



### Some useful links

Availability and Speeds	Free Software and advice
<a href="http://www.connectingcumbria.org.uk/when-and-where">www.connectingcumbria.org.uk/when-and-where</a> <a href="http://www.speedtest.net/">www.speedtest.net/</a> <a href="http://www.broadbandspeedchecker.co.uk/">www.broadbandspeedchecker.co.uk/</a> <a href="http://www.samknows.com/broadband/index.php">www.samknows.com/broadband/index.php</a> <a href="http://www.speedtest.btwholesale.com/">www.speedtest.btwholesale.com/</a>	<a href="http://www.filehippo.com">www.filehippo.com</a> <a href="http://www.getsafeonline.org">www.getsafeonline.org</a> <a href="http://www.microsoft.com: http://tinyurl.com/lnqotur">www.microsoft.com: http://tinyurl.com/lnqotur</a>

### On Line Training and Education

Free on line learning and skills development	Getting On Line
<a href="http://www.bbc.co.uk/learning/">www.bbc.co.uk/learning/</a> <a href="http://www.bbc.co.uk/learning/adults/">www.bbc.co.uk/learning/adults/</a> <a href="http://www.openculture.com">www.openculture.com</a> <a href="http://www.khanacademy.org/">www.khanacademy.org/</a> <a href="http://www.youtube.com/user/khanacademy">www.youtube.com/user/khanacademy</a>	<a href="http://www.digitalskills.com/resources">www.digitalskills.com/resources</a> <a href="http://www.btplc.com: http://tinyurl.com/h2zsez4">www.btplc.com: http://tinyurl.com/h2zsez4</a> <a href="http://www.eonenergy.com: http://tinyurl.com/jremse9:">www.eonenergy.com: http://tinyurl.com/jremse9:</a> <a href="http://digitalunite.com/guides">http://digitalunite.com/guides</a> <a href="http://www.barclays.co.uk/ search Digital Eagles">www.barclays.co.uk/ search Digital Eagles</a>
Fee charging and free courses which can offer real qualifications:	Business and job focused training at:
Harvard: <a href="http://www.extension.harvard.edu/">www.extension.harvard.edu/</a> Open University: <a href="http://www.open.edu/">www.open.edu/</a> Oxford: <a href="http://tinyurl.com/h8jxwvq">http://tinyurl.com/h8jxwvq</a> Cambridge: <a href="http://tinyurl.com/6n7lzut">http://tinyurl.com/6n7lzut</a>	<a href="http://www.learndirect.com/">http://www.learndirect.com/</a> <a href="http://alison.com/">http://alison.com/</a> <a href="http://www.elearnuk.co.uk/">http://www.elearnuk.co.uk/</a>

### Help & Advice

Public Services and Benefits	Broadband Offers
<a href="http://www.nhs.uk">www.nhs.uk</a> <a href="http://www.workingrights.co.uk">www.workingrights.co.uk</a> <a href="http://www.citizensadvice.org.uk">www.citizensadvice.org.uk</a> <a href="http://www.gov.uk">www.gov.uk</a>	<a href="http://www.uswitch.com/broadband/compare/deals_and_offers/">www.uswitch.com/broadband/compare/deals_and_offers/</a> <a href="http://www.moneysupermarket.com/broadband/deals/">www.moneysupermarket.com/broadband/deals/</a> <a href="http://www.moneysavingexpert.com/phones/cheap-broadband">www.moneysavingexpert.com/phones/cheap-broadband</a> <a href="http://www.broadbandchoices.co.uk/">www.broadbandchoices.co.uk/</a> <a href="http://www.broadband.co.uk">www.broadband.co.uk</a>

