**Computer Skills – Tutorials**

* This website provides FREE access to over 30 courses designed to help beginners get started with the online basics - using a mouse, keyboard, setting up email accounts and using internet search engines - while also offering plenty to help people develop their digital skills further.

[Web Link](https://www.learnmyway.com/)

* COVID 19 - From using online health services to staying in touch with friends and family, **DIGITAL UNITE** has pulled together some elevant digital guides to help you and your learners during these challenging times.

[Web Link](https://www.digitalunite.com/news-reviews/covid-19-guides-resources)

* Setting up a GOOGLE GMAIL ACCOUNT – you require this if you want to download APPS from the Playstore

[Web Link](https://youtu.be/NXOCa9kzQsk)

**Everyday Essentials**

* How to order groceries online [Web Link](https://www.digitalunite.com/technology-guides/hobbies-interests/activities-interests/how-order-groceries-online)
* How to BUY things online from the INTERNET [Web Link](https://www.digitalunite.com/technology-guides/government-services-shopping-banking/online-shopping/internet-shopping-how-buy)
* How to WATCH TV online [Web Link](https://www.digitalunite.com/technology-guides/tv-video/online-tv-films/how-watch-tv-online)
* How can I make my TV a SMART TV with Amazon Fire Stick [Web Link](https://youtu.be/40nM4DHixfQ)
* Learn My Way – online safety, shopping online, internet skills, using a computer [Web Link](https://www.learnmyway.com/subjects)
* Government Services, shopping and Banking Online [Web Link](https://www.digitalunite.com/technology-guides/government-services-shopping-banking/online-shopping/internet-shopping-how-buy)
* Barclays Digital Wings Tutorials for banking and online safe practice [Web Link](https://digital.wings.uk.barclays/for-everyone)
* Protect Yourself from Identity Theft [Web Link](https://www.digitalunite.com/technology-guides/internet-security/identity-theft-online-safety/how-protect-yourself-identity)

**HEALTH**

* Using the NHS app and NHS websites to manage your health online[Web Link](file:///C:\Users\lclift\AppData\Local\Microsoft\Windows\Temporary%20Internet%20Files\Content.Outlook\DNGJ4KCR\app%20and%20NHS%20websites%20to%20manage%20your%20health%20online)
* Best Healthy Living and Fitness APPS[Web Link](https://www.digitalunite.com/node/6088/best-healthy-living-and-fitness-apps)
* Best HOME WORKOUT websites [Web Link](https://www.digitalunite.com/technology-guides/health-and-fitness/best-home-workout-websites)
* NHS guide to the benefits of EXERCISE [Web Link](https://www.nhs.uk/live-well/exercise/exercise-health-benefits/)
* Top TEN APPS for MENTAL HEALTH and WELLBEING [Web Link](https://www.digitalunite.com/technology-guides/health-and-fitness/top-ten-apps-mental-health-and-wellbeing)
* Health APP FINDER [Web Link](https://appfinder.orcha.co.uk/)

**Hobbies and Interests**

* How to begin to research FAMILY HISTORY online [Web Link](https://www.digitalunite.com/technology-guides/hobbies-interests/activities-interests/how-find-family-history-online)
* Best FAMILY HISTORY websites [Web Link](https://www.digitalunite.com/technology-guides/hobbies-interests/activities-interests/best-family-history-websites)
* Best GARDENING website [Web Link](https://www.digitalunite.com/technology-guides/hobbies-interests/activities-interests/best-gardening-websites)
* Best TRAVEL websites [Web Link](https://www.digitalunite.com/technology-guides/government-services-shopping-banking/online-shopping/internet-shopping-how-buy)
* Best RECIPE APPS [Web Link](https://www.digitalunite.com/technology-guides/christmas/festive-food/best-recipe-apps)
* Gloucestershire Libraries – borrowing/downloading e-books [Web Link](https://www.gloucestershire.gov.uk/media/2092008/e-book-faqs-13-sept-2019.pdf)

