



**Improving Lives
Plymouth**

Supporting people since 1907

Active for All
Better Futures
Caring for Carers
Information and Advice
Long-Term Conditions Self-Management
Sensory Solutions
Veterans Care Navigation
Volunteer Connections

Information Technology

Our FREE 1:1 IT coaching sessions are tailored to meet the information technology (IT) needs of people with sight loss. We can help you:

- **learn how to use dedicated accessibility software and optimise Windows™ for accessibility**
- **trial high-contrast keyboards, plus large computer screens**
- **learn how to use your iPad or tablet computer**
- **find out about the benefits of the Kindle and E-readers**
- **access the BBC's i-player to listen to radio and/or watch television programmes you've missed**
- **develop confidence in the use of email and the Internet**
- **use Skype and/or Face time to communicate with friends and family**
- **download and use apps designed to facilitate day to day living; and**
- **develop confidence in choosing and using a mobile phone.**

Improving Lives Plymouth - 156 Mannamead Road, Plymouth, PL3 5QL

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Website: www.improvinglivesplymouth.org.uk



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Our friendly and knowledgeable tutors offer computer 'taster' sessions and personalised courses of up to 10 sessions.

For more information, please contact: Sensory Solutions, 156 Mannamead Road, Plymouth, Devon PL3 5QL Tel: 01752 201899 Fax: 01752 201895 SMS: 07792833929

Email: sensorysolutions@improvinglivesplymouth.org.uk

Website:

**improvinglivesplymouth.org.uk/sensorysolutions
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