

## **Need Help with Technology?**

**AbilityNet Can Help — for Free!**

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- ✓ **Want to use email or video calls?**
  - ✓ **Struggling to order repeat prescriptions online?**
  - ✓ **Unsure how to use your phone, tablet or laptop?**
  - ✓ **Need help setting up the NHS App?**
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### **One-to-One Digital Support**

AbilityNet offers **free, friendly tech support** for older people and anyone with a disability or health condition.

They help you at home, online or over the phone.

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### **They Can Help You:**

- Set up and use smartphones, tablets, laptops
  - Order medications and book GP appointments online
  - Stay connected with friends and family
  - Access health services confidently and securely
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### **Get Support Today:**

**Helpline:** 0800 048 7642

**Or refer online:** [www.abilitynet.org.uk/free-tech-support-and-info](http://www.abilitynet.org.uk/free-tech-support-and-info)