

Need help using technology? Want to learn Basic digital skills? Don't know where to go?

FREE

Then come to a **FREE** Digital Chat & Support Session and see one of the team, at any of the in-person community-based activities within Colchester & Tendring as shown below

	Monday		Tuesday	Wednesday	Thursday		Friday		
First	St Osyth Village Hall, CO16 8PE. Come along 10.00–12.00 in Feb/ April/ June/ Aug/ Oct	Elmstead Community Centre, CO7 7ET. Come along 9:30–11:30 in March/ May/ July/ Sept/ Nov		Citizen's Advice Mental Health Hub & Shop, CO15 1NR. Come along or make a booking every month 10:00–12:00 & 13.00–15.00	Creffield Medical Practice – 10.30–12.30 & 1.30–3.30 . Both drop in and bookable sessions every month . Bookable through the practice or DAST team.		Brightlingsea Lower Park Road, CO7 0LG. Come along 10:30–13:00 in Feb/ April/ June/ Aug/ Oct	Great Bentley Methodist Church, CO7 8PQ. Come along 10:30–12:30 in March/ May/ July/ Sept/ Nov	1st
Second	CVST Harwich Hub, CO12 3PD. Come along every month 10:00–12:00		Pier Ave Council Building Bookings advised every month 10.30–12.30	Wimpole Road Methodist Church, CO1 2DL. Come along every month 9.00–12.30	African Families in the UK Priory Walk Hub, CO1 1LG. Come along every month 10:30–12:30		Boxted Hub, CO4 5RE. Come along 10.00–12.00 in Feb/ April/ June/ Aug/ Oct	St Margarets Church, CO2 8RA. Come along 11.00–1.00 in March/ May/ July/ Sept/ Nov	2nd
Third	Age Well East, Town Centre, CO1 1PX. Come along every month 10.00–12.00			Citizen's Advice Mental Health Hub & Shop, CO15 1NR. Come along or make a booking every month 10:00–12:00 & 13.00–15.00	Mount Bures Church, CO8 5AN. Come along 10:00–11:30 in Feb/ April/ June/ Aug/ Oct	Dedham, Duchy Barn, CO7 6AH. Come along 10:30–12:00 in March/ May/ July/ Sept/ Nov	Abbey Fields Medial Practice – Each month alternates between Abbey Fields, Elmstead & Hawthorn. See our website or practice poster for more details – 10.30–12.30	Colchester Job Centre, 40 chapel street south, Colchester CO2 7AZ. Come along every month 2.00-4.00 . Bookings advised	3rd
Fourth	St Cedds Community Hall, CO2 9EH. Come along every month 9.30–11.30			Prettygate Baptist Church, CO3 4EQ. Come along every month 1.30–3.00	Harwich Job Centre 164 - 168 High Street, Harwich CO12 3AT, Come along every month 10.00-12.00 Bookings advised	Surgery Event For more information on these health events please refer to our website or contact the team using details below.		Mersea Free Church, CO5 8RJ. Come along every month 10.00–12.00	4th
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Please note that some of these sessions are part of an already established community group, who would love you to attend, whether it was to see one of the team or just visit for a cuppa & chat with the group. All details are correct at time of print, but some venues may have been removed or added since, please check the website for more information www.colchester.gov.uk/dast/ or scan the QR code below.

If you would like to see the full details, address, or map for the above scheduled activity, or if you would like to know more about our other **free** services including: –

Tutorials, Workshops, Adhoc 1-2-1's, Group sessions, Bookable only services, Sheltered Scheme Resident only services, and Health Learning & Sessions.

Then visit our website via scanning the QR code below or visiting www.colchester.gov.uk/dast/

You can also contact us by

Phone: 01206 282452 / 01255 686497 / 07970 551153

or

Email: Digital.AccessSupport@Colchester.gov.uk / digitalaccesssupport@tendringdc.gov.uk

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