

Using the Telephone

Please practice using your home telephone or mobile phone to gain confidence talking and taking messages on the phone.

If you need help please ask someone you live with to help

****Remember to check with the person who pays the telephone bill first****

Here are some ideas you can use.

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1. Use a landline phone or mobile phone to call someone where you live.

Prepare and practice what you are going to say or ask first.

Give and take messages

Have a pen and paper ready to take down a message. Don't worry about how you write it as long as it helps you remember.

You can make a pretend phone call. Here are some examples you could try.

Book theatre tickets, holiday, football tickets, plumber or electrician, car mot or repair.

2. Make a real phone call

Call a store or public service and ask what time they open or close.

3. Call someone you know

Call a friend or relative and have a chat. Maybe call someone you haven't heard from for a while.

Before you call prepare questions you would like to ask and also what you have been doing.



**** Remember take your time, practice,
and ask someone to join in with you****

