

## Get digital skills support + apply for free data sim cards

### Data – Free sim card with 6 months' data included

**How to claim a sim for residents on low income** Thanks to the new National Databank, you can individuals onto this project. Each resident will receive 6 months' free data from one of 3 network providers – Vodafone, Virgin O2 or Three Network. Minimum eligibility criteria – low Income and 18 +.

**TO BOOK** – use this form to [refer up to 5 people at one time](#)

### Basic Digital Skills Training – one to one support

#### How to book an appointment for Kingston Residents

Book an initial 'appointment' with Philippa Leary for a resident you work with. This is an informal session, to see what problems can be solved over the phone; and fix some dates for follow up sessions. I am in Kingston every Tuesday and can do face to face training if necessary.

**TO BOOK** Follow this link [to book an appointment for a resident in my calendar](#) on Tuesdays.

### Connected Kingston – refer a resident

**How to use Connected Kingston.** You can also book an appointment via Connected Kingston for yourself or refer another person. Learn basic digital skills for finding health information; booking GP appointments; and using apps for everyday healthy activities.

**TO BOOK** Search for [Kingston Digital Health Hubs](#) on Connected Kingston

## Get digital support for your team – 1:1 support session

#### How to book a tech advice session for yourself

Do you or a member of your team need support with software, apps or advice on websites, marketing and digital inclusion issues?

**TO BOOK** Follow this link [and book a slot](#) on a Thursday for an online one-to-one session with Philippa Leary.

**Contact: [philppaleary@superhighways.org.uk](mailto:philppaleary@superhighways.org.uk)**