

Telephone and Online Virtual Activity Sessions

Due to the current Covid-19 restrictions, we are now offering some virtual sessions as trial. Via telephone or online with Zoom or Skype (using a suitable mobile phone, tablet, laptop or computer), each lasting up to 40 minutes

Please let us know if you would like to take part, so far, we are offering: -

- **Virtual Coffee morning** via phone or Zoom
- **Virtual Afternoon tea** via phone or Zoom
- **Virtual Group meeting** via phone or Zoom
- **IT support** via phone or Skype
- **Cooking groups** online only
- **Seated Exercise** online only
- **Music and coffee** online only
- **Quiz or Bingo** Via phone or Zoom

If you would like to try any of the above or have another suggestion for us to try, please email or telephone

Yvonne 01572 770324

Penny 01572 822171

If you need help getting Zoom installed on your mobile phone, tablet, laptop or computer we have Digital Champions who can help you over the phone or via Skype