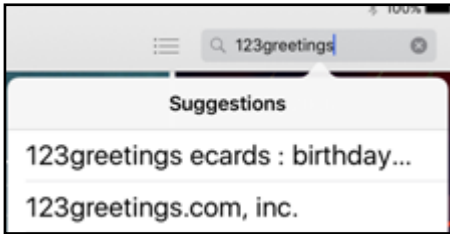
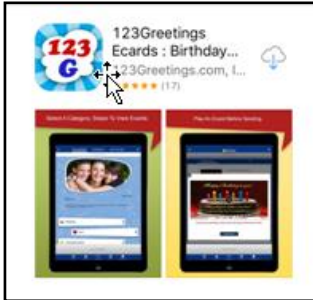
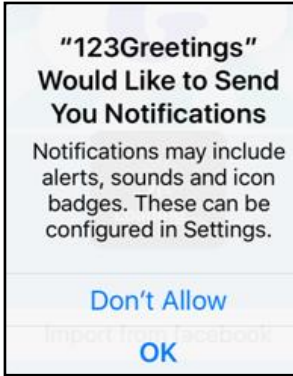

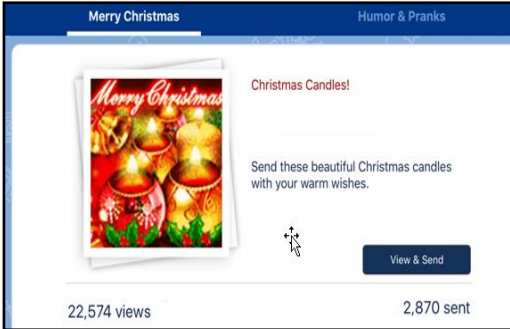
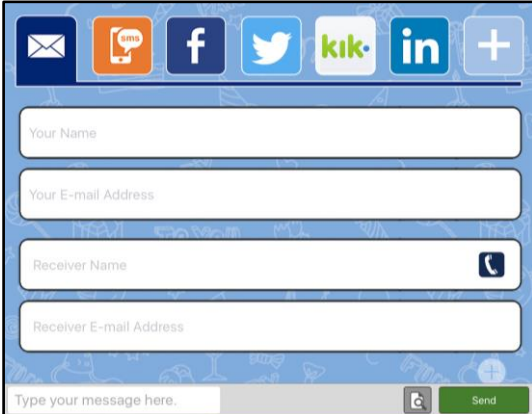




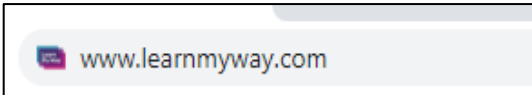
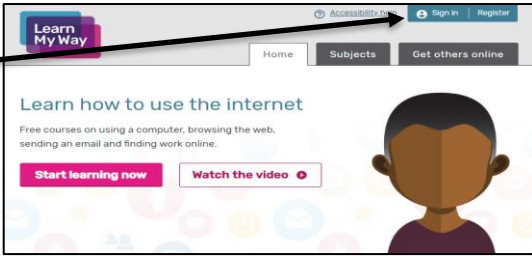
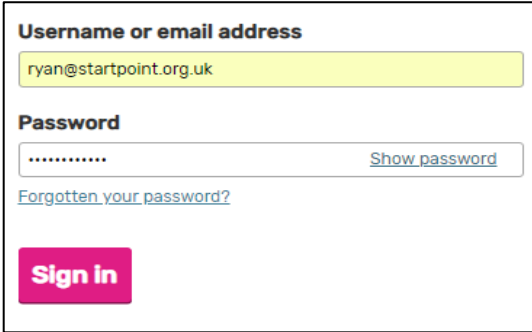
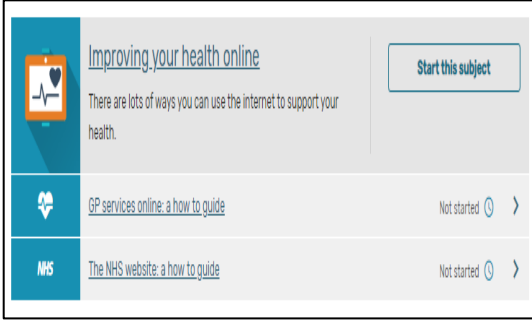

