

Who can help me get on the internet and try a device?

1. Do you look after someone?

Carers Trust South East Wales

Gwent Carers Online - Gives people the chance to get support to make new connections online.

Contact:

gwentcarersh@ctsew.org.uk
Tel: 01495 367564

2. Are you a housing association tenant?

If you are struggling with equipment or need advice and assistance to access the internet your Social Landlord may be able to help.

MHA - Carol.Smith@monmouthshirehousing.co.uk 01495 745766

Melin - alan.hughes@melinhomes.co.uk 01495 745910

Pobl - Zoe.Hitchings@poblgroup.co.uk 01633 679911

4. Do you have a specific health condition or disability?

There may be an organisation that provides assistance to people in your situation, for example, the Multiple Sclerosis Society is able to loan out digital devices so people can access MS support groups online. For information about support organisations contact:

Miranda Thomason

miranda.thomason@gavo.org.uk
Tel: 07375 913672

3. Are you involved with a local group that needs to improve digital skills?

Digital Communities Wales provides organisations with training so they can help others get online and use the internet effectively and safely. They also have equipment for short-term loaning.

Mathew Bevan

Matthew.Bevan@wales.coop
Tel: 07899 894087

Hello Volunteers!

If you're interested in any volunteering opportunities please contact Marianne

marianne.piper@bridgescentre.org.uk
Tel: 01600 887568

Leaflet designed by Amy Teslin Designs

Fold here then pop this leaflet in your bag

Do you need help getting onto the internet?

Find out how to get help

More services are going online. This is the time to get support.

We've put together some useful contacts so you know where to get the free help you need.



Do you have the digital equipment you need?

Yes I do...

But I am unsure how to use it

I want to use it to learn new skills

I want to use it to get information, advice and support

But it isn't suitable for me

Some useful contacts

Age Cymru Gwent
Offers digital support for people over 50 years of age.
Contact Name
digital@agecymrugwent.org
Tel: 01633 763330

People First
Involves and supports people with learning disabilities, including getting access to digital
Rachel Staphnill
rachel.staphnill@bridgescentre.org.uk
Tel: 07879 332820

Working Families
Helps families overcome difficulties including IT support
Nickie Morris
nickie.morris@unitedwelsh.com
Tel: 03301 596080

No I don't...

I want to find local events and information

I want to go online for health appointments

I want to use it for training, doing my CV and applying for jobs

I need to access online support groups or self help courses

I would like to talk with family and friends online

Some useful contacts

MCC Community Learning
Offers equipment loans to learners and runs a range of digital/IT courses.
Chloe Kitchen
ChloeKitchen@monmouthshire.gov.uk
Tel: 01633 644644

Community Connections
Community Connections 'Keep in Touch' service enables people to meet with friends and family online using Zoom.
Paul Harrington
paul.harrington@bridgescentre.org.uk
Tel: 07425 349609

Digital Inclusion Network
A range of organisations are providing digital assistance to people.
Miranda Thomason
miranda.thomason@gavo.org.uk
Tel: 07375 913672

Have you heard of the Digital lending library?

Pop into your local library to ask for help to get online. They will have some devices you can try with help from staff and digital volunteers. We will soon be able to loan devices to people who want to 'have a go', initially this will be for people living with dementia and carers but we aim to develop it to be inclusive for all.

Contact: libraryadmin@monmouthshire.gov.uk Tel: 01633 644924



We always need volunteers so please let us know if you can help!