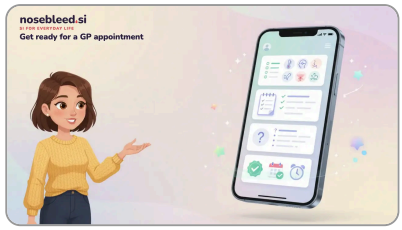
Get ready for a GP appointment



Use AI to turn your worries into short, clear notes and questions, so you remember everything on the day.

By the end, you'll be able to:

- describe a health problem clearly
- use AI to put your notes in order
- know what AI should and shouldn't do with health questions

Warm-up What makes a doctor's appointment hard?

Tick any that are true for you, then talk about it with your group.

☐ It feels rushed ☐ I forget what I meant to say ☐ I don't like to make a fuss ☐ I don't understand the words ☐ I forget what the doctor said

1 Describe it clearly

Pat has written some notes before seeing the GP. Read them.

PAT'S NOTES
Knee's been bad. Since around Christmas maybe? Worse on the stairs. Tried paracetamol, helps a bit. Also want to ask about my flu jab. And I keep waking up at night, not sure if that's the knee.

Fill in what Pat's notes tell you.

	Pat's notes say
What's the problem?	
Since when?	
What makes it better or worse?	
What has Pat tried?	

2 Ask AI to tidy it up

If you have a device, open an AI chat app and start a new chat. Type this prompt, followed by Pat's notes.

TRY THIS PROMPT

I have a 10-minute GP appointment. Please turn my notes into a short, clear list I can read out: my main problem first, then anything else. Then suggest three questions I could ask. Please don't tell me what you think is wrong. Here are my notes:

What's missing from Pat's notes that the doctor might ask? For example, which knee? Write two things.

3 What's AI for?

Tick whether each job is fine for AI, or one to leave to the doctor.

	Fine for AI	Leave to the doctor
Put your notes in a sensible order		
Tell you what's wrong with you		
Suggest questions to ask		
Decide whether you need an appointment		
Explain a medical word in plain English		
Tell you to stop taking a medicine		

4 Your top three

Appointments are short, so say the most important thing first. Write the three things Pat should say, in order.

> **No device?** In pairs, one of you reads Pat's notes aloud. The other puts them in order and says them back, most important first.

5 On the day

- Take your list, and a list of your medicines.
- Write down what the doctor says, or ask a friend or family member to come with you.
- Before you leave, ask: *"What should I do if it doesn't get better?"*

> **Urgent?** AI is for preparing, not emergencies. Call 999 (or your local emergency number) for chest pain, difficulty breathing or signs of a stroke.

Find out more: read the free step-by-step guide, with a 10-second video, at **nosebleed.si/ideas/get-ready-for-a-gp-appointment**

Teacher notes: Get ready for a GP appointment

Time: 45 to 60 minutes

Level: beginners; no AI experience needed

Group: any size; works well in pairs

You'll need: a copy per learner; phones or tablets with an AI chat app (optional)

Before the session

Read Pat's notes and try the prompt yourself. Learners should practise with Pat's notes, not their own health worries. If anyone wants to prepare for their own appointment, suggest they do it privately at home.

Running order

5 min	**Warm-up.** Share what makes appointments hard. Most people forget something.
10 min	**Part 1.** Pairs fill in the table from Pat's notes.
15 min	**Parts 2 and 3.** Try the prompt, or read out an AI answer. Then sort the jobs.
15 min	**Part 4.** Pairs agree Pat's top three, or do the role-play.
5 min	**Wrap-up.** The tips in Part 5.

Answers: Part 1

Problem: knee pain (the notes don't say which knee).
Since: around Christmas.
Worse: on the stairs.
Tried: paracetamol, which helps a bit.

Answers: Part 3

Fine for AI: putting notes in order; suggesting questions; explaining words.
Leave to the doctor: what's wrong; whether you need an appointment; stopping a medicine.

