I don't do computers

champions of change

Thursdays 1pm-3pm for 6 weeks

Starts on Thursday 5th May 2011

Sycamore Millennium Centre, 31 Hungerhill Road, Nottingham NG3 4NB

A course for Champions who want to learn how to use a computer. We will learn basic computer skills and how to use a computer to feedback to and influence mental health and wellbeing services in Nottingham.

By attending this course you will be able to:

- send and receive emails with attachments
- produce a letter to a local service, councillor or MP
- search the internet for services
- use the Patient Opinion website and other websites to feed back your views

Tony, the WEA tutor, Support Champions and members of the Champions' Community Troupe will support you to achieve your goals.

If you do have computer skills but want to improve them, please feel free to join us. There is something for everyone.

- **Meet other Champions**
- **Work at your own pace**
- **Relaxed and informal learning environment**

If you are interested
please contact Kathleen or James

on 0115 837 9474

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BRIGHT IDEAS
Nottingham

NHS
Nottingham City

WEA
Learning for Life