

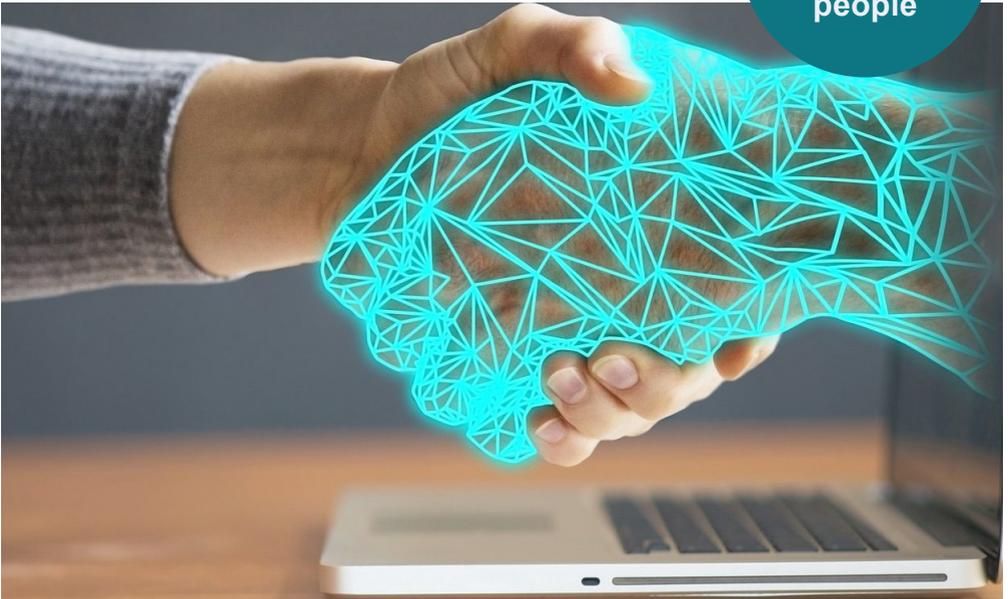


# FREE technology advice and support during COVID-19

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



Help for  
older and  
disabled  
people



AbilityNet helps disabled and older people get the most from their computer, smartphone or tablet.

## CALL FREE 0800 048 7642

## FREE technology support from a friendly volunteer

AbilityNet believes in a digital world accessible to all.

Technology has never been more important than in this time of physical-distancing. The right technology can transform the lives of older and disabled people. It can reduce isolation, improve confidence and promote independence, and is a vital way to connect with others and access essential online services.

AbilityNet's FREE support can help you and/or your loved ones use new and existing devices. That includes laptops, tablets, smartphones and desktop computers of all types.

As well as tech advice our volunteers also provide specialist advice for those living with vision, hearing, cognitive or motor impairments.

**300 trusted, DBS-checked volunteers**

**Support available online and by phone**

A white circle with a thin black border containing the text "Support for older and disabled people" in a bold, black, sans-serif font.

**Support  
for older  
and disabled  
people**



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**FREE HELPLINE:** Freephone 0800 048 7642  
**EMAIL US:** [enquiries@abilitynet.org.uk](mailto:enquiries@abilitynet.org.uk)  
**FREE RESOURCES:** <https://abilitynet.org.uk>



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