

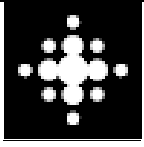
A-Z of useful apps and websites

Links to webpages for more information are in the app/website column.

Links to download each app are in the device column.

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Accessibility

	App/Website	Description	Device	Cost
	Google accessibility	Cognitive, hearing, mobility, speech and vision tools built into Android.	Android	Free
	Apple accessibility	Cognitive, hearing, mobility, speech and vision tools built into Apple iOS.	Apple	Free
	Assistive Touch	A floating panel on the screen which can be customised to access settings, apps and more.	Android Apple	Free
	Be My Eyes	Through a live video call, volunteers supply blind and low-vision users with visual assistance for tasks ranging from matching colours, to checking if the lights are on, to preparing dinner.	Android Apple	Free
	Bladder & Bowel Community – Just can't wait toilet card	Access to toilets not normally available to the public. Accepted at many cafes, restaurants, shops, entertainment venues and other businesses. Available on your phone so you don't have to worry about losing your card.	Android wallet. Apple wallet	Free – fee to pay for paper card
	Big Launcher	Replaces the user interface of almost any Android phone or tablet with enlarged buttons and texts.	Android	Free
	Changing Places Toilet Finder	Find facilities of a standard accessible toilet for disabled people but with extra space, an adult changing bench and a hoist There are over 2500 changing places toilets in the UK - and others worldwide.	Android Apple Web	Free
	Envision	Uses your camera to speak out the visual world, such as text, surroundings, people or products, helping people who are blind or have low vision to lead more independent lives.	Android Apple	Free
	Seeing AI	Narrates the world around you using your camera to assist with daily tasks from reading, to describing photos, to identifying products, and more.	Android Apple	Free
	Sociability	Find accessible places. Wherever you are going, get detailed & reliable accessibility information.	Android Apple	Free

	<u>Sound Amplifier</u>	Makes everyday conversations and surrounding sounds more accessible among people who are hard of hearing, using your phone and a pair of headphones. Filter, augment and amplify sounds around you and on your device.	<u>Android</u>	Free
	<u>Toilet Finder</u>	Find a toilet nearby	<u>Android</u> <u>Apple</u>	Free
	<u>Voice Access</u>	Uses voice commands to do some actions and navigation from screens (e.g. open apps, answer calls). Text editing and dictation by voice.	<u>Android</u>	Free

Arts & Crafts

	App/Website	Description	Device	Cost
	Canva	Create video, social media graphics and presentations. Includes ready-made templates.	Android Apple Web	Free Pro £99
	Fonty	Create your own font and use it to type with.	Android	Free
	Kandinsky	Create music with art.	Web	Free
	Sketchbook	From quick sketches to fully finished artwork. A sketching, painting, and drawing app.	Android Apple	Free
	Splice	Make and edit videos.	Android Apple	Free

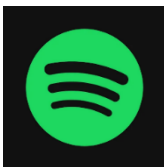
Bereavement

	App/Website	Description	Device	Cost
	Apart of Me	Designed for young people aged 11 or above who have had a parent who has died or has a terminal illness. Players explore a magical world, completing quests and hearing real stories from other young people. Designed by a child psychologist, the game uses counselling techniques to help players come to terms with their feelings.	Android Apple	Free
	Grief Refuge	Helps you feel soothed and supported through grief, healing, and living your life from this point forward. Provides daily content to help you cope with death related loss and process grief-filled thoughts and emotions.	Android Apple	Free

Dementia

	App/Website	Description	Device	Cost
	Alzheimer's UK	A national charity offering a wide range of advice and resources to understanding and getting support with dementia.	Web	Free
	Lumosity	A fun, interactive way to train your brain and learn about how your mind works.	Android Apple	Free In-app purchases
	Memory Lane Games	Create personalised quizzes about the individual's life or favourite subject.	Android Apple	Free trial Monthly subscription
	MindMate	Helps those with dementia improve focus through various activities like problem-solving, memory and attention activities.	Apple Web	Free
	MyReef 3D 2 Lite	A calm place where users can play with the fish and listen to soothing music – knock on the tank to interact with the fish.	Apple	£2.99

Entertainment – Music and TV

	App/Website	Description	Device	Cost
	BBC iPlayer	Watch the latest TV series, documentaries and Sport from the BBC all in one app. Watch live, on demand or download to watch on the move.	Android Apple Web	Free
	BBC Sounds	Listen to a wide variety of BBC radio stations, new podcasts, music mixes and live sets. Catch up or listen again to your favourite BBC radio shows.	Android Apple Web	Free
	Netflix	Award-winning series, films, documentaries and stand-up specials.	Android Apple Web	Requires paid subscription to watch
	Podbean	A podcast player with millions of popular podcasts that you can stream or download.	Android Apple	Free
	Spotify	An extensive library of music and podcasts. Free version has limited features and includes adverts. Spotify Premium has full features, includes audiobooks and no adverts.	Android Apple Web	Free option Requires paid subscription for full features
	YouTube	Videos and tutorials from a wide range of topics such as music videos, gaming, fashion, beauty, news and learning – just about everything!	Android Apple Web	Free In-app purchases

