



# Tech-Savvy Seniors

A list of Northern Sydney organisations that offer free and low-cost digital literacy courses for older adults.



Northern Sydney  
Local Health District

Did you know there are low-cost digital literacy courses supporting older adults across the Northern Sydney region?

Digital literacy skills and confidence are necessary to participate in today's digital world – from accessing healthcare, government and community services, to staying socially connected with family and friends.

To help you get started, we have created a list of local and online organisations that offer courses.

**For more information on local Healthy Ageing programs**

**Visit: [www.nshealthpromotion.com.au](http://www.nshealthpromotion.com.au)**

**Email: [NSLHD-HealthyLifestyle@health.nsw.gov.au](mailto:NSLHD-HealthyLifestyle@health.nsw.gov.au)**

*Please note:*

*This list aims to reasonably represent a range of local organisations that offer free and low-cost digital literacy courses available for older adults in the Northern Sydney region.*

*It is recognised the list may not be complete and the information provided is a guide only. Users of the list are responsible for making their own enquiries as to courses offered by organisations and their suitability.*

*Listing the organisations does not reflect endorsement or recommendation by Northern Sydney Local Health District or NSW Health. Information is subject to change without notice.*

Organisation	Address	Suburb	Phone	Email
<a href="#">Avalon Computer Pals for Seniors</a>	Maria Regina Catholic Church Hall, 7 Central Rd	Avalon Beach	02 8064 3574	<a href="mailto:info@avpals.com">info@avpals.com</a>
	Newport Community Centre, 11-13 The Blvd	Newport	02 8064 3574	<a href="mailto:info@avpals.com">info@avpals.com</a>
<a href="#">Be Connected</a>	<i>Online</i>		1300 795 897	<a href="mailto:connect@goodthingsfoundation.org">connect@goodthingsfoundation.org</a>
<a href="#">Computer Pals for Seniors Ku-ring-gai</a>	Community Hall, 9 Wellington Rd	East Lindfield	02 9416 9049	<a href="mailto:cpskmem@gmail.com">cpskmem@gmail.com</a>
<a href="#">Computer Pals for Seniors Northern Beaches</a>	The Tramshed Arts & Community Centre, 1395a Pittwater Rd	Narrabeen	0478 920 651	<a href="mailto:anne.computerpals@gmail.com">anne.computerpals@gmail.com</a>
<a href="#">Computer Pals for Seniors The Hills</a>	Old Caretaker's Cottage, Castle Hill Showground	Castle Hill	0479 137 131	<a href="mailto:compals.courses@gmail.com">compals.courses@gmail.com</a>
<a href="#">Computer Pals for Seniors Turramurra</a>	Turramurra Senior Citizens Centre, 1 Gilroy St	Turramurra	02 9983 0774	<a href="mailto:tcpsssec@outlook.com">tcpsssec@outlook.com</a>
<a href="#">Crows Nest Centre Computer Club</a>	Crows Nest Centre, 2 Ernest Pl	Crows Nest	02 9460 8866	<a href="mailto:2065secretary@cnccc.org.au">2065secretary@cnccc.org.au</a>
<a href="#">Forest Computer Pals for Seniors</a>	Forestville Arts and Community Centre, 6 Darley St	Forestville	0434 760 203	<a href="mailto:ross@howrd.com">ross@howrd.com</a>
<a href="#">Good Things Foundation</a>	<i>Online</i>		1300 795 897	<a href="mailto:connect@goodthingsfoundation.org">connect@goodthingsfoundation.org</a>
<a href="#">Hornsby Ku-ring-gai Community College</a>	Level 1, 45-47 Hunter St	Hornsby	02 9482 1189	<a href="mailto:enquiries@hkcc.nsw.edu.au">enquiries@hkcc.nsw.edu.au</a>
<a href="#">Hornsby Shire Council Technology</a>	Hornsby Library, 28-44 George St	Hornsby	02 9847 6666	<a href="mailto:hsc@hornsby.nsw.gov">hsc@hornsby.nsw.gov</a>

