



CONNECTING CUMBRIA



Availability and Speeds	Free Software and advice
www.connectingcumbria.org.uk/when-and-where www.speedtest.net/ www.broadbandspeedchecker.co.uk/ www.samknows.com/broadband/index.php www.speedtest.btwholesale.com/	www.filehippo.com www.getsafeonline.org Microsoft Defender: http://tinyurl.com/lnqotur NCSC: https://www.ncsc.gov.uk/

Free on line learning and skills development	Getting On Line
www.bbc.co.uk/learning/ www.bbc.co.uk/learning/adults/ www.openculture.com www.khanacademy.org/ www.youtube.com/user/khanacademy	www.digitalskills.com/resources www.btplc.com : http://tinyurl.com/h2zsez4 www.eonenergy.com : http://tinyurl.com/jremse9 : http://digitalunite.com/guides www.barclays.co.uk/ search Digital Eagles
Fee charging and free courses which can offer real qualifications:	Business and job focused training at:
Harvard: www.extension.harvard.edu/ Open University: www.open.edu/ Oxford: http://tinyurl.com/h8jxwvq Cambridge: http://tinyurl.com/6n7lzut	http://alison.com/ http://www.elearnuk.co.uk/ https://www.futurelearn.com/ www.ukonlinecourses.com MIT Opencourseware: https://ocw.mit.edu/index.htm Microsoft Virtual Academy: https://mva.microsoft.com/

Public Services and Benefits	Broadband Offers
www.nhs.uk www.workingrights.co.uk www.citizensadvice.org.uk www.gov.uk/benefits http://www.cumbria.gov.uk/	www.uswitch.com/broadband/compare/deals_and_offers/ www.moneysupermarket.com/broadband/deals/ www.moneysavingexpert.com/phones/cheap-broadband www.broadbandchoices.co.uk/ www.broadband.co.uk

Health & Support Solutions

Safe Patient Systems –TeleHealth	www.nhs.uk/Planners/Yourhealth/Pages/Telecare.aspx
Doro CareTech – Telecare	www.caretech.eu/
Facelook – East Sussex	http://facelook.org.uk/home.htm
Lok8u Freedom Device	www.lok8u.com/
Withings	www2.withings.com/uk/en/
Neurosky	http://neurosky.com/
3Rings	www.3rings.co.uk/
Canary Care	https://www.canarycare.co.uk/

Media

Now TV	www.Nowtv.com
iPlayer	www.BBC.co.uk/iplayer
ITV Player/4OD/Demand 5	www.itv.com/itvplayer/ www.channel4.com/
Netflix	www.Netflix.com
Amazon Prime	www.amazon.co.uk
Google Chromecast	www.google.co.uk/chromecast
Roku	www.roku.com
Funny or Die	www.funnyordie.com
You Tube	www.youtube.com
Curzon Home Cinema	www.curzonhomecinema.com
Youview	www.youview.com

VOIP, Video and Instant Messaging

Skype	www.skype.com / www.skype.com/en/business/
Cisco Jabber	www.cisco.com/web/products/voice/jabber.html
Google+	https://plus.google.com/
BT Smarttalk/3 Skype/EE/Vodafone	Go to websites/Apple Store/Google Play for more information
Vonage	www.vonage.co.uk
WhatsApp	www.whatsapp.com
WeChat	www.wechat.com