

Could you, or someone  
you know, **benefit**  
**from our support with**  
**technology?**



# At Age Cymru Gwent, we've got dedicated Digital Champions on hand to support you to make the most out of technology.

Through free sessions delivered safely over the phone, we can guide you through the tasks that you want to achieve! Whether that be video calling family and friends, making an online shop, or pursuing hobbies and interests, we are here to help.

Here's how to find out more / register your interest:

Simply give Age Cymru Gwent a call or email us, and we'll connect you with your local Digital Champion!

## Age Cymru Gwent

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