

WELL  
BEING

ForHousing 

# Staying digitally connected **GETTING STARTED ON THE INTERNET**



**DIGITAL**

**We know that the internet can be a daunting place, especially if you're unsure how to use it. We've put together a quick guide on how to get started on the internet, plus some tips on what you can do while you're surfing the world wide web.**


The first step is to make sure that you have broadband internet, this could be from providers such as Virgin Media, BT, Sky and more.

If you don't have broadband internet, there are lots of companies offering deals, so do some research first. Try Plusnet, Talk Talk or get a loved one to search on a comparison website for you.

---

## **Setting up**


To connect your computer or laptop to your home broadband, you will need the username and password details. These can be found on the back of your router box.

Once you've started up your device and it displays a home screen, find the internet symbol on the bottom right menu – it will look like this. 

Click on the icon, and a list of internet connections will pop up. Find yours from the list; it will be the same as your username. Click on it and type in the password to get connected.

## Internet browsers

To start surfing the web, you will need to use an internet browser.

 Internet explorer is the most common browser, and your computer will usually already have it installed. To use it, simply click on the large blue 'e' icon as shown, you will find this on the bottom menu.

There are other internet browsers you can use to help you get online, including Google Chrome and Firefox.



## Surfing the web

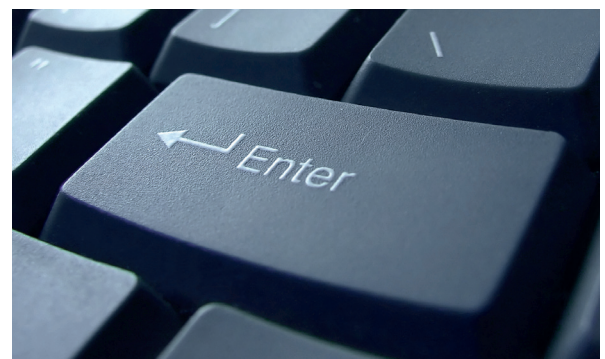
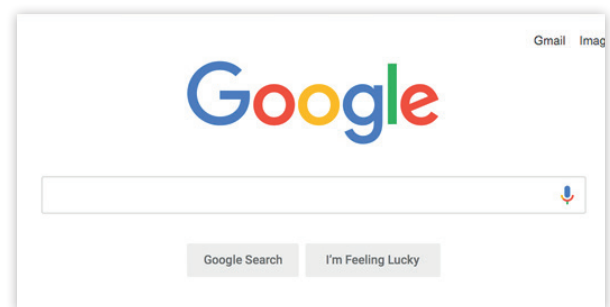
One of the best ways to start your digital journey is to use a search website. Here are some popular ones:

- [www.google.com](http://www.google.com)
- [www.bing.com](http://www.bing.com)
- [www.uk.yahoo.com](http://www.uk.yahoo.com)

Once you've opened up your internet browser, you'll see a search bar at the top of the page.

Simply type in one of the search website addresses above in to that bar and press your computers 'enter' key; it'll look like this on your keyboard.

Once you're on a search website, you can type in key words related to what you're looking for. For example, if you type in 'ForHousing', the search website will scour the internet and bring up a list of where 'ForHousing' is mentioned online.



**Top tip** – Usually the websites which most closely match your search are on the first page of the search list. For example, the official ForHousing website is number one on the list when you search 'ForHousing'.

## What can I do on the web?

Social media websites are a fast, free and easy way to stay connected to your loved ones. Try using **www.facebook.co.uk** to chat to family, or you can even use it to find old friends! Use **www.Instagram.com** to share photos with the world or **www.Twitter.com** to talk about news, entertainment, sports, politics, and more.

If you've got a hobby you love, or would like to learn a new skill, try using the internet to boost your knowledge. There are thousands of websites for all kinds of hobbies, or forums where you can chat to like-minded people and share tips and tricks.

---

**We're always on hand to support you and your loved ones with your wellbeing and are here to help you, your friends and family stay digitally connected. If you need support or advice please get in contact with us today.**



0300 123 55 22



hello@forhousing.co.uk



forhousing.co.uk

**WELL  
BEING**