Part 4: an example

1. "My left knee has hurt since around Christmas. It's worse on the stairs, and paracetamol only helps a bit."
2. "I keep waking in the night."
3. "Can I have my flu jab?"

Discussion points

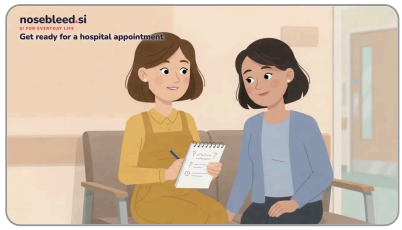
- Useful details: which side, how bad (say, out of 10), and what it stops you doing.
- AI may suggest what's wrong even when asked not to. Ignore it, and let the doctor decide.

Safety notes

- Leave out names, dates of birth and NHS numbers when using AI.
- In the UK: 999 for emergencies; NHS 111 for urgent advice when it's not an emergency.

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Get ready for a hospital appointment



Use AI to make a checklist, so the day goes smoothly: what to bring, how to get there and what to ask.

By the end, you'll be able to:

- find the key facts in an appointment letter
- use AI to make a checklist for the day
- prepare questions to ask

Warm-up What can make a hospital visit stressful?

Talk about it with your group. Finding the clinic? Parking? Waiting? Forgetting to ask something?

1 Read the letter

Here's part of a made-up appointment letter. Read it, then answer the questions on the next page.

MADE-UP SAMPLE LETTER

Anytown General Hospital · Outpatients
Your appointment: **Eye Clinic, Clinic 4, Level 2**
Tuesday 9 March 2027 at 10.40am. Please arrive 15 minutes early.
Please bring: this letter, your glasses, and a list of the medicines you take.
You may be given eye drops, which can blur your sight for several hours. **Please do not drive to this appointment.**
If you can't come, please call us on 01632 960 456.

Part 1, continued.

Which clinic, and where is it? _____

What time should you arrive? _____

What three things should you bring? _____

Why shouldn't you drive? _____

2 Ask AI for a checklist

If you have a device, open an AI chat app and try this prompt.

TRY THIS PROMPT

I have a hospital eye clinic appointment at 10.40am on a Tuesday. I can't drive there because of eye drops. Please make me a short checklist for the day before and the day itself: what to bring, how to plan getting there and back, and three questions to ask. Keep it short and in plain English.

3 Getting there and back

How could you get there and back without driving? Write two ideas.

> **Remember:** AI may not know today's bus times, parking charges or road works. Check with the bus company or the hospital's website.

4 Questions to ask

It's easy to forget questions on the day. Write three you could ask at the appointment. For example: *"When will I get the results?"*

5 On the day

Tick the ones you'd do.

□ Take the letter and my list of questions

□ Allow extra time to park, or to find the clinic

□ Take a book, a drink and a snack, in case there's a wait

□ Write down what I'm told, or take someone with me

□ Ask what happens next before I leave

> **No device?** In pairs, one of you is the patient and one the clinic receptionist. The patient phones to check the time, what to bring and where to go.

Find out more: read the free step-by-step guide, with a 10-second video, at **nosebleed.si/ideas/get-ready-for-a-hospital-appointment**

Teacher notes: Get ready for a hospital appointment

Time: 45 to 60 minutes

Level: beginners; no AI experience needed

Group: any size; works well in pairs

You'll need: a copy per learner; phones or tablets with an AI chat app (optional)

Before the session

Read the sample letter and try the prompt. The hospital, clinic and phone number are made up (01632 960 numbers are reserved for drama).

Running order

5 min	**Warm-up.** What makes hospital visits stressful.
10 min	**Part 1.** Pairs find the key facts in the letter.
15 min	**Parts 2 and 3.** Try the prompt or read out an AI answer, then plan the journey.
15 min	**Parts 4 and 5.** Write questions, then the day-of checklist or role-play.
5 min	**Wrap-up.** One thing each learner will do before their next appointment.