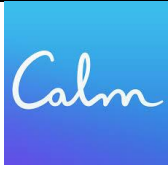
Food

	App/Website	Description	Device	Cost
	MyFitnessPal	Nutrition facts for over 14 million foods. Log everything you eat in your food diary for detailed insights about your nutrition.	Android Apple	Free
	NHS Food Scanner App	Ever wondered how much sugar is in your favourite cola or salt is in your sauce? Food Scanner is here to help make healthier food and drink choices. Scan a barcode to see what's inside.	Android Apple	Free

Managing Physical Health

	App/Website	Description	Device	Cost
	Couch to 5K	Transform your health with the NHS Couch to 5K app, the trusted companion for beginners seeking to kickstart their running journey.	Android Apple	Free
	Diabetes UK	Offers advice, information and guidance about how to live with diabetes and manage the health condition.	Web	Free
	Get Yourself Active (Youtube channel)	Pre-recorded videos to support disabled people to get active at home. The videos were developed from research and designed using experiences and feedback of disabled people and people with long term health conditions.	Android Apple Web	Free
	Know Your Lemons	Period tracker, self-exam guide, risk calculator, mammograms and more.	Android Apple	Free
	mymHealth	Education, rehabilitation, and self-management for long-term conditions, including Asthma, COPD, Diabetes and Heart Disease.	Android Apple	Free Referral from GP needed
	NHS App	Access a range of NHS services such as prescription ordering, test results, health record, organ donor choice.	Android Apple	Free
	Sleepio	NICE-recommended online sleep improvement programme proven to help you clear your mind, get better sleep, and have better days.	Android Apple	Free
	Smoke Free Stop Smoking	Support to stop smoking based on your smoking patterns, moods, motivation to quit, and quitting goals.	Android Apple	Free

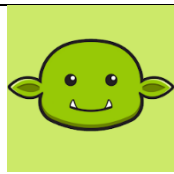
Managing Mental Health

	App/Website	Description	Device	Cost
	Calm	An app focused on improving wellbeing and mental health using guided meditations, sleep stories, and support to focus on work.	Android Apple	Free trial Annual subscription
	Headspace	Mindfulness and meditation. Provides unique tools and resources to help reduce stress, build resilience, and aid better sleep.	Android Apple	Free trial Monthly & annual subscription
	MindShift CBT	No longer available. Break free from anxiety and stress. Includes a personal mood journal, fear trees, challenges, and guided meditations.	Android Apple	No longer available
	Smiling Mind	Practical mental fitness toolkit. Designed for minds of all ages and stages, the new Smiling Mind App helps you learn the skills that promote mental wellbeing and create the habits to thrive.	Android Apple	Free

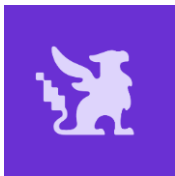
Nature

	App/Website	Description	Device	Cost
	BirdNET	Uses AI to train computers to identify more than 3,000 common bird species worldwide from their sound. Record, see if BirdNET correctly identifies the species and get to know the birds around you.	Android Apple	Free
	iNaturalist	An online social network of people sharing biodiversity information to help each other learn about nature.	Android Apple Web	Free
	Merlin Bird ID	Offers four ways to help you identify birds you see and hear. Identify birds by uploading a photo, recording a singing bird, answering a few questions or exploring birds in a region.	Android Apple	Free
	Picture Mushroom	A fast and easy way to identify mushrooms by taking or uploading a picture.	Android Apple	Free In-app purchases
	PictureThis – Plant ID	Instantly identify plants by taking or uploading a picture. In addition to description and plant care tips, enjoy beautiful plant pictures around the world.	Android Apple	Free In-app purchases
	Plant Net	Identify plants by photographing them with your smartphone.	Android Apple	Free
	Purple Patch Arts	Resources which help people to get outside and enjoy nature with beautiful videos and activities.	Website	Free
	Seek	Identify plants and animals around you by uploading pictures. Earn badges for seeing different types of plants, birds, fungi and more	Android Apple	Free

