

Using the internet

**Connect to
Support
Hampshire**



- Video call your friends and family
- Order prescriptions to be delivered
- Do your shopping
- Manage your money and pay bills safely

Do you have a computer, a tablet or a Smartphone but aren't sure how to "do stuff online"?

We have links to useful information and easy to follow guides to help you gain confidence.


www.ConnectToSupportHampshire.org.uk

The internet has many benefits for older people. It can:

- help you **stay connected** with other people
- keep you **independent**
- allow you to **learn** new things
- keep your **brain active**

Finding your way around the web can seem a little daunting. That's why we have put together a list of useful links for tips and tutorials which can guide you through every aspect of using the internet.

You can find these in the '**Get online**' section of our '**Staying Independent**' information page.

 **ConnectToSupportHampshire.org.uk/stayingindependent**

Hampshire Library Service offers free adult learning courses in digital skills.

To find out more visit your library or:

 **learninginlibraries@hants.gov.uk**

 **0300 555 1387**

