



# How being online can help you



EasyRead version



When you are **online**, you can find some great information. Here are five ways being online can help you.



1. There is information online that can help you be more **independent**.

Being independent means doing things by yourself and being in control, with support if you need it.



- [tinyurl.com/mencap-connected-living](http://tinyurl.com/mencap-connected-living)
- [tinyurl.com/aceanglia-technology-helps-me](http://tinyurl.com/aceanglia-technology-helps-me)



2. Going online to meet people.

Sometimes it is hard to meet new friends. There are safe online groups for making friends, such as Mencap and Luv2meetU.



- [tinyurl.com/mencap-friendsonline](http://tinyurl.com/mencap-friendsonline)
- [tinyurl.com/hft-luv2meetu](http://tinyurl.com/hft-luv2meetu)



Be careful about sharing private information online. You can find out more about being safe online here:



- [tinyurl.com/online-new-friend](http://tinyurl.com/online-new-friend)



You may like to look at what other people are doing, such as paintings, poems and stories on Your Voice Wall:



- [yourvoicewall.co.uk/](http://yourvoicewall.co.uk/)



### 3. Going online to learn about looking after money.

Here is some more information about getting help with looking after their money online:



- [www.dosh.org/](http://www.dosh.org/)
- [tinyurl.com/arcuk-understand-money](http://tinyurl.com/arcuk-understand-money)
- [tinyurl.com/mencap-money-and-benefits](http://tinyurl.com/mencap-money-and-benefits)



### 4. There is lots of help online about how to eat well and be healthy.



- The UK Health and Learning Disabilities Network:  
[tinyurl.com/UK-health-and-LD-network](http://tinyurl.com/UK-health-and-LD-network)
- EasyHealth resources:  
[tinyurl.com/health-leafletsandfilms](http://tinyurl.com/health-leafletsandfilms)



5. Going online can link you to fun things to do such as: music, dancing, learning new things.



- Include.Org, Things to Do:  
[include.org/things-to-do/](http://include.org/things-to-do/)
- YouTube:  
[tinyurl.com/you-tube-dance-syndrome](http://tinyurl.com/you-tube-dance-syndrome)
- CKLearn:  
[tinyurl.com/CK-Learn-online-learning](http://tinyurl.com/CK-Learn-online-learning)



Here is some more information in EasyRead:

- [tinyurl.com/getting-online-cheaply](http://tinyurl.com/getting-online-cheaply)
- [tinyurl.com/staying-safe-online-guide](http://tinyurl.com/staying-safe-online-guide)
- [tinyurl.com/learning-to-use-computers](http://tinyurl.com/learning-to-use-computers)

## What the words mean

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**Independent:** being independent means doing things by yourself.

**Online:** using a computer, tablet or a mobile phone to look at the internet, send emails or talk to other people.



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