

# GET HELP AND SUPPORT WITH YOUR DIGITAL SKILLS

Visit our drop-in centre in Epping for help, support, and advice from friendly and experienced staff to help you improve your digital skills.

Get support with:

- Zoom
- Banking
- Social media
- Health appointments

## Where to find us

**Epping Community Hub**

**Every Thursday**

**9.30am to 12.30pm**

Epping Forest District Council Civic  
Offices, 323 High Street, Epping  
CM16 4BZ

## Contact us to find out more

Chris Seaman • Email [communityhub@vaef.org.uk](mailto:communityhub@vaef.org.uk) • Call 07529 222655



**Communicating  
online - Emails &  
video**  
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**Online Shopping**  
.....



**Completing online  
forms**  
.....



**Managing health  
appointments  
online**  
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