Organisation	Address	Suburb	Phone	Email
<a href="#">Hunters Hill Senior Services</a>	The Yarn, 64 Gladesville Rd	Hunter's Hill	02 9879 9400	<a href="mailto:customerservice@huntershill.nsw.gov.au">customerservice@huntershill.nsw.gov.au</a>
<a href="#">Ku-ring-gai Council Library Services</a>	Turramurra Library, 5 Ray St	Turramurra	02 9424 0120	<a href="mailto:krg@krg.nsw.gov.au">krg@krg.nsw.gov.au</a>
<a href="#">Lane Cove Technology Services</a>	Lane Cove Library, Library Walk	Lane Cove	02 9911 3634	<a href="mailto:service@lanecove.nsw.gov.au">service@lanecove.nsw.gov.au</a>
<a href="#">Macquarie Community College</a>	263 Marsden Road`	Carlingford	1300 845 888	<a href="mailto:info@macquarie.nsw.gov.au">info@macquarie.nsw.gov.au</a>
<a href="#">Manly Computer Pals</a>	Manly Seniors Centre, 275 Pittwater Rd	Manly	02 9976 0930	<a href="mailto:manlypals@gmail.com">manlypals@gmail.com</a>
<a href="#">Moocooboola Computer Club</a>	Community Centre, 44 Gladesville Rd	Hunter's Hill	02 9879 4010	<a href="mailto:support@sydneycs.org">support@sydneycs.org</a>
<a href="#">Mosman Council</a>	The Creation Space, 609 Military Rd	Mosman	02 9978 4091	<a href="mailto:council@mosman.nsw.gov.au">council@mosman.nsw.gov.au</a>
<a href="#">North Sydney Council</a>	Stanton Library, 234 Miller St	North Sydney	02 9936 8400	<a href="mailto:council@northsydney.nsw.gov.au">council@northsydney.nsw.gov.au</a>
<a href="#">Northern Beaches and Mosman College</a>	Level 1, 14 William St	Brookvale	02 9970 1000	<a href="mailto:enquiries@nbmc.nsw.edu.au">enquiries@nbmc.nsw.edu.au</a>
<a href="#">Northern Beaches and Mosman College</a>	104/1-3 Gurrigal St	Mosman	02 9970 1000	<a href="mailto:enquiries@nbmc.nsw.edu.au">enquiries@nbmc.nsw.edu.au</a>

Organisation	Address	Suburb	Phone	Email
<a href="#">Northern Beaches Council</a>	Warringah Mall Library, Shop 650/145 Old Pittwater Rd	Brookvale	02 8495 5022	<a href="mailto:library@northernbeaches.nsw.gov.au">library@northernbeaches.nsw.gov.au</a>
	Dee Why Library, 725 Pittwater Rd	Dee Why	02 8495 5021	<a href="mailto:library@northernbeaches.nsw.gov.au">library@northernbeaches.nsw.gov.au</a>
	Forestville Library, 6 Darley St	Forestville	02 8495 5025	<a href="mailto:library@northernbeaches.nsw.gov.au">library@northernbeaches.nsw.gov.au</a>
	Glen Street Library, Cnr Glen St and Blackbutts Rd	Frenchs Forest	02 8495 5026	<a href="mailto:library@northernbeaches.nsw.gov.au">library@northernbeaches.nsw.gov.au</a>
	Manly Library, 1 Market Pl	Manly	02 8495 5023	<a href="mailto:library@northernbeaches.nsw.gov.au">library@northernbeaches.nsw.gov.au</a>
	Mona Vale Library, 1 Park St	Mona Vale	02 8495 5024	<a href="mailto:library@northernbeaches.nsw.gov.au">library@northernbeaches.nsw.gov.au</a>
<a href="#">Tech Savvy Seniors</a>	<i>Online</i>	<i>Online</i>	-	-
<a href="#">Telstra</a>	<i>Online</i>	<i>Online</i>	-	-
<a href="#">Willoughby City Council</a>	Chatswood Library, 409 Victoria Ave	Chatswood	02 9777 7900	<a href="mailto:library@willoughby.nsw.gov.au">library@willoughby.nsw.gov.au</a>

## Healthy Ageing Program, Population Health Promotion Northern Sydney Local Health District

[www.nshealthpromotion.com.au](http://www.nshealthpromotion.com.au) | Email: [NSLHD-HealthyLifestyle@health.nsw.gov.au](mailto:NSLHD-HealthyLifestyle@health.nsw.gov.au)

**It's never too late to learn new skills and grow your confidence!**