

Useful resources

Supporting people to use technology

- [Supporting People in a Digital World](#) To help support people well when they're online Skills for Care funded Ace Anglia to create a short video and a booklet featuring Leading Lives, Dimensions and Ace Anglia.
- [AbilityNet's](#) volunteers provide free IT support to older people and people with disabilities of any age located anywhere in the UK. They also have a comprehensive series of [factsheets](#) on many different aspects of disability issues using tech.
- [Barclays charity partnerships \(and digital eagles\)](#)
- [Barclays digital eagles also are active in care homes](#)
- [Good things foundation](#)
- [Nobody in the Dark](#) offers personalised support to digitally and financially excluded people.
- [TeamViewer](#) enables secure remote access to any device, across platforms, from anywhere, anytime.
- [Apple accessibility youtube page](#)
- [How to use Android screen reader](#)
- [How to use google keyboard speech to text](#)
- Books Beyond Words community book clubs online using Zoom and [YouTube video tutorials](#) to show people how to do it. Book clubs meet online weekly and are a safe place for members to share experiences and worries as well as connect with friends. Many of these clubs continue to run virtually until public spaces reopen fully. New members are still welcome! Email orders@booksbeyondwords.co.uk for details
- Professor Jane Seale has researched and produced toolkits with Seeability to support people who have a learning disability to use technology. [The toolkits are free to use](#)

Affording Wi-Fi and equipment

- [The National Databank](#); created by Virgin Media O2 and gifted to Good Things Foundation to run through our network of thousands of community organisations.
- [Unlimited data plan £18 cancel anytime](#)
- [MI-FI device/mobile routers](#)
- [A Wi-Fi dongle](#)
- [Compare costs of mobile broadband](#)
- Local 'safer communities fund' – proceed of crime disbursed by local police commissioner – some examples:
 - [CDCF – Community Safety Fund](#)
 - [West Yorkshire PCC](#)
 - [Hampshire PCC](#)
 - [Northumbria PCC](#)
- [Co-op community fund](#)

- [Carers assessment funding for technology](#)
- [Benefit checks/advice](#)
- [Money saving expert](#)
- [Quids in magazine](#)
- [Credit unions for saving and borrowing safely](#)

Tech for good health

- [Nature webcams](#)
- [Pass it on](#)
- [Online art class and many other activities from United Response](#)
- [Online resources for alcohol addiction recovery during the coronavirus](#)
- [Mental health foundation Podcasts and videos](#)
- [Lilies is a user-friendly mobile grief app for young people which gives virtual hugs](#)
- [Headspace is an app aimed at promoting wellbeing through meditation and mindfulness techniques](#)
- [Couch to 5K running app gives you a choice of coaches and helps you track your progress.](#)
- [Download the free NHS Smoke Free app to help you quit smoking and start breathing easier.](#)
- [Download the free NHS weight loss plan to help you start healthier eating habits, be more active, and start losing weight.](#)
- [The Active 10 app records every minute of walking you do](#)
- [Mindfulness apps](#)
- [Mental wellbeing while staying at home](#)

Other useful apps

- [Life360 is an app that allows you to see where your friends are family are on a map](#)
- [My Voice](#)
- [Brain in Hand](#) is a digital self-management support system for people who are autistic, who have learning disabilities, acquired brain injuries, or who are managing mental health difficulties.
- Rix Wiki / Multime software uses multimedia and a mind-map design to enable people to build their own websites. Using video, pictures, sound and words, Wikis can capture the voice and aspirations of the individual and enable them to share their stories, preferences and goals with the key people in their life.
 - www.rixresearchandmedia.org/software/rix-wikis/
 - www.rixwiki.org/

Safety and managing risks

- [Easy read guide](#) for people about online safety and tools.
- Reviews of 80+ apps and platforms on [Net Aware](#). Get expert risk ratings and age recommendations on reviewed apps, sites and games.

- The [NSPCC](#) are offering free webinars for groups of parents and carers, making it easy for you to keep your family safe online.
- [How to create strong passwords](#)
- [Age UK advice on Staying safe online includes](#)
- [Supported loving and meet and match doing amazing work around relationships](#)
- [CBBC 28 min video about staying safe featuring Jodie Whittaker](#)
- [BBC 'own it' short videos about online bullying, racism, reporting things](#)
- [Online safety video from 'nobody in the dark'](#)
- [Skills for Care has a risk assessment developed by 'your voice counts' under 'helping people understand risks'](#)

Sharing our experiences/staying in touch

- [Ace Anglia](#)
- [Your Voice Counts](#)
- [Lead the way Calderdale Facebook page](#)
- [National Autistic Taskforce](#)
- [The Faraway CIC](#)
- [Kelly Perry: Members of our Click team along with Click users would like to share with you some of the things you can do to keep yourself safe online. Covering types of abuse that can happen online.](#)