Answers: Part 1

Clinic: the Eye Clinic, Clinic 4, on Level 2.
Arrive: by 10.25am (15 minutes early).
Bring: the letter, glasses, and a list of medicines.
Don't drive: the eye drops can blur your sight for hours.

Part 3: ideas

A lift from a friend or family member; a bus; a taxi; or a community transport scheme.

Discussion points

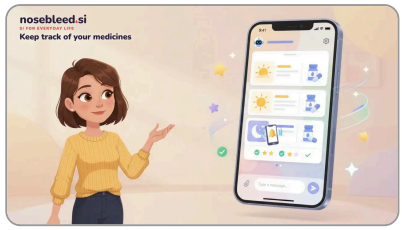
- In the UK, the NHS may provide free transport for people whose health means they can't get there another way. The hospital or GP can say if someone qualifies.
- Good questions: what the results mean, what happens next, who to contact with worries, and any side effects to watch for.
- AI can't see the hospital's own information, so check the letter and the hospital's website.

Safety notes

- Leave names, NHS numbers and hospital numbers out of the AI chat.
- If anything in a real letter is unclear, call the number on the letter.

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Keep track of your medicines



Use AI to turn a pile of medicine labels into a clear daily chart, then check every line.

By the end, you'll be able to:

- copy instructions from a label exactly
- use AI to set out a daily chart
- check the chart against the labels, and know who to ask

Warm-up How do people remember to take their medicines?

Share ideas with your group. Alarms? A pill box? Keeping them by the kettle?

1 Read the labels

Here are three made-up medicine labels, for practice only. Read them.

MRS M HILL · ANYTOWN PHARMACY
A. Amlodipine 5 mg tablets. Take ONE tablet each morning.

MRS M HILL · ANYTOWN PHARMACY
B. Metformin 500 mg tablets. Take ONE tablet TWICE a day with food.

MRS M HILL · ANYTOWN PHARMACY
C. Atorvastatin 20 mg tablets. Take ONE tablet at night.

Fill in the chart. Write the letter of each medicine at the right time of day.

Morning	Midday	Evening	Bedtime

2 Ask AI to make the chart

If you have a device, try this prompt, followed by the three labels. **Leave out the name.**

TRY THIS PROMPT

Please make a simple daily chart from these medicine labels. Copy the instructions exactly as written. Don't add anything, and don't give advice. Use columns for morning, midday, evening and bedtime. Here are the labels:

3 Spot the mistakes

Here's a chart an AI assistant might make. It has **two mistakes**. Check it against the labels.

Medicine	Morning	Midday	Evening	Bedtime
Amlodipine 5 mg	1 tablet			
Metformin 500 mg (with food)	1 tablet			
Atorvastatin 20 mg				1 tablet

Note: you can skip the amlodipine on days when you feel well.

The two mistakes are:

4 Who should you ask?

Tick who could help with each question.

	AI can help	Ask a pharmacist or GP
Can I take this with my other tablets?		
Can you make my chart bigger and clearer?		
I've got a new side effect. What should I do?		
What can help me remember my evening tablet?		
Can I stop this medicine now I feel better?		

5 Good habits

- Copy the label **exactly**, and check every line of the chart against the packets.
- Update the chart whenever a medicine changes, and take it to appointments.
- Never change when or how much you take because of something AI says.

> **No device?** In pairs, one of you reads a label aloud and the other fills in the chart. Then swap and check each other's.

Find out more: read the free step-by-step guide, with a 10-second video, at **nosebleed.si/ideas/keep-track-of-your-medicines**

Teacher notes: Keep track of your medicines

Time: 45 to 60 minutes

Level: beginners; no AI experience needed

Group: any size; works well in pairs

You'll need: a copy per learner; phones or tablets with an AI chat app (optional)

Before the session

Use only the sample labels in class, never learners' own medicines. The labels show common medicines and doses for practice only; they're not advice.

