# Wellbeing for Life Digital Skills

AbilityNet are offering three free digital skills sessions on 24 September 2026, 8 October 2026 and 22 October 2026.

You can attend all three sessions, or one or two as you wish, but **please book in advance** as space is limited.

Bring your own smartphone or tablet if you have one. Your tutor will start with group sessions, but should also have time for one-to-one advice at the end of the session.

Sessions:

24 September: Making the Most of Artificial Intelligence

8 October: Staying Safe Online

22 October: Digital Skills

Last updated: October 11, 2026