

Adult Learning

Digital Skills

This course is designed for adults who want to get a basic understanding of being safe online and how to reduce the risk of being affected by cybercrime.



Taster Session- Being Safe Online

FREE WORKSHOP
Tuesday 10th February
2026
1 week
9:30 – 11:30 am
At Penrith Library

Many of us use phones and computers to access online services, email, social media, online banking and shopping! It's difficult to imagine how we would do things without them, so it's really important we are cyber aware. In this short session you will learn about cybercrime and some simple ways to maintain e-safety and protect your devices.

ENROL NOW!

To book a place please visit our website at: adultlearningcumbria.org. Search under the heading 'Digital Skills', 'E-Safety Taster'. You can then complete an online enrolment form. Or speak to one of the Penrith Adult Learning Team on **07468 709606** or email penrithadultlearning@westmorlandandfurness.gov.uk



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Westmorland & Furness Council