Running order

5 min	**Warm-up.** Share ways to remember medicines.
10 min	**Part 1.** Learners fill in the chart from the labels.
15 min	**Parts 2 and 3.** Try the prompt, then spot the mistakes.
15 min	**Parts 4 and 5.** Who to ask, then good habits.
5 min	**Wrap-up.** The golden rule: AI organises; it doesn't advise.

Answers: Part 1

Morning: A and B. **Evening:** B (with food). **Bedtime:** C.

Answers: Part 3

1. Metformin should be twice a day, with food: morning *and* evening. The chart only shows the morning.
2. The note about skipping amlodipine is made up, and dangerous. The label says nothing like it. Never stop a medicine without asking your GP or pharmacist.

Answers: Part 4

AI can help: making the chart clearer; ideas for remembering, such as a phone alarm.
Ask a pharmacist or GP: other tablets; side effects; stopping a medicine. (In the UK, NHS 111 can help if it's urgent.)

Discussion points

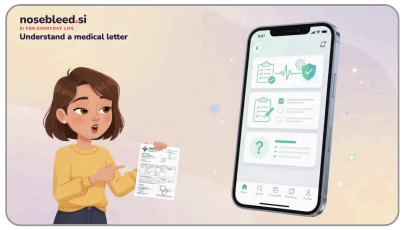
- Pharmacists are experts in medicines, and you can usually talk to one without an appointment.
- AI can misread a photo of a label, especially numbers.

Safety notes

- Leave names, dates of birth and NHS numbers out of the AI chat.

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Understand a medical letter



Use AI to explain the medical words in a letter, then check its summary against the letter.

By the end, you'll be able to:

- keep personal details private when using AI
- use AI to explain medical words in plain English
- check an AI summary against the letter

Warm-up Match the medical words to their meanings

Draw a line from each word to its meaning. They're all in the sample letter on the next page.

Osteoarthritis	Only when you need it
Medial	Exercises and treatment to help you move
Physiotherapy	Another check later
As required	Wear and tear in a joint
Review	On the inner side

1 Keep it private

Before you share a letter with AI, cover your personal details. On the sample letter, **circle everything you'd cover up**. How many did you find? _____

MADE-UP SAMPLE LETTER, FOR PRACTICE ONLY

Anytown General Hospital

Orthopaedic Outpatients · 01632 960 789

2 February 2027
Hospital number: AGH 445566

Dr A Patel, Elm Road Surgery
Copy to: Mrs Margaret Hill, 12 Example Street, Anytown, ZZ1 1ZZ
Date of birth: 03/05/1950 · NHS number: 999 123 4567

Dear Dr Patel,

I saw Mrs Hill in clinic today with a history of left knee pain for 3 months, worse on stairs.

Diagnosis: mild osteoarthritis, left knee.
X-ray: mild joint space narrowing, medial compartment.

Plan:
1. Referral to physiotherapy.
2. Continue paracetamol as required.
3. Weight-bearing exercise encouraged.
4. Review in orthopaedic clinic in 6 months.

GP action: none required.

Yours sincerely,
Mr J Okafor, Consultant Orthopaedic Surgeon

Anytown General Hospital and everyone named are made up. 01632 960 numbers are reserved for drama, and NHS numbers starting 999 are not given to real patients.

SAMPLE

2 Ask AI to explain it

If you have a device, try this prompt, then type out the letter **without the personal details**.

TRY THIS PROMPT

Please explain this letter from the hospital in plain English. Tell me what it says is wrong, what will happen next, and what any medical words mean. Please don't add anything that isn't in the letter. Here it is:

3 Spot the mistake

This summary has **one mistake**. Check it against the letter, and find it.

EXAMPLE SUMMARY

The hospital found mild wear and tear in your right knee. You'll be referred to a physiotherapist, you can keep taking paracetamol when you need it, and walking and other exercise is encouraged. You'll have another check at the clinic in 6 months. Your GP doesn't need to do anything.