Neurodiversity

	App/Website	Description	Device	Cost
	Forest	Can't stop scrolling? Lack of self-control? Forest is the solution that has the cutest focus timer to help you stay focused and boost productivity!	Android Apple	Free In-app purchases
	Goblin Tools	App version of the free website goblin.tools is a collection of small, simple, single-task tools, mostly designed to help neurodivergent people with tasks they find overwhelming or difficult. Break down tasks into manageable steps, identify or change tone of writing	Android Apple Web	£1.69 Free on web
	Human Rights Town	Developed by the Scottish Commission for People with Learning Disabilities (SCLD) to help inform people with disabilities about their human rights.	Android Apple	Free
	JABtalk	Not currently available. Speech communication app designed to help non-verbal children and adults communicate.	Android	Not currently available

Organisation

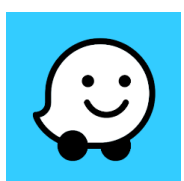
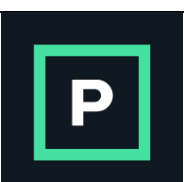
	App/Website	Description	Device	Cost
	CanPlan	Create visual schedules. Break down activities into easy-to-follow sequences using photos. Reinforce with text & audio prompts.	Apple	Free In-app purchases
	Google Jamboard	No longer available. Google's take on the digital whiteboard.	Web	No longer available Free
	Google keep	Create and share notes, lists, photos, drawings and audio.	Android Apple Web	
	Habitica	A productivity app that treats your real life like a game. Habitica can help you achieve your goals to become healthy and happy.	Android Apple	Free In-app purchases
	Jointly	Makes caring easier, less stressful and more organised by making communication and coordination between those who share the care as easy as a text message.	Android Apple Web	Free with access code 'WESTYORKS'
	Todoist	Helps you organise and prioritise your tasks and projects.	Android Apple	Free Pro: Yearly subscription

Saving Money

	App/Website	Description	Device	Cost
	CheckoutSmart	Access rewards from supermarket brands wherever you shop. Buy products, snap your receipt and receive cash securely into your bank or PayPal account.	Android Apple	Free
	Discounts for carers	Sign up with an email and password to unlock discounts on a variety of things (e.g. travel, shopping, activities) specifically for unpaid carers.	Web	Free
	eBay	Buy and sell new and second-hand items.	Android Apple Web	Free
	Money Saving Expert	All MSE's guides, news and blogs to help you save money, check your credit power and get top deals to cut your costs.	Android Apple Web	Free
	Shopmium	Cashback, discounts and offers on everyday purchases whether you shop in your local grocery store or online.	Android Apple	Free
	Too Good to Go	Every day, delicious, fresh food goes to waste at cafes, restaurants, hotels, shops and manufacturers - just because it hasn't sold in time. The app lets you buy and collect this food - at a great price - so it gets eaten instead of wasted. You won't know exactly what's in your order until you pick it up - it's all part of the surprise.	Android Apple	Free
	Vinted	Buy and sell pre-loved second-hand clothes.	Android Apple	Free

Travel

	App/Website	Description	Device	Cost
	AccessAble	Used to be 'DisabledGo'. AccessAble is here to take the chance out of going out. To give you the detailed information you need to work out if a place is going to be accessible to you. Includes 'access guides' for some shops.	Apple	Free
	Blue Badge Parking	Helps you find disabled parking spaces.	Android Apple	Free
	Citymapper	Compare travel options in real-time globally, with live departures and bus locations. Turn-by-turn directions for public transport, walking, cycling and scooter trips.	Android Apple	Free In-app purchases
	First Bus	Plan a journey, buy a great value mobile ticket (mTicket) or find where your bus is with live bus times	Android Apple	Free
	Google Maps	Find the best routes with live traffic data and real-time GPS navigation for driving, walking, cycling and public transport. Information about places and businesses with photos, reviews and opening hours.	Android Apple Web	Free
	Google Translate	Whether you're traveling, learning a new language, or communicating internationally, this app is your perfect companion for translating text, voice, and photos into 100+ global languages.	Android Apple Web	Free
	MCard Mobile	Buy daily, weekly or monthly bus and rail tickets for adults, children, students and young people. Available 24/7, tickets appear in your phone.	Android Apple	Free

	Parkopedia	Access information on over 70 million parking spaces in 15,000 cities around the world.	Apple Web	Free In-app purchases
	PayByPhone	Enter or scan the location code, choose your duration, and pay using your preferred payment method - all from your phone.	Android Apple	Free In-app purchases
	RingGo	Park and pay by phone.	Android Apple	Free In-app purchases
	Trainline	Check train times, book tickets, save time & money.	Android Apple Web	Free
	Waze	GPS navigation, live traffic updates, real-time safety alerts (including roadworks, accidents, crashes, police, potholes and more), and accurate ETAs.	Android Apple Web	Free
	What3Words	A way to identify precise locations. Every 3m square has been given a unique combination of three words: a what3words address.	Android Apple Web	Free
	Your Parking Space	Find and book parking spaces across the country. Save time and money by booking in advance. Over 700,000 spaces to book across the country.	Android Apple Web	Free In-app purchases