

You may not have used the internet at work or home, but you may have seen your family or friends get real value and fun out of being online.

With a little help, you will be able to learn how to use a computer and the internet.

Taster sessions

Hampshire County Council runs taster sessions and provides free access to the internet all year round in our libraries.

There are also courses in designated libraries, schools, community centres and colleges.

Ask a friend or relative

You may also know a friend, relative or carer who could help you get started and give you some support as you learn.

'Do it online'

Some really useful things you can do online include:

- catching up with news and information
- finding out about care, transport and other council services
- exploring more ideas about a favourite or new hobby
- staying in touch with your family and friends by email
- enjoying radio and television programmes
- managing your money, viewing statements and transactions online
- playing games and puzzles, such as Solitaire, Bridge or Sudoku
- even helping your grandchildren with homework research.

'Computer Skills for life' information sheets and website

In this pack, you will find a set of informative guides called:

- First time user?
- Getting started
- Using the internet
- Keeping in touch
- Fit and well
- Going places
- Hobbies and fun
- Hampshire's online services



There's lots more helpful information and useful links on our new website

We hope you find this helpful and enjoy using computers and the internet