# 123 Greetings Cards

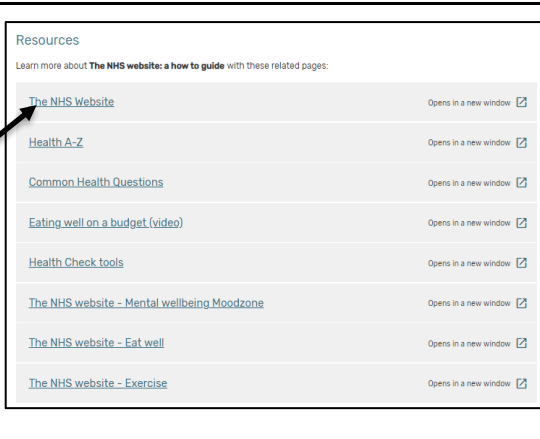








123 Greetings Cards is an online service where you can send friends, family and loved ones e-cards to mark special occasions.

123 Greetings Cards		
1	<p>Open your app store and enter 123 greetings into the app store search bar.</p>	
2	<p>Click 'Get' and then 'Install'. You will need your Apple ID password or Google Play password to download this app.</p>	
3	<p>Once the app has downloaded, open up the app. If it asks you about notifications, select 'Don't Allow'.</p> <p>You'll also be given the option to import your contacts, skip this.</p>	
4	<p>Select 'Holidays' at the top and then 'Christmas Cards'. Along the bottom of the page are adverts, avoid clicking these as you may be re-directed off the app.</p>	

<p>5</p>	<p>Scroll through the cards and select a card. Select 'View &amp; Send' and then click 'Send Now'.</p>	 
<p>6</p>	<p>Complete the boxes with your name, Your Email address the name of who you are sending too and their Email address Use mine for your first one – <a href="mailto:julie@startpoint.org.uk">julie@startpoint.org.uk</a>.</p>	

7	<p>From the Live Well page scroll down to find <b>Alcohol support</b> and again click onto the hyperlink.</p>	 <p><b><u>Alcohol support</u></b></p> <p>Find out the health benefits of reducing your alcohol intake and get tips on cutting down</p>
8	<p>Now we are going to find out how many units there are in our favourite tipples. Read through the text and find where you would access a quick guide to work out how many units there are in beer.</p>	<p>Use this quick guide to work out how many units are in your favourite <a href="#">pint of beer</a> or <a href="#">glass of wine</a>.</p>
Q	<p><b>How many units are in this can of beer?</b></p> <hr/>	

<p>9</p>	<p>We are now going to go on to Learn My Way and complete the course on the NHS website: a how-to guide. Firstly, we need to open our browser and enter <a href="http://www.learnmyway.com">www.learnmyway.com</a> into the address bar.</p>	
<p>10</p>	<p>Once you are on Learn My Way, we need to select 'Sign in' in the top right-hand corner.</p>	
<p>11</p>	<p>Now we need to enter our username and password. If you are struggling with logging in, speak to a volunteer and they'll assist you in accessing your Learn My Way account.</p>	
<p>12</p>	<p>Once we have logged in, we need to scroll down to the Improving your health online group of courses and select the NHS website: a how-to guide course.</p>	
<p>13</p>	<p>Once you've selected the NHS website: a how-to guide, you'll see the modules that make up the course – 1. Online Health Information, 2. A healthy lifestyle, 3. Discovering health services near you and 4. Staying healthy with the NHS quiz.</p>	

14	Once you've finished the course, you can 'Sign out' at the top or access the NHS website directly by scrolling down and selecting it from the list of resources.	 <p>Resources</p> <p>Learn more about <b>The NHS website: a how to guide</b> with these related pages:</p> <ul style="list-style-type: none"><li><a href="#">The NHS Website</a> Opens in a new window </li><li><a href="#">Health A-Z</a> Opens in a new window </li><li><a href="#">Common Health Questions</a> Opens in a new window </li><li><a href="#">Eating well on a budget (video)</a> Opens in a new window </li><li><a href="#">Health Check tools</a> Opens in a new window </li><li><a href="#">The NHS website - Mental wellbeing Moodzone</a> Opens in a new window </li><li><a href="#">The NHS website - Eat well</a> Opens in a new window </li><li><a href="#">The NHS website - Exercise</a> Opens in a new window </li></ul>
----	------------------------------------------------------------------------------------------------------------------------------------------------------------------	------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------