Cymunedau Digidol Cymru
Hyder Digidol, Iechyd a Lles

Digital Communities Wales
Digital Confidence, Health and Well-being

Darparwyd gan
Delivered by

cwmpas

Rhaglen
Llywodraeth Cymru
Welsh Government
Programme

Apps for well-being and independence

How to use this document

These resources have been collated to support you alongside Digital Communities Wales: Digital Confidence, Health and Well-being (DCW) training.

We have included webpages within this document that contain helpful information for supporting others. We have included these as links in this document. Look out for the **pink link symbol,** which you can select with your curser or finger, to open and view the link.

If you are viewing a printed resource, either type the website address into a web-browser or scan the QR code to open the webpage.

How to scan a QR code

1. Open your QR code app on your device. On many modern smart phones, this is your camera app.
2. Point the camera at the QR code and ensure all of the code is in the frame.
3. Look at your screen to see if a website link has appeared. If it has, touch it with your finger and it will open the website!

Disclaimer

The following information and resources provided by Digital Communities Wales: Digital Confidence, Health and Well-being (DCW) have been developed for Digital Champions to support others with their digital skills.

We do not recommend one app or website over another and appreciate that there are many other options available to online users.

Please ensure that you share important advice around privacy, online safety and personal responsibility when using digital tools and services.

When viewing or downloading apps to your device, ensure you use the official app store supported on your device.

Downloading apps

To find out more on how to download apps, follow the links or QR codes below for the relevant operating system.

Apple	Android	Microsoft
SCAN ME	SCAN ME	SCAN ME
https://apple.co/4dlTADZ	https://bit.ly/4gHXZnw	https://bit.ly/3TKEssO

Health and Wellbeing

Some health boards have a dedicated section on their website detailing useful apps and websites. You may find this information through your health board website **https://bit.ly/3MNKXHs**. Alternatively, you can Google terms such as "Your local health board name - app library" or "Orcha App library - local health board name."

Below are some of the NHS endorsed apps available free to download on Apple or Android.

NHS Food Scanner
Find food nutritional information by scanning barcodes or searching

Drink free days
Practical support to cut down on drinking alcohol.

NHS Couch to 5K
A beginner's running app.

NHS Weight Loss
12 week plan to track eating habits and develop a healthier lifestyle.

NHS Active 10
Tracks your walking activity throughout the day.

NHS Quite Smoking
A 28 day programme to help stop smoking.

Wellbeing and Mindfulness

Headspace
Available on Apple or Android

- App for sleep and mindfulness
- Subscription required for full access.

Silvercloud Health
Free on Apple or Android

- By Silvercloud
- Tools and support with mental health issues.

Sorted
Free on Apple or Android

- By Positive Rewards
- Supporting mental health through music.

Sleepio
Free on Apple or Android

- By Big Health Ltd
- An app designed to help with sleep.

Accessibility

Seeing AI : Free on Apple or Android
- By Microsoft
- An app that narrates the world around you.

Live Transcribe: Free on Android
- By Google
- Live transcription and subtitling app for those with hearing difficulties.

Games, Quizzes and Activities

This is Sand
Free on Apple or Android

- By Beige Elephant
- Make and share pictures out of sand.

Let's Create! Pottery HD Lite
Free on Apple or Android

- By Infinite Dreams
- Digital pottery making

My house of memories
Free on Apple or Android

- By National Museum Liverpool
- Reminiscence activities for those living with dementia.

My Bowling 3D
Free on Apple or Android

- By iWare designs ltd
- Digital ten pin bowling.

Magic Piano
Free on Apple or Android

- By Smule
- A piano rhythm game.

Quizziz
Free on Apple or Android

- By Quizizz
- Online quiz app for groups or individuals

Wordle
Free on Apple or Android

- By Lion Studios plus
- Daily word puzzles

Garage Band
Free on Apple

- By Apple
- Digital music making app

Music and Entertainment

Youtube
Free on Apple or Android

- By Google
- Music, videos and streaming

Spotify
Free on Apple or Android

- By Spotify
- Music and podcast streaming app

BBC Sounds
Free on Apple or Android

- By BBC
- Listen to radio, music and podcasts

BBC iPlayer
Free on Apple or Android

- By BBC
- Watch live and on-demand TV

S4C Clic
Free on Apple or Android
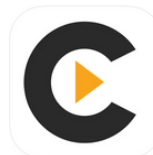
- By S4C
- Watch live and on-demand Welsh medium TV

ITVX
Free on Apple or Android

- By IVC
- Stream boxsets, films and live TV

What next?

To find out more about our support, get in touch:

digitalcommunities.gov.wales/contact-us/

0300 111 5050

Find us on