

FIGHTING AGEISM

New opportunities for ex-carers/carers over 50

- Are you an ex carer/carers over 50 years old?
 - Are you on Income Support or Incapacity Benefit?
 - Do you want to learn about computers?
 - Do you want to make keep up with the pace of change ?
 - Do you want to be able to surf the net to access information?
 - Is your knowledge of Information Technology not sufficient for today's world of work?
 - Or do your skills need updating?
- We can offer **INNOVATIVE** sessions for older people 50+

LOCATION:

Ealing Community Resource Centre
Lido Centre
63 Mattock Lane
London W13 9LA

TIMES: Mon, Wed, Fri 10:00 -2:00 pm

REGISTER NOW!

OCR/RSA ICT SKILLS FOR LIFE

Course Modules include:

- Introduction to Computers & Computing
- Learn how to use the mouse & keyboard
- Learn Desktop Publishing / Wordprocessing
- Learn how to do E-Mail
- Learn how to surf the Internet
- Includes Personal Development

Interested? Speak to someone who understands.
Call **Sylvia** or **Sally** on **020 8748 9898** to register.

Take that first important step NOW!



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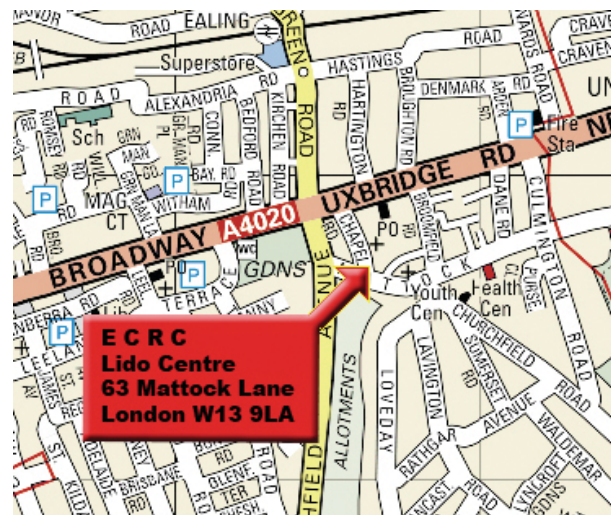


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