






















## USEFUL APPS FOR DAY TO DAY USE

	<p><b>BorrowBox</b> app makes is a free app. It makes it easy to browse, borrow and read or listen to your library's eBooks and eAudiobooks anywhere, everywhere. If BorrowBox is available through your local library you can simply login with your member details to access the library's collection of eBooks and eAudiobooks.</p>
 <p><small>designed by freepik</small></p>	<p><b>WhatsApp</b> is free to download from the App Store or Play Store. It uses your phone's internet connection and allows you to send unlimited messages, pictures and videos, so you don't need to worry about using up your allocated text or call allowances.</p> <p><i>However, you may end up being charged extra if you go over your data allowance, so it's a good idea to connect to Wi-Fi if you're using WhatsApp.</i></p>
	<p><b>YouTube</b> is a free video sharing app and website that makes it easy to watch online videos. You can even create and upload your own videos to share with others. You'll find all kinds of videos on YouTube—adorable cats, quirky cooking demos, funny science lessons, quick fashion tips, “how to” tutorials, and a whole lot more.</p>
	<p><b>Spotify</b> is a digital music streaming service that gives users access to millions of songs, podcasts, and other audio content from artists around the world. It offers both free and premium subscription plans. The free version includes ads and has some limitations, such as lower audio quality and limited ability to skip tracks. The premium version, which requires a monthly fee, allows users to enjoy ad-free music, download content for offline listening, and access higher-quality audio.</p>
	<p><b>RogerVoice</b> is an app that can be used to transcribe phone conversations for those with hearing impairments or deafness. It provides users with the ability to start a phone call and receive instant live transcriptions of what the caller is saying. It works in multiple countries and languages. (<i>*monthly subscription costs</i>)</p>
	<p><b>Trainline</b> offers features such as mobile tickets, live journey updates, and seat reservations. It covers major train operators in countries like the UK, France, Germany, Spain, and Italy, making it a popular tool for both domestic and international travel. The app also supports railcards, saving options for regular travelers, and offers price alerts to help users book tickets at the best time.</p>

	<p><b>Pinterest</b> is a social media platform that allows users to discover, save, and share ideas in the form of images, videos, and GIFs. It functions like a virtual pinboard where users can "pin" content to themed boards that they create, organizing everything from recipes and DIY projects to fashion inspiration, travel destinations, and home decor ideas.</p>
	<p><b>Radio Player UK</b> - The Radio Player UK app is a digital platform that allows users to listen to live radio broadcasts from a wide range of UK radio stations.</p>
	<p><b>Google Maps app</b> allows you to get real-time GPS navigation, traffic and public transport information and explore local areas by knowing where to eat, drink and go – no matter what part of the world you're in.</p>
	<p><b>Words With Friends</b> . This word game is among the best entertainment apps for older adults. For starters, it's similar to Scrabble, a game that many older adults know well. Additionally, over the years, the app has earned a justified reputation as a way to stay connected with friends and family. You can play against your loved ones in this online game over days or weeks, making it easy to keep in touch.</p>
	<p><b>Audible</b> - Another prominent app with podcasts, Audible is best known as a leading app for listening to audiobooks. This makes the app highly entertaining for, in particular, older adults who love reading but have experienced some level of vision loss. You can also access audio sleep aids or guided meditations through the Audible app.</p>
   	<p><b>Supermarket apps</b> - These apps typically allow users to browse products, check prices, and make purchases directly from their smartphones. They often include features like:</p> <ul style="list-style-type: none"> <li>• <b>Online Shopping:</b> Users can order groceries for home delivery or click-and-collect (pickup) at the store.</li> <li>• <b>Digital Coupons and Discounts:</b> Apps offer access to exclusive deals, loyalty rewards, and personalized discounts.</li> <li>• <b>Shopping Lists:</b> Customers can create and manage grocery lists, often with the ability to add items directly from the app's product catalog.</li> <li>• <b>Store Locator:</b> Helps users find the nearest store or check store hours.</li> <li>• <b>Barcode Scanning:</b> Some apps allow users to scan products in-store to check prices or add them to a list.</li> </ul>

	<p><b>The MoneySavingExpert (MSE) app</b> is a mobile extension of the MoneySavingExpert website, designed to help users access money-saving tips, advice, and tools on the go. The app offers similar features to the website but is optimized for mobile use, allowing users to stay updated on the latest deals, discounts, and financial news in real time</p>
	<p><b>ChatGPT app</b> brings OpenAI’s AI-powered chatbot to mobile devices, allowing users to interact with the AI for various tasks like answering questions, generating ideas, or providing information.</p>
	<p><b>Duolingo app</b> is a language-learning platform that makes acquiring new languages fun and engaging through gamified lessons.</p>
	<p><b>Be my eyes</b> - this app's name suggests, it can make a world of difference for visually impaired older adults. You can use it to read instructions or product labels, put together an outfit with matching colours, or do anything else visual-based. It's also available in 185 languages, so you can use it no matter your first language or what you're trying to read.</p>
	<p><b>The Sky Sports app</b> is a sports news a platform that provides users with comprehensive coverage of various sports events.</p>
	<p><b>Pocket Physio</b> is a <i>Free app</i>.  If you’ve recently had hip, knee, foot, or hand surgery, this physio app helps you recover at home through exercise. If you haven’t had surgery, you can still use this app to do some gentle movements throughout the day to stay fit.  The app also includes:</p> <ul style="list-style-type: none"> <li>• Breathing exercises (why not try meditation?)</li> <li>• Advice on managing pain</li> <li>• How to walk with a frame or crutches</li> <li>• Bathing tips</li> <li>• Ways to get in and out of vehicles</li> </ul>
	<p><b>Streaming Apps</b> – BBC Iplayer, S4c, ITVX, Netflix, Amazon Prime.</p>
	<p><b>Vinted</b> - is a marketplace platform that allows users to buy, sell, and swap secondhand clothing and accessories.</p>
	<p><b>Facebook</b> - a social media platform that allows users to connect with friends, family, and communities.</p>

	<p><b>Waze app</b> - is a navigation and traffic management tool that helps users find the best routes to their destinations</p>
	<p><b>IMBD (Internet Movie Database)</b> is a comprehensive platform for movie and TV show information.</p>
	<p><b>Zoom</b> - A video conferencing app that enables users to connect with family and friends through video calls, making it easy to stay socially connected.</p>
	<p><b>MyFitnessPal</b> -A health and fitness app that helps users track their diet, exercise, and wellness goals, promoting a healthy lifestyle.</p>
	<p><b>BBC Cymru Fyw</b> - Provides news and updates in Welsh, covering local events, culture, and community stories across Wales.</p>
	<p><b>Visit Wales:</b> An app that provides information on attractions, events, and activities across Wales, perfect for locals and tourists alike.</p>