



Technology Enabled Care is inviting locals and staff along to our drop-in sessions during Scottish Digital Health and Care Week to see how simple technologies can support health and wellbeing

## Look out for the Argyll and Bute HSCP TEC Team

21<sup>st</sup> Nov, Oban, TEC Drop-in

Nelson Ward, Lorn and Islands hospital 12 30 to 2pm

“Relaxation Sessions 1pm and 1.30pm”

22<sup>nd</sup> Nov, Bute, Victoria Annexe *(HSCP & PARTNERS STAFF ONLY)*

Stress and relaxation event, come and find out more about Flo and “Relaxation Sessions throughout the day”

23<sup>rd</sup> Nov Telecare Self-Check and Self Assessment Tool launch on social media

24<sup>th</sup> Nov Dunoon, Carers Rights Event, Burgh Hall, Dunoon, (All day)

24<sup>th</sup> Nov Helensburgh, Carers Event, Helensburgh Carers Centre (All day) “Relaxation Sessions a.m”

Also look out for our posts and TEC case studies on Facebook

**@abhscp**

For more information email [tecteam.ab@nhs.net](mailto:tecteam.ab@nhs.net)