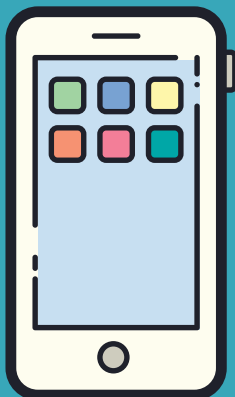


TECH BUDDY GROUP

technology support for adults



Not sure where to start with your phone or tablet?

We can explain explain things step by step.

Our free and friendly sessions can help you:



search online and use apps



do online shopping and banking



feel confident with technology

Each venue will be running six sessions aimed to support people with varying skill levels to gain more confidence with technology. You do not need any computer skills or qualifications to join. Sessions will last 2 hours with a 1 hour drop-in afterwards.



To book on, please talk to your library or contact Nottingham Mencap by ringing 0115 920 9524.

If you are a professional and want to refer someone, please contact us.



**Nottingham
City Council**

nm
nottingham mencap



**Funded by
UK Government**

TECH BUDDY GROUP

technology support for adults



Session locations & dates

For more information talk to your library.

FOREST SPORTS ZONE - WOMEN ONLY

Day: Tuesday Time: 10am - 1pm

Start date: 4 November 2025

Address:

Forest Recreation Ground
Gregory Blvd.
Forest Fields
NG7 6LD

MARY POTTER CENTRE

Day: Monday Time: 10am - 1pm

1 September 2025 - Meet the Tutor

Start date: 8 September 2025

Address:

Library Meeting Room
76 Gregory Boulevard
NG7 5HY

CLIFTON LIBRARY

Day: Thursday/Tuesday Time: 10am - 1pm

Thursday sessions

4 September 2025 - Meet the Tutor

Start date: Thursday 11 September 2025

Tuesday sessions

6 January 2026 - Meet the Tutor

Start date: Tuesday 13 January 2026

Address:

Clifton Library
Southchurch Drive
NG11 8AB

ST. ANN'S VALLEY LIBRARY

Day: Monday Time: 10am - 1pm

5 January 2026 - Meet the Tutor

Start date: 12 January 2026

Address:

Meeting Room 2
2 Livingstone Rd
NG3 3GG

STRELLEY ROAD LIBRARY

Day: Tuesday/Saturday Time: 10am-1pm

Tuesday sessions

2 September 2025 - Meet the Tutor

Start date: Tuesday 9 September 2025

Saturday sessions

10 January 2026 - Meet the Tutor

Start date: Saturday 17 January 2026

Address:

Strelley Road Library
NG8 3BJ

BULWELL RIVERSIDE CENTRE

Day: Wednesday Time: 10am - 1pm

First set of sessions

3 September 2025 - Meet the Tutor

Start date: 10 September 2025

Second set of sessions

Start date: Wednesday 7 January

Address:

Main Street
Bulwell
NG6 8QJ

Drop in session 12pm-1pm open to
anyone needs help and advice.

You do not need to be on the course
to get technology support.