

Never before has technological change been as rapid and so pervasive, affecting everyone's lives. As with all change, it can bring both challenges and opportunities, but one thing is for sure: The speed of the change is only going to accelerate and we need to understand the dangers as well as the benefits.

Research shows that only 15% of respondents say they know a great deal about how to protect themselves online. Almost half agree that most information about how to be secure online is confusing.

Through our partnership with Northumbria University over the past three years, we have developed and delivered a number of workshops to help seniors understand the dangers of the internet and how to implement the best practice to protect themselves online.

Online Banking penetration in the UK is now 69%, a growth of more than 130% in less than 10 years and it continues to grow. Online Shopping (e-commerce) is another area of escalating growth and now represents 16% of total retail sales. The UK has the highest uptake of ecommerce followed by Germany and the USA.

The workshop will begin with a talk and demo by the University staff on how the internet works to help contextualise the day. This will be followed by general tips on how you can stay safe online and a question & answer session. Then, representatives from a bank and an online ecommerce company will give a talk on their areas of expertise and answer your questions.

Over lunch we will discuss a new longer term research project, Cyber Guardians. This project will consist of a series of up to five workshops and aims to support older users in becoming cybersecurity guardians (or 'Cyber Guardians') for their local community and to help other older users with cybersecurity advice.

This workshop is organised by The Whitley Bay U3A and The Old Low Light heritage centre, in conjunction with Northumbria University. It is relevant to all computer platforms, Windows, Mac, Linux, iOS, Android, Kindle.

Members of other U3As in the Northumbria region will also be welcome subject to availability.

The workshop will be held at Northumbria University (Newcastle city centre) on the 6th September starting at 10.30 and lasting 4 hours including Questions and Answers, refreshment breaks, and a light lunch. Places are on a first come first served basis, so if you are interested please contact

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