With the spread of Covid 19 around the UK and much of the world it can be understandably stressful if you cannot access online services like finding up to date accurate news or health information or being able to buy essential items online.

We have put together a series of guides with links to trusted websites and trusted places to learn – we hope that these resources will be useful and help you to improve and learn new digital skills.

Being online at this time is a brilliant way to stay well and connected but if you are using the internet you may need to think about staying safe online.

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| Learn about |
| Image result for learn my way logo  Use these lessons from Learn My Way to help you stay safe – please note you will need to make an account with the website to access the subject  <https://www.learnmyway.com/subjects/online-safety/>    Here you will find guides written by, or carefully selected by Digital Unite. Each of our own guides can be printed out for your own reference  <https://www.digitalunite.com/technology-guides/internet-security> |

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| Look for |
| This booklet from Age UK has a section on staying safe online and some excellent advice on how to avoid other scams  <https://www.ageuk.org.uk/globalassets/age-uk/documents/information-guides/ageukig05_avoiding_scams_inf.pdf>  Some great advice from Equifax on spotting phishing emails and texts  <https://www.equifax.co.uk/resources/identity_protection/how-to-spot-a-phishing-email.html>  <https://www.equifax.co.uk/resources/identity_protection/protect-yourself-from-becoming-a-victim-of-sms-phishing.html>  These guides from Which? Help steer you past potential hazards so you can browse the web with confidence  <https://computing.which.co.uk/hc/en-gb/sections/201567555-Staying-safe-online> |