



# Reconnect

Supporting adults and families across  
Edinburgh and the Lothians



# What is it?

Reconnect offers support to adults and families in Edinburgh and the Lothians to help them improve wellbeing by increasing digital and social inclusion.

We believe that digital inclusion and social inclusion are linked and together contribute to enhanced wellbeing. We provide a supportive environment to reduce social isolation through building digital skills and maintaining connections, helping people to stay connected, improve financial health, increase employability, access resources and more. We also help adults recovering from addiction, combatting the statistic that Scotland has the highest drug-death rate in Europe.

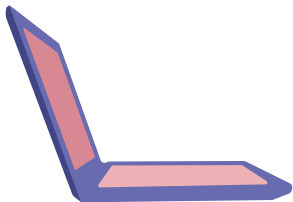


# How does it work?

We can help with:

- Using devices like smartphones, tablets, laptops or desktop computers
- Connecting to the internet
- Completing everyday tasks online
- Navigating the web and social media
- Connecting with community, family and friends
- Managing finances and saving money online
- Reducing costs (energy providers, data plans, etc.)
- Finding opportunities for education and employment
- Feeling less isolated and having someone to talk to





## **In-person digital support**

We offer both one-to-one and group in-person digital support. Individuals can be referred or self-refer for one-to-one support.

We also run digital groups with partner organisations across Edinburgh and the Lothians, providing opportunities to learn about technology, feel supported, meet up with others, and feel included in the community. You don't need a referral to come to these groups and can pop by as little or as often as you like. Each session is designed from the experiences and input of our coordinators to make them easy, enjoyable, and open to anyone who needs help with digital, including families, young adults, those seeking employment and older people.

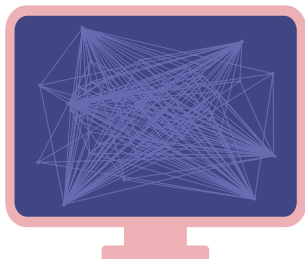


## Over-the-phone support

We operate Connecting Scotland's national helpline, providing over-the-phone support to use digital devices. This Scottish Government initiative is run by the Scottish Council for Voluntary Organisations and was set up in response to coronavirus with the aim of helping every citizen in Scotland get online by providing individuals with devices and connectivity.

Need help with digital? Give us a call on:

**0800 0 590 690**



## Connectivity Now

Over the last few years, the need for action in Scotland to combat digital exclusion, particularly data poverty, has become increasingly clear.

We created the Connectivity Now campaign and manifesto, outlining 3 main actions that can end data poverty, each derived from conversations with organisations across the four sectors (third, business, public and academic).

Join our campaign, and together, let's end data poverty and achieve accessible and affordable connectivity in homes across Scotland.

Pledge your support for #ConnectivityNow at:

[www.peopleknowhow.org/connectivity-now](http://www.peopleknowhow.org/connectivity-now)



## **Volunteer**

Got a spare couple of hours a week?

You could support adults and families to improve digital and wellbeing at our digital groups or on our digital support helpline. From offering a friendly ear to helping someone use a digital device, you can make a difference in someone's life.

We'll provide training, support and opportunities for personal development.



## **Collaborate**

If you're an individual, organisation or community group interested in collaborating with us, we'd love to hear from you. Whether you want to chat about our Connectivity Now campaign or develop a new digital group in your space, please get in touch.

# Contact

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