

Simple Smartphone Guide

A beginner-friendly guide to using a smartphone safely and confidently.

Making Calls

Open the Phone app and tap a contact to call.

Sending Text Messages

Use the Messages app to send texts to family and friends.

Using Wi-Fi

Connect to trusted home Wi-Fi networks to save mobile data.

Taking Photos

Open the Camera app and tap the circle button to take a photo.

Downloading Apps

Use the App Store or Google Play Store only.

Charging the Phone

Charge the phone daily to keep it ready for emergencies.

Safety Tips

- Keep your phone locked with a PIN.
- Avoid clicking unknown links in texts.
- Turn on automatic updates.
- Keep important contacts saved in favourites.

Prepared for FreeCallsForSeniors.co.uk — Helping older adults stay connected safely.