

Sheryl can now video chat with her daughter



Would you like to be able to have video calls with family and friends? **You can!**

NHS Digital Health Navigators can help you with your laptop, tablet, smartphone or computer and can help you get online, with **FREE support**, in your time at your pace.

Call us to book your free appointment

0300 303 1234

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Video calls can help people of all ages with their health & wellbeing

