

Have you got what it takes to become a TEC Mate?

Do you have the enthusiasm and an interest to help others gain the digital skills they may need to help make a real difference to their lives?



Making Essex a Tech Friendly County

As a TEC Mates volunteer, you would not need to be an expert in all things digital, but if you have a good all round knowledge and enjoy helping others then it could be the right role for you.

We are looking for volunteers who can do some of these things:

- Browse websites and use a search engine
- Send emails and complete online forms
- Shop online including online banking
- Use WhatsApp, Zoom, Teams and other video mediums
- Help with applying for jobs
- Explain about Internet security and staying safe online
- Help with chromebooks, tablets, smart phones, Laptops, Smart Speakers, Bulbs and Plugs
- Use Microsoft Office e.g., MS Word, Excel
- Are willing to help others e.g., relatives, friends, neighbours, local groups
- Show people how to use digital technology and guide them as to how Technology Enabled Care (TEC) could be beneficial to them

TEC Mates volunteering opportunities are open to all members of the community with the appropriate skills

Can you help make our community more digitally aware?

www.westessexcan.org/tec-mates

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