



The Hangleton
& Knoll Project
Working for a better community

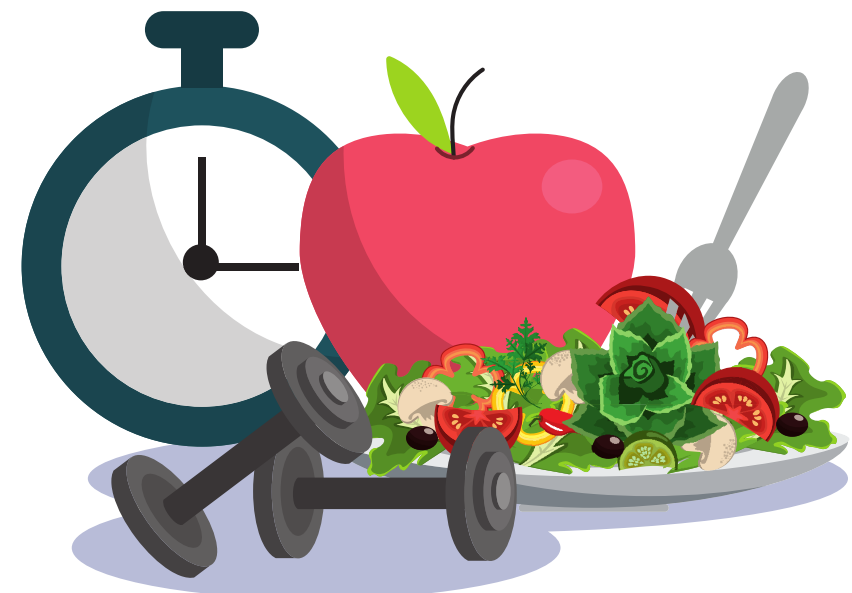
Free and Friendly Digital Drop-in



Supporting your Health and Wellbeing

David, Cliff or Hazel will be there to support you with using the computer, searching the internet & downloading and using Apps on your mobile

**Every Friday
11am to 1pm
in the HKP IT Suite**



you can find all sorts of help online, access digital health tools and lots of information

GP website, Exercise, Health, Healthy Food and Nutrition, Wellness Resources - all sorts!



**Venue HKP IT Suite
(upstairs) at St Richard's
Egmont Road Hove BN3 7FP**



Buses 16 and 47
or the No.2
Stapley Road stop
10 minutes walk from
Portslade Train station



Apps on your
smart phone, like
the NHS App
**Don't forget
your mobile
phone**



Portslade Health Centre
Links Road Surgery
Mile Oak Medical Centre
Wish Park Surgery
Hove Medical Centre

**Need Help?
Come and
see us!**