The mistake is: _____

4 Your questions

Write two questions Mrs Hill could ask her physiotherapist or GP.

Find out more: read the free step-by-step guide, with a 10-second video, at **nosebleed.si/ideas/understand-a-medical-letter**

Teacher notes: Understand a medical letter

Time: 45 to 60 minutes

Level: beginners; no AI experience needed

Group: any size; works well in pairs

You'll need: a copy per learner; phones or tablets with an AI chat app (optional)

Before the session

Try the prompt yourself with the sample letter. Learners should never bring their own medical letters to class. Many hospital letters are now written to the patient, but some are still written to the GP, like this one.

Running order

10 min	**Warm-up.** Match the words. Reassure learners: these words confuse everyone.
10 min	**Part 1.** Read the letter and circle the personal details.
15 min	**Part 2.** Try the prompt, or read out an AI answer.
10 min	**Parts 3 and 4.** Spot the mistake, then write a question.
5 min	**Wrap-up.** AI explains; your doctor advises.

Answers: warm-up

Osteoarthritis: wear and tear in a joint.
Medial: on the inner side.
Physiotherapy: exercises and treatment to help you move.
As required: only when you need it.
Review: another check later.

Answers: Part 1

Name, address, date of birth, NHS number and hospital number.

Answer: Part 3

It's the **left** knee, not the right. Small mistakes like this matter in health, so always check AI against the letter.

More words

Joint space narrowing: the gap between the bones in the joint is smaller, a sign of wear.
Weight-bearing exercise: exercise on your feet, such as walking.

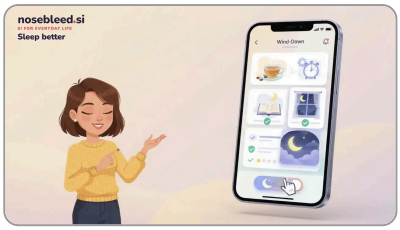
Safety notes

- AI explains what a letter says; it can't say what's right for you. If anything worries you, ask your GP or the clinic.

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Sleep better

Use a simple sleep diary and AI's ideas to find small changes worth trying.



By the end, you'll be able to:

- spot patterns in a sleep diary
- ask AI for practical, general tips
- know when to talk to a GP or pharmacist instead

Warm-up What helps you sleep, and what keeps you awake?

Talk about it with your group. A warm drink? A busy mind? Noise? A late nap?

1 Read Jim's sleep diary

Jim keeps waking in the night. Here's his diary for three days.

	Monday	Tuesday	Wednesday
Went to bed	11.30pm	10.30pm	12.15am
Woke in the night	3am and 6am	slept through to 6.30am	2am
Afternoon nap	1 hour	none	45 minutes
Tea or coffee after 6pm	2 cups of tea	none	1 coffee
Last thing before sleep	TV in bed	read a book	phone in bed

Part 1, continued: Tuesday was Jim's best night. What was different?

2 Ask AI for ideas

If you have a device, try this prompt with Jim's diary.

TRY THIS PROMPT

I'm 72 and I keep waking in the night. Here's my sleep diary for three days. Please suggest five small, practical changes I could try for two weeks. I know these are general tips, not medical advice. Please don't suggest any medicines.

3 Myth or fact?

	Myth	Fact
Older people need much less sleep.		
A nightcap (an alcoholic drink) helps you sleep well all night.		
Tea and coffee can affect your sleep many hours later.		
If you can't sleep, it can help to get up and do something calm for a while.		
A long nap late in the day can make it harder to sleep at night.		

4 Jim's two-week plan

Choose two changes Jim could try for two weeks.

How will he know if they've worked?

No device? In small groups, each person suggests one change for Jim. The group picks the two easiest to stick to.

