

# Carers tap into the power of technology

Carers from across the borough will be brushing up their IT skills as part of a day of action to highlight the efforts of volunteers in the community.

The carers will be getting to grips with a whole host of different technologies, with topics such as how to shop online and how to use social media to communicate with family and friends with the help of local people who have volunteered their IT skills.

The session is being held to mark 'Make a Difference Day' on 29 October, a national event organised locally by the charity, Council for Voluntary Services Rochdale (CVSR).

Make a Difference Day 2011 provides thousands of people across the country with the opportunity to try out volunteering for the day. This year's Make a Difference Day will highlight how volunteers can tackle loneliness and isolation.

CVSR has joined forces with the Carers' Resource, a local support network for carers who live within the borough and Pride Media to organise the day.

As part of the day, carers will also pick up tips on how to use the internet on a mobile phone, how to use a digital camera, travel training and where and when they can access public computers with the help of volunteers.

Anyone who would like to volunteer on Make a Difference Day is asked to contact the volunteer centre on 01706 631 291.

Councillor Martin Burke, Cabinet Member for Internal and Environmental Services, said: "Carers can sometimes feel isolated because they work so hard to care for their loved one that they don't often have time to get out and about.

"Technology can be an incredibly useful tool for people like this because it helps them connect with the outside world without leaving their home.

"Once carers are familiar with all that technology can offer them, they can do everything from stay in touch with their family and friends to getting their groceries in and everything in between, all at the touch of a button."