

All u3a members can ask for free tech support

Free tech support

Did you know that all u3a members can ask for free tech support? If you are older or disabled, or if you support someone who is, you can call AbilityNet's helpline for independent advice:

AbilityNet 0300 180 0028

You can also call AbilityNet to request free technology support at home from one of their friendly expert Technology Volunteers based in your area.

Free digital skills training for u3a branches

Any Worcestershire u3as interested in free digital skills training from AbilityNet should contact Helen Hodges helen.hodges@abilitynet.org.uk to discuss this arrangement.

Helen's counterparts across the UK have worked with other regional u3as but they are all always looking to reach new people within their target audiences. An idea of the areas that have a digital trainer (like Helen) see [Digital Skills Training for older people and disabled adults | AbilityNet](#); and their latest impact report shows what we achieved in 2025, with the help of over 500 nationwide volunteers too [download AbilityNet's latest Impact Report](#).



A few of the Bromsgrove u3a members at their first AbilityNet training session.

The session was very enlightening, and Helen [THE TRAINER] was very patient, and I have invested in a new phone... Elwyn, Bromsgrove u3a.

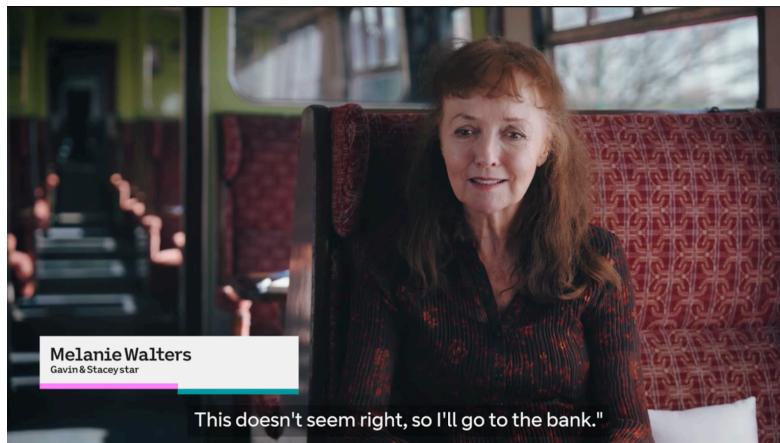
I do hope these digital training sessions in Bromsgrove continue as I feel Seniors must be shown how to cope with the digital world... Marian, Bromsgrove u3a.

For example, as part of their 25th anniversary celebrations **Evesham and District u3a** has partnered with **AbilityNet** to ensure our members know about this free tech support, some of it 1:1, and to run training on specific digital skills in 2026, e.g.:

- How to use your smartphone or tablet;
- Communication and coordination tech for u3a group leaders;
- Christmas shopping online;
- A u3a outdoor activity group. The AbilityNet skills trainers are most excited about working with a group, out and about, to enrich their activity with technology.

u3as elsewhere in the Cotswold Link or West Midlands area should first contact AbilityNet's helpline 0300 180 0028 for them to direct you to trainers in your area.

For more information and contacts about AbilityNet and Evesham and District u3a:
<https://evesham.u3asite.uk/members-info/abilitynet-and-u3a/>



CAPTION: *Gavin & Stacey* actress **Melanie Walters** is backing AbilityNet and BT Group's free digital skills sessions, which help older people build confidence and stay safer online

Could you help?

Ally, u3a member, volunteered to help with the recent AbilityNet digital skills training sessions at Bromsgrove u3a:

The trainers needed to understand that although the u3a members were new to their smartphones, many of them had successful careers, skilled in management or research, using other tech such as office software or working a factory's "jig". **Ally, Evesham and District u3a**

If you can help AbilityNet with these digital training sessions, e.g. to show u3a members how to use a mobile phone, please contact Helen Hodges helen.hodges@abilitynet.org.uk.

Contact

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