

in this issue



FREE COURSES



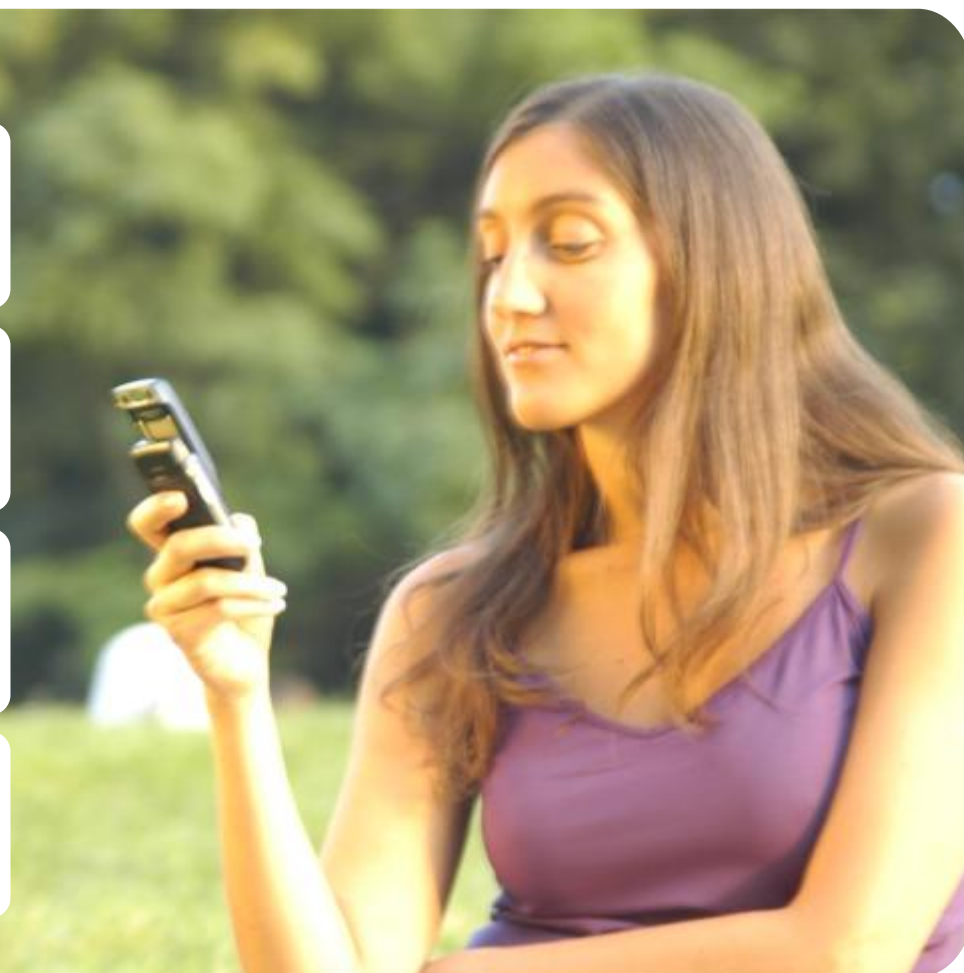
UK ONLINE
OPEN DAY



REFURBISHED
PC'S



COMPUTER
TIPS



Disability Association Carlisle & Eden newsletter

Welcome to the latest issue of our newsletter we have a number of recent developments. We have now completed the new website covering our IT Project.

The site details our courses available which are currently FREE. We have also setup a message board where our students and visitors alike can leave messages and comments for our teams to answer.

The message board can be accessed through our site www.daceability.org.

Partnership links have been forged with Carlisle Society for the Blind, where we are supporting ongoing IT courses for members of the society. Helping partially sighted clients come up to speed within the world of Information Technology.

PERSONAL SAFETY

A new personal safety course will begin early December 2009 covering various aspects of individual safety. With sessions led by Local Police officers and the Fire service.

DEBT ADVICE

If you have difficulty making ends meet, let our debt advisor work with you to find a solution appropriate to your needs. We will contact your creditors on your behalf

FREE, CONFIDENTIAL, INDEPENDENT ADVICE AND HELP

Simply telephone Annette on the number listed below for more information or to arrange an appointment. 01228 511461

Disability Association Carlisle & Eden Supporting local Disabled People
Charity Number 1108946 Telephone 01228 606485 / 606483
www.daceability.org

DaCE

DaCE Newsletter



Refurbished
computers
available from
our centre From
£40

UK Online Open Day - 23rd October

We will be holding a get online open day on Friday 23rd October at Cumbria Centre for Independent Living on Port Road Business Park Carlisle.

Get online day is about inspiring people who have never used computers or the internet to give it a go for the first time. It's also a chance for people who know a little bit about it to brush up on their skills and learn more about what computers and the internet can do for them.

No appointment is required on the day so please call in and see what we are about first hand.



A range of computer courses available all run within the Cumbria Centre for Independent Living

based in the Carlisle centre primarily focused on the IT beginner. Our IT courses are a gentle introduction to learning for anyone. You do not need any entry qualifications to come along. Our staff support you through the sessions all based at the learners pace.

Some of our popular courses include a preparation to work course covering all the interview scenarios you may face. The sessions are focussed on sharpening your interview skills.



Courses available are:-
Personal Safety
Word & the Basics
Surf Smart
PC Maintainance
Preparation for Interviews
Cards & Calenders

With the increase of viruses and the threat of identity theft protect yourself with a few easy to follow steps

Never open an email from an unknown source

Never divulge your passwords or account numbers to anyone however official

Only deal with reputable companies, if in doubt check them out

Do not store passwords on a shared computer

Use common sense. It's always better to err on the side of safety

Scan files for viruses before using them.

Don't boot from an unknown data CD.

Update your anti-virus software frequently.

Scan all incoming email attachments.

Install reliable antivirus software. Antivirus software scans files regularly for unusual changes in file size, programs that match the software's database of known viruses.