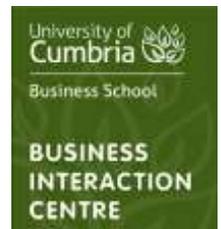


Cumbria Social Media Surgery

Local communities, voluntary and community groups, SME's and individuals are invited to this **free practical social media advice session**. You'll get practical hands-on advice for putting social technology into action for you or your cause, to help you reach a wider audience and promote the good work you do or communicate with family, friends and colleagues.

Whether it's getting started sharing your group's stories and aims, through blogging, forming a community around a Facebook group, or reaching out and engaging new supporters and service users through Twitter or many other social web tools, our volunteers will be on-hand with suggestions on how to effectively use social media to promote an important cause or just use the tools for your and the communities benefit.

**These are free events and places are limited, so booking is essential.
If you'd like to volunteer, you can register your support too.**



Carlisle Monday 27th July 4.30 – 6.45

(hosted by: [Carlisle Business Interaction Centre | University of Cumbria](#))

Come and join us if you want to learn how to use the social web.

To book a place: [Cumbria Social Media Surgery](#)

(<http://www.socialmediasurgery.com/surgeries/cumbria>) or Email your details to:
admin@awaz.info

**VOLUNTEERS needed to help at the Social Media Surgeries
please sign up or get in touch**

For further information contact 07837 679338 or admin@awaz.info

If you are interested in hosting a SMS please get in touch.

A social media surgery/workshop is a pretty informal gathering of people who want to learn how to use the web to communicate campaign or collaborate. They are deliberately relaxed. You will get to sit alongside someone who understands good ways to use the internet and they'll show you useful free tools. If you like what you see they can also help you set up your blog, or Facebook page or Twitter account.

