

media release

11 June 2009



Connected Seniors

Mt Gambier's seniors groups can learn the secret to staying young, mobile and well connected with a free educational workshop to be held at the Community Support Centre, 22 Ferrers Street, Mt Gambier beginning on Thursday 25th June, 2009 at 10.30am.

By learning how to use new technology tools, seniors can remain instantly connected to their family, friends and the world around them via their mobile phone.

The 6 x 2hr free Telstra Connected Seniors® workshops, conducted by ac.care, will simply and easily teach seniors how to learn the fundamentals of using a mobile phone. The workshops will cover the basic use of your mobile phone, text messaging, taking and sending photos.

Sue Watt, from ac.care said the workshop will enhance seniors' quality of life as they can remain socially active and connected to their family, friends and loved ones using modern day technology.

"Participants will learn at their own pace in a friendly environment with other like-minded seniors. These new skills will help to overcome any uneasiness about using mobile phone. At the end of the workshop, seniors will be able to impress their grand-children by sending a text message to distant family and friends / send and receive their latest photographs" said Sue.

To book your place at this free workshop contact the Community Support Centre on 8723 0540.

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Media Contact | Anne Hinkly-Tyler | ac.care Marketing Manager

P (08) 8724 9211 | F (08) 8725 5087 | M 0439 829 320 | E: anne@accare.org.au | www.accare.org.au

More information about Telstra Connected Seniors®

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Anglican Community Care Inc | ABN 53 440 436 445 | PO Box 1842 Mt Gambier SA 5290 | (08) 8724 9211 | F (08) 8725 5087 | care@accare.org.au | www.accare.org.au

The workshop is part of the nationwide Telstra Connected Seniors® program which has been developed to help older Australians learn more about modern communications technology.

Telstra’s Connected Seniors® program is part of Telstra's \$3 million commitment over three years to improve seniors’ communication and social interaction.

David Moffatt, Group Managing Director of Telstra Consumer said: “We have found that attending a Telstra Connected Seniors® course is opening up new hobbies and interests for older Australians.”

About ac.care

ac.care was formed in Mount Gambier in 1985, with one social worker, a part-time administration officer and an accommodation support worker. Today **ac.care** employs nearly 200 staff with current offices and community centres in Mount Gambier, Millicent, Naracoorte, Bordertown, Murray Bridge, Berri and Waikerie. More than 60,550 (FY07-08) people in the South East, Riverland and Murraylands of South Australia were supported through over 70 different programs and services that fall under one or more of ac.care’s 7 goals: **alleviating homelessness | building communities | promoting learning | reducing poverty| sharing cultures | strengthening families | supporting children.**