**Communication and helplines**

* How to use WHATSAPP – Beginners Tutorial [Web Link](https://youtu.be/y3EdIiJeTXk)
* How to INSTALL WHATSAPP on your smartphone [Web Link](https://www.digitalunite.com/technology-guides/smartphones-tablets/smartphones/how-install-whatsapp-your-smartphone)
* The SILVER LINE – confidential free HELPLINE for OLDER PEOPLE 24/7/365 [Web Link](https://www.thesilverline.org.uk/what-we-do/)
* How to FACETIME on an iPhone and iPad [Web Link](https://www.digitalunite.com/technology-guides/smartphones-tablets/smartphones/how-use-facetime-iphone-and-ipad)
* How to install email on your iPhone or iPad [Web Link](https://www.digitalunite.com/technology-guides/smartphones-tablets/smartphones/how-install-email-your-iphone-or-ipad)
* How to set-up email on an Android Phone [Web Link](https://www.digitalunite.com/technology-guides/smartphones-tablets/smartphones/how-set-email-android-phone)
* Email and Skype [Web Link](https://www.digitalunite.com/technology-guides/email-skype)
* How to join a ZOOM meeting on your device or computer [Web Link](https://support.zoom.us/hc/en-us/articles/201362193-How-Do-I-Join-A-Meeting-)
* 6 Ways Seniors can use GOOGLE HOME to make COVID 19 quarantine easier [Web Link](https://www.gloucestershire.gov.uk/media/2092008/e-book-faqs-13-sept-2019.pdf)
* ALEXA for Seniors – 21 Practical Ways Older people can use Amazon Echo Devices [Web Link](https://www.digitalunite.com/technology-guides/health-and-fitness/top-ten-apps-mental-health-and-wellbeing)
* Jointly - a mobile and online application created by Carers UK for carers. It is part of a suite of support and all carers registered with Gloucestershire Carers Hub have access to all of this information for free contact 0300 111 9000. The Jointly app is designed to make caring a little easier, less stressful and a lot more organised. It combines group messaging with other useful features including to-do and medication lists, calendar and more! Use it with others or on your own. It is available via their website, or via an app on an Android tablet or phone, or an iPhone or iPad. There is a small one-off charge for every 'circle' of carers you set up. <https://www.carersuk.org/search/jointly-app?gclid=EAIaIQobChMI3Zy9jO3V6AIVRrDtCh3cfgUEEAAYASAAEgK6UfD_BwE>

**Online educational resources**

Khan Academy <https://www.khanacademy.org> Especially good for maths and computing for all ages but other subjects at Secondary level. Note this uses the U.S. grade system but it's mostly common material.

BBC Learning <http://www.bbc.co.uk/learning/coursesearch/> This site is no longer updated but there's so much still available, from language learning to BBC Bitesize for revision. No TV licence required except for iPlayer content

Futurelearn <https://www.futurelearn.com> Free to access 100s of courses, only pay to upgrade if you need a certificate in your name (own account from age 14+ but younger learners can use a parent account).

Seneca <https://www.senecalearning.com> for GCSE or A level revision. Paid access to higher level material.

Openlearn <https://www.open.edu/openlearn/> Free taster courses aimed at those considering Open University. Adult level, but some e.g. nature and environment courses could well be of interest to young people.

Isolation Art School works with professional artists and photographers. <https://www.instagram.com/isolationartschool>

Blockly <https://blockly.games> Learn computer programming skills - fun and free.

Scratch <https://scratch.mit.edu/explore/projects/games/> Creative computer programming

Ted Ed <https://ed.ted.com> All sorts of engaging educational videos

National Geographic Kids <https://www.natgeokids.com/uk/> Activities and quizzes for younger kids.

Duolingo <https://www.duolingo.com> Learn languages for free. Web or app.

Mystery Science <https://mysteryscience.com> Free science lessons

The Kids Should See This <https://thekidshouldseethis.com> Wide range of cool educational videos

Crash Course <https://thecrashcourse.com> Videos on many subjects <https://m.youtube.com/user/crashcoursekids>

HE Special (for families home educating children with SEN): <http://www.he-special.org.uk>

[www.pobble.com](http://www.pobble.com) To provide some great stimulus for short writing activities

<https://naturedetectives.woodlandtrust.org.uk/naturedetect> - A lot of these can be done in a garden

<https://blockly.games> for some nice computing activities || <https://www.dkfindout.com> good, free art activities

Nasen (an organisation supporting all those who work with children with SEN): <https://nasen.org.uk>