5 When to ask a person

AI's tips are general. Talk to your GP or pharmacist if poor sleep goes on for weeks, or you're very tired in the day, or someone notices you snore loudly or stop breathing for moments in your sleep. Ask them, not AI, about sleeping tablets or whether your medicines affect your sleep.

Find out more: read the free step-by-step guide, with a 10-second video, at **nosebleed.si/ideas/sleep-better**

Teacher notes: Sleep better

Time: 45 to 60 minutes

Level: beginners; no AI experience needed

Group: any size; works well in pairs

You'll need: a copy per learner; phones or tablets with an AI chat app (optional)

Before the session

Try the prompt with Jim's diary. Keep the session practical and light; sleep can be a worry for many people. Jim is made up.

Running order

5 min	**Warm-up.** What helps and what hinders sleep.
10 min	**Part 1.** Pairs look for patterns in the diary.
15 min	**Parts 2 and 3.** Try the prompt or read out an AI answer, then myth or fact.
15 min	**Part 4.** Agree Jim's plan.
5 min	**Wrap-up.** When to talk to a GP or pharmacist.

Answers: Part 1

On Tuesday Jim went to bed earlier, had no afternoon nap, no tea or coffee after 6pm, and read a book instead of using a screen in bed.

Part 4: ideas

No tea or coffee after the afternoon; a shorter, earlier nap, or none; reading instead of screens in bed; a regular bedtime. He could keep the diary going for two weeks and compare.

Answers: Part 3

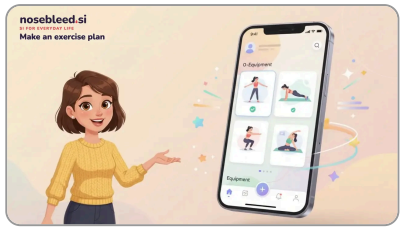
Myth: older people usually need about the same sleep as younger adults, though sleep often gets lighter.
Myth: alcohol may help you drop off, but it tends to disturb sleep later in the night.
Fact: caffeine can last for many hours.
Fact: getting up for a while, then going back to bed when sleepy, is common advice.
Fact: long or late naps can make night-time sleep harder.

Safety notes

- No medicine questions to AI: send learners to a pharmacist or GP.

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Make a gentle exercise plan



Use AI to plan a little more movement each week, in a way that suits you and your body.

By the end, you'll be able to:

- know what counts as being active
- give AI the details it needs for a safe plan
- check a plan for anything that doesn't suit you

Warm-up What kind of moving do you enjoy?

Tick any you enjoy, or used to enjoy, then share with your group.

☐ Walking ☐ Gardening ☐ Dancing ☐ Swimming ☐ Chair exercises ☐ Playing with grandchildren

1 What counts?

Tick what each activity does. Some do both.

	Gets me moving	Builds strength or balance
Brisk walking		
Digging in the garden		
Dancing		
Carrying heavy shopping		
Standing on one leg while the kettle boils		
Sitting and watching TV		

> **A guide from the UK's Chief Medical Officers:** adults should aim for about 150 minutes of moderate activity a week (activity that makes you warmer and a bit out of breath), plus activities for strength on at least two days. Older adults should also include balance. Any activity is better than none.

2 Ask AI for a plan

If you have a device, try this prompt. It's for a made-up learner called June.

TRY THIS PROMPT

Please make me a gentle four-week plan to get more active. I'm 70, I can walk for about 15 minutes, and I enjoy gardening. I have a bad left knee. I'd like to do a little most days, plus some simple balance exercises. Start very gently and build up slowly.

3 Check the plan

Here's week 1 of a plan an AI might make for June. Find **two** things that don't suit her.

EXAMPLE PLAN, WEEK 1

Monday: brisk walk, 45 minutes. Tuesday: gardening, 20 minutes. Wednesday: 50 star jumps, then stand on one leg for 10 seconds, holding a chair. Thursday: rest. Friday: walk, 15 minutes.

4 Your own week

Plan a gentle week for yourself, or for June. Write an activity and how long for each day.

