skills and confidence, so they can engage with online services.

For more details contact us: enquiryline@nottinghamcity.gov.uk or 0115 915 2828