

Our Online Programs are delivered via Zoom. Zoom is an interactive video conferencing platform which allows us to have virtual meetings.

Zoom is easy to use. To connect, you will need:

1. A private area where you will not be disturbed during the session.
2. A laptop, iPad, PC, tablet or smart phone.
3. A good internet connection
4. Optional Equipment: A web camera, microphone and speakers if your desktop computer doesn't come equipped with these.



Wi-Fi & Data Requirements



- ✓ Zoom uses your internet data
- ✓ If you have Wi-Fi, consider connecting to your Wi-Fi
- ✓ Lower-speed internet connections and less powerful computers may use less data but can also reduce the video and voice quality.
- ✓ Smartphone & tablets users: Connect to a Wi-Fi network to avoid using your mobile data allowance!

How to join the Zoom session

1. Go to the email or SMS message you received from us – this includes the link to your online Zoom session.
2. The link will look like this:
Join Zoom Meeting
<https://zoom.us/j/9433197569?pwd=RFdSalcyUUdBbW52MXBOVjNOanZnZz07>
3. Click on this link and it will take you to the online session.
4. You will be placed in a waiting room until the session is ready to begin.
5. When we are ready to start, we will accept you into the session.

**If you are
unable to login
to Zoom, call
our helpline on
8587 0353**

To Download Zoom

If you want, you have the option to download Zoom so it is always available on your device.

- ✓ Laptop or Desktop users can download a free and secure Zoom program from <https://zoom.us/download>
- ✓ Tablet or Smartphone users can download the free and secure Zoom application from your App store. Search for "Zoom Cloud Meetings" in your App store - once found, click on the app to download it to your tablet or smartphone.