

Digital Skills Training from AbilityNet

October 2026, Rev 01

The event will be at BT Offices (and the EE Office), 1 Braham Street, London, E1 8EE (East Aldgate). All the morning sessions start at **10.30am** (until 12.30). The afternoon sessions all start at **1.30pm** (until 3.30pm). People should arrive at least 15mins before the session starts to allow registration and then you will be guided to the relevant office space.

Attendees are encouraged to bring their devices. The sessions are a mixture of lecture and practical and any questions related to the agenda topic under discussion. But it will not be possible to answer general IT questions

All the sessions are free. You can register for any one of the sessions or for all of them. Attendees can attend either session or both (except for the photography session on the 16th which won't make sense for attendees just to come to the afternoon session). Places will be on a first come, first booked, basis. 40 places max per session. If you've not registered for the relevant session (by the Google sign up form) you won't have a place. As the places are limited, if you've signed up for a session but then can't attend, please let Derek Harwood know at: webmaster.londonregionu3a@gmail.com and someone from the waiting list can then use your place.

If you want to attend please sign up for the particular sessions you want to attend on this form: [LRU3A IT Skills Training October 2026](#)

You will receive an email close to the timing of each session to confirm you have one of the places (or otherwise).

PROGRAMME:

Friday 9th October

Artificial Intelligence

Morning: theory, current state of play, policy / ethics / politics discussion

Afternoon: practical.

Friday 16th October

Photos on phones

Morning: general basics and instruction; lunch: practise

Afternoon: critique / review

Friday 23rd October

Staying Safe

Morning: session on privacy & safeguarding your data.

Afternoon: how to recognise a scam email by understanding URLs.