

INFORMATION AND TECHNOLOGY – FACTSHEET NO. 6

Computers for the Disabled

Computers for the Disabled is a registered charity which recycles old PCs and laptops, making them to your specification. This service is either free or you pay for any adaptations or expenses that the charity incurs. For more information contact Paul Harris on 01268 284834 by email at BigPaulH@blueyonder.co.uk

BT Basic

BT Basic is a low-cost line rental service for people on benefits. The BT Basic line rental is £ 15.30 every three months. It also includes a call allowance of £4.50 every three months. If your phone calls to normal UK or international destinations never go over that amount, your bill will never be more than £ 15.30 every three months. You can find out more from the [BT website](#) or by calling 0800 800 864

Ability Net

Free computer help and IT support for disabled people. AbilityNet exists to change the lives of disabled people by helping them to use digital technology at work, at home or in education. Free helpline 0800 269 545. Visit www.abilitynet.org.uk/freeservices

U Can Do It Project

A charity providing tuition to people with sensory, physical and age related disabilities who want to learn how to use a computer and the internet in their own home. For more information call 0208 673 3300 or email enquiries@ucandoit.org.uk or visit www.ucandoit.org.uk .