

# Silver Connections: Carol's Story

As an active participants of other clubs in London, a friend from one of the other clubs had referred Carol to join Silver Connections. As someone "who loves a good chat throughout the best of times", she enjoyed being part of the programme as everyone involved were "very friendly people."

Despite never having used Zoom before, she found it okay to use to access Silver Connections as she understood the need to adapt given the circumstances, and also found it interesting to learn. She felt the course was very helpful as instructors broke everything down easily and she had learned things she would have never known previously.

**"This came in handy because soon after the course with Naomi and Ben, I got invited to a Zoom meeting with a friend in America which I could easily join thanks to the course. It taught me you really can reach out to anyone in the world."**

In addition to this, Carol had learned to use different features on her phone and found this very useful as it made it easier to navigate her device. Being in a group with others also helped to reinforce her understanding in the course, as things were often repeated which "helped to click it in the brain."

Since the course, Carol has maintained contact with a couple of other participants, often messaging daily and sending each other pictures of their flowers.

