

S4B

GET TO KNOW YOUR PHONE

with Rob.

Every Wednesday
10:00am – 12:00pm

Brunswick Village Bistro

A calm, practical and easy-to-follow journey for beginners.

Learn how to:

- find your way around your phone
- read the S4B newsletter and other documents online
- use popular platforms such as Facebook
- send messages, share photos and connect with loved ones
- understand basic online safety and avoid common mistakes
- build confidence using smartphones

Each week Rob will introduce a small, practical step, all at your pace.

Exercise book and equipment supplied.

Tea, coffee and biscuits provided.

Presented by resident Rob Burgess.

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Brunswick Village Extra Care