

KEEP CONNECTED Using Technology!



**You are invited to a technology
workshop at Sutton Mencap!**

There are two to choose from; Using Facebook safely and using mobile phones safely. This is to help you to stay in touch with your friends and build up friendships with new people safely.



Facebook: looking at setting up profiles and using Facebook in a safe way.

**Monday 13th February 10.00–12 noon at
Sutton Mencap. Followed by free sandwich
lunch**



Mobile phones: How to use texting and phone calls to build friendships well.

**Friday 17th February 10.00–12 noon at
Sutton Mencap. Followed by free sandwich
lunch**



If you would like to come along to either
or both
workshops please let me know.

Phone or text me on either 07591 578211
or the office landline 020 8647 8600. Let
me know if you would like to
attend both or one of the workshops.
Please leave your name on your message/
text so I know to put your name down on
my list.

Caroline Nickerson
Community Link Manager
Sutton Mencap