

TECHNOLOGY ENABLED CARE COACHING AND GUIDANCE FOR RESIDENTS IN ESSEX

Are you tech savvy and willing to offer your help to others in our community?

We are looking for volunteers that can help to inspire people who may not currently know how digital technologies could benefit them and to encourage them to give it a try.



Making Essex a Tech Friendly County

TEC Mates is a programme to support the use and uptake of Digital Technology and Technology Enabled Care (TEC) products and services.

It aims to:

- Help bridge the gap between getting started and becoming a confident, independent user of digital applications and devices.
- Inform vulnerable people, their friends, family and carers on TEC and its capabilities.
- Encourage consideration of adoption to help prevent situations occurring where greater support from Social Care and Health services may be required.



We are looking for volunteers with a good all round knowledge of smart phones, tablets, chromebooks, laptops, smart speakers, bulbs and plugs.

If you think you could help make a difference and would like to become a TEC Mate then please get in touch

www.westessexcan.org/tec-mates

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