



**Borrow a
device with
internet access
for FREE from
Age UK**

Are you experiencing problems with your memory?

**Feeling confident online can make some things easier –
but we understand it's not always simple to get started.**

Age UK's Digital Champions offer **FREE** support to help you make the most of the internet, safely and securely.

There's lots you can do online, from setting reminders and cognitive exercises to finding support in your local area and staying connected with family and friends.

If you're worried about your memory, our friendly one-to-one or group sessions are a great way to learn digital skills in a way that works for you.

Talk to our experienced and supportive team today

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