

Digital Support for Families and Carers

In our Lifelong Learning Programmes, we are integrating digital activities and resources into our sessions, to develop the digital skills and confidence of our participants. We wanted to provide our participants' families and carers with some additional information, signposting and ways to continue the digital work we are doing in Programmes. We hope you find this useful!



National Databank

Did you know that Purple Patch Arts can support you to access free mobile data? We are part of the Good Things Foundation's National Databank. This means we have free mobile SIM cards available for you to use to access the internet. If you do not have internet access, please get in touch so we can support you to get online. We also have a small number of digital devices (tablets) which we can loan out, if you need this alongside mobile data in order to access the internet.

Further Support:

For further digital support, you might want to look at the following offers:

Carers Leeds: <https://www.carersleeds.org.uk/our-support-service/digitalsupport/>

Good Things Foundation, Learn My Way platform: <https://www.learnmyway.com/>

Lloyds Digital Helpline: <https://www.lloydsbank.com/help-guidance/everyday-banking/getting-online/get-skills-and-support-near-you.html>

If you have any questions, or would like support to get online through the National Databank initiative, please contact Hannah:
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Supporting the person you care for to develop digital skills and confidence

The world is constantly developing, and we are consistently moving towards being an increasingly digital society. Developing digital skills and confidence is becoming more and more important, whether that's to book a GP appointment, connect with friends and family, or shop online. Here are some simple activities to help support yourself, or the person you care for, to develop their digital skills and confidence:



Weave digital into your everyday life

Develop digital confidence by taking small steps to include digital elements in your day-to-day life. For example:

- Use Google to find a new recipe for ingredients you have in your fridge or cupboard.
- Use the Radio Times online TV guide to choose something to watch at the weekend.
- Share a photograph of an activity you do with your family or friends on WhatsApp.

Privacy

Create a real-life representation of keeping private information safe online by using padlocks or locked boxes. Alternatively, you could use Lego or similar to build a 'castle' with high walls to protect the inside, or even use Minecraft (the video game) to similarly demonstrate the idea of building strong, high walls to protect what is inside.

Then, use this tangible representation of privacy to explore:

- What would we want to keep safe in real life? Our money, our house, ourselves etc. Would we share our bank details, our address, our personal information with a stranger? No, so we keep them safe and locked away. We do not share them in real life, so we should not share them online either.
- What could we keep in an open box, or outside of our castle walls? What can we share safely? Perhaps our music taste, our favourite colour, our favourite food...

You could create 2 posters – one with information that you would not share, and one with information that you can share. Lock the poster with private information away – we want to keep this information safe and not let anyone see it. The poster with information that can be shared safely can be displayed wherever you like!

Apps We Use in Purple Patch Sessions

You might want to explore some of the apps and websites we use in our Purple Patch sessions at home:



Zoom – an online video platform. We use Zoom if we have to close Programmes, like on a snow day or bank holiday. Why not try using Zoom to catch up with someone who lives far away, instead of speaking on the telephone?



Camera – the camera app can be a really simple, easy way to support people to start embedding digital into their day-to-day lives. Why not encourage the person you support to make a photo diary of their day, then look at the photos together at the end of the day to explore what they have got up to.



YouTube – YouTube is a video sharing platform. You can search for a wide variety of videos and topics, from music, to recipes, to education, to funny animal videos! Why not try using YouTube to:

- Find karaoke videos and host a karaoke night!
- Watch videos of exploring new places, from the ocean, to space, or a travel vlog (a video-blog) of a holiday destination
- Learn a new skill, such as a new craft or recipe



Garage Band – the Garage Band app is free on Apple devices, and can be used to create and record music. Explore the different instruments and use it to play along with music, or write your own!



Bloom - Bloom is a music app, where you simply tap the screen to play musical notes and create atmospheric music, along with calming visuals. (£3.99)



Strip Designer - Strip Designer is an app that enables you to create comic strips. You could use it to create your own comic stories, or use it as a way to document a day. (£3.99)

Staying Safe Online

Online safety is important for everyone to be aware of. Here are some online safety tips:



Privacy settings

A privacy setting controls what people can and can't see about you online – the higher they are, the less people can see without you letting them. Some basic privacy settings tips include:

- Ensuring you have a password or passcode set for access to your devices.
- Setting social media profiles to 'private'. This means other users have to request to be connected to you and see what you post.
- Regularly check your privacy settings, for example on your phone or device, your social media accounts, and your Google account, to ensure you are happy with the level of protection that is set.

Spam

Spam refers to emails, messages and calls that we do not want to receive. It might be someone trying to sell something, 'phishing' (trying to gain your personal information), or trying to scam you to get your money. If you are unsure about any phone call, email or message, you should avoid giving them any information and speak to someone you trust to get advice. Here are some basic tips to spot spam:

- Your bank will never send you a link to click through in order to access your bank account. They will always ask you to log into your online bank account separately. If you are ever unsure about a communication from your bank, you should contact them directly to confirm if the communication is legitimate.
- If something seems too good to be true – for example, winning money out of nowhere – it probably is!

Some signs to help you know whether to trust a website or link include:

- Is there a padlock sign next to the web address in the address bar? This can help to indicate that a website is safe.
- Web addresses should begin with 'https://' – again, this helps to indicate that they are secure.
- If you hover your mouse over a link (but do not click it), the web address it will take you to will appear in the bottom left corner of your screen. Always check if this web address is what you would expect before clicking the link.