

Go online try something new

Wednesday 21 October 2020



As part of **Get Online Week** (19 - 25 October) Cheshire West's Age-Friendly Digital Inclusion group are providing a whole day of online activities to help older residents increase their digital confidence

This includes keeping in touch with people, attending online events and social groups, finding out what's available in your local area and perhaps gaining a new hobby or interest

There's something for everyone and it's easy to join in. For information about the wide range of activities, see overleaf. To book or attend an event go to livewell.cheshirewestandchester.gov.uk/Information/onlineday or Libraries' Facebook page @cwaclibrary

OPAL (Older People Active Lives) volunteers will be available throughout the day on 20 and 21 October, to help you get connected to the activities and answer any queries. Please call 07923 425239 for support

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What's on and when

Keep on dancing: 10 – 11am

Join Cheshire Dance in a taster session to get you moving.

Coffee and chat: 11am – 12pm

Fancy a natter? Join OPAL for some online Elevenses

Museums@home 12 – 12.30pm

Delve into the wonderful world of museums through 4 short films about their special collections

Online safety & scams 12.30 – 1.30pm

Cheshire Police will be on hand to guide you through some of the common scams and teach you how to be safe online

How to Live Well 1.30 – 2pm

Find out how to stay healthy and learn all about the support & opportunities available to you in Cheshire West

Libraries@home 2 – 2.30pm

In a series of short films, find out about the amazing online library resources, including music, newspapers & eBooks

Afternoon tea 3 – 4pm

Another opportunity to meet likeminded people, with OPAL, and have a chat online

The memory game 3.30 – 4.30pm

Join Virginia in a museum quiz, identifying bygone objects and answering questions posed by residents, to test the memory

A walk through history 4.30 – 5.30pm

Archivist Lisa is your guide on a journey through Cheshire's past using fantastic online resources including the Tithe Map website and Cheshire Image Bank

The Cheshire history quiz 6 – 7pm

How much do you know about where you live? Join in this fun quiz, with facts and photos from Cheshire Archives

Stay well over winter 6.30 – 7.30pm

Hear from GPs about how to stay well this winter. An interactive live session brought to your home through Cheshire Chat and NHS Cheshire CCG

For help getting onto the activities call
07923 425239

Cheshire Archives
& Local Studies

Live Well
Cheshire West



NHS
Cheshire
Clinical Commissioning Group

WEST CHESHIRE
MUSEUMS