<https://www.twinkl.co.uk> Twinkl is offering every parent access to all resources with a One Month Ultimate Membership, free of charge. Setting up is easy - go to [www.twinkl.co.uk/offer](http://www.twinkl.co.uk/offer) and enter the code PARENTSTWINKLHELPS

<https://scratch.mit.edu> Computer coding for children

<https://www.myhouserocks.co.uk> (this site has lots of information, educational and fun ideas)

Nature Detectives <https://naturedetectives.woodlandtrust.org.uk/naturedetect>

British Council <https://www.britishcouncil.org/school-resources/find>

Oxford Owl for Home <https://www.oxfordowl.co.uk/for-home/>

Big History Project <https://www.bighistoryproject.com/home>

Blue Peter Badges <https://www.bbc.co.uk/cbbc/joinin/about-blue-peter-badges>

The Artful Parent <https://www.facebook.com/artfulparent/>

Red Ted Art <https://www.redtedart.com>

**Easy arts and crafts for little ones -** the Imagination Tree <https://theimaginationtree.com>

**Creative art and craft activities for the very youngest -** Toy Theater <https://toytheater.com/>

**For a younger audience**

Crest Awards <https://www.crestawards.org> Science awards you can complete from home.

iDEA Awards <https://idea.org.uk> Digital enterprise award scheme you can complete online.

Paw Print Badges <https://www.pawprintbadges.co.uk> Free challenge packs and other downloads. Many activities can be completed indoors. Badges cost but are optional.

Tinkercad <https://www.tinkercad.com> All kinds of making.

Prodigy Maths <https://www.prodigygame.com> is in U.S. grades, but good for UK Primary age.

Cbeebies Radio <https://www.bbc.co.uk/cbeebies/radio>

**Aimed at Secondary age:** Geography Games <https://world-geography-games.com/world.html>

**Art Galleries offering virtual tours**

* [The National Gallery Virtual Tour](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMjEsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMDA0MDMuMTk3MzIzMTEiLCJ1cmwiOiJodHRwczovL3d3dy5uYXRpb25hbGdhbGxlcnkub3JnLnVrL3Zpc2l0aW5nL3ZpcnR1YWwtdG91cnMifQ.2C0ZI6oyZIlZZDkcag6GrTOoOlXsFF-cgCpc6CFPFaU/br/77025728658-l)
* [The British Museum Virtual Tour](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMjIsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMDA0MDMuMTk3MzIzMTEiLCJ1cmwiOiJodHRwczovL2FydHNhbmRjdWx0dXJlLmdvb2dsZS5jb20vc3RyZWV0dmlldy9icml0aXNoLW11c2V1bS9Bd0VwNjhKTzRORUNrUSJ9.8h87XJyOt2phYqWKfcCwgRcsoS8HELPji26aFVY4jjI/br/77025728658-l)
* [Sadler's Wells Digital Stage](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMjMsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMDA0MDMuMTk3MzIzMTEiLCJ1cmwiOiJodHRwczovL3d3dy5zYWRsZXJzd2VsbHMuY29tL3doYXRzLW9uLzIwMjAvZGlnaXRhbC1zdGFnZS8ifQ.Uq8n4JAe68iQL4q5whkqSG4_l04V1dy2-Y81TPtIKOI/br/77025728658-l)
* [National Theatre at Home](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMjQsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMDA0MDMuMTk3MzIzMTEiLCJ1cmwiOiJodHRwczovL3d3dy5uYXRpb25hbHRoZWF0cmUub3JnLnVrL250LWF0LWhvbWUifQ.LBVL0EcpYNuPi86eEuLsyGjJIoGp2Y3x9j0uDqTcZgo/br/77025728658-l)
* [Royal Opera House Programme](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMjUsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMDA0MDMuMTk3MzIzMTEiLCJ1cmwiOiJodHRwczovL3d3dy5yb2gub3JnLnVrL25ld3MvdGhlLXJveWFsLW9wZXJhLWhvdXNlLWxhdW5jaGVzLWEtcHJvZ3JhbW1lLW9mLWZyZWUtb25saW5lLWNvbnRlbnQtZm9yLXRoZS1jdWx0dXJhbGx5LWN1cmlvdXMtYXQtaG9tZSJ9.72djMD47E45i8SEmCR9DECGpdPSn-1Ywbu7zOrebctw/br/77025728658-l)