Mon	Tue	Wed	Thu	Fri	Sat	Sun

No device? In pairs, one of you describes June to the other, who plans her week out loud. Then swap roles and check the plan together.

5 Stay safe

- Talk to your GP first if you have a heart or lung condition, high blood pressure, recent surgery, or a fall in the past year.
- Stop if you feel pain or dizziness, or are very out of breath. Call 999 (or your local emergency number) for chest pain.
- Start gently. A little, often, is better than a lot, once.

Find out more: read the free step-by-step guide, with a 10-second video, at **nosebleed.si/ideas/make-an-exercise-plan**

Teacher notes: Make a gentle exercise plan

Time: 45 to 60 minutes

Group: any size; works well in pairs

Level: beginners; no AI experience needed

You'll need: a copy per learner; phones or tablets with an AI chat app (optional)

Before the session

Try the prompt yourself. Some learners may have health conditions or limited mobility: keep it positive, and stress that chair-based activity and gardening count. June is made up.

Running order

5 min	**Warm-up.** Activities people enjoy.
10 min	**Part 1.** What counts, then read the guide together.
15 min	**Parts 2 and 3.** Try the prompt, then check June's week.
15 min	**Part 4.** Plan a week.
5 min	**Wrap-up.** The safety points in Part 5.

Answers: Part 1

Gets me moving: brisk walking, digging, dancing.
Strength or balance: digging, carrying shopping, standing on one leg (holding on to something steady).
Neither: sitting and watching TV.

Answers: Part 3

1. A 45-minute brisk walk on day 1 is far too much: June can walk for about 15 minutes, and asked to start gently.
2. Star jumps are high-impact, and not suitable for a bad knee.
The balance exercise, holding a chair, is a good idea.

Discussion points

- AI doesn't know your body. Give it the details, check the plan, and ask a GP or physiotherapist if you're unsure.
- Balance exercises can help prevent falls, which matters more as we get older.

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Plan a country walk



Use AI to find a walk that suits you, then check the details it may not know.

By the end, you'll be able to:

- give AI the details it needs to suggest a walk
- spot what AI may not know, and check it
- remember the Countryside Code

Warm-up Where's the best walk you've ever been on?

Talk about it with your group. What made it good?

1 What does AI need to know?

Tick the details that would help an AI suggest the right walk for you.

☐ Where you'll start from ☐ How far you'd like to walk

☐ Whether you can manage hills or stiles ☐ If you'll have a dog with you

☐ Whether you'd like a café or toilets on the way ☐ How you'll get there and back

Now write a clear request for a walk you'd enjoy.

2 Try it

If you have a device, try your request, or this one.

TRY THIS PROMPT

Please suggest a gentle circular walk of about 3 miles near Ludlow, with no steep hills and a café on the way. I'll have my dog with me. Please tell me what to take, and which details I should check before I go.

3 What AI may not know

Tick whether you'd need to check each one.

	Check it	Probably fine
Today's weather		
Whether a path is closed or very muddy		
Whether the café is open today		
The times of the bus back		
Roughly how long 3 miles takes to walk		

Where could you check them? Write two ideas.

4 The Countryside Code

Fill each gap with a word from the box.

gates · litter · dog · plan · paths

1. Leave _____ and property as you find them.
2. Take your _____ home.
3. Keep your _____ under control, and in sight.
4. _____ ahead, and be prepared.
5. Follow local signs, and keep to marked _____.

5 Before you set off

☐ Tell someone where you're going, and when you'll be back

☐ Charge your phone

☐ Take water, a snack and an extra layer

☐ Check the weather, and wear good shoes

Find out more: read the free step-by-step guide, with a 10-second video, at **nosebleed.si/ideas/plan-a-country-walk**

Teacher notes: Plan a country walk

Time: 45 to 60 minutes

Level: beginners; no AI experience needed

Group: any size; works well in pairs

You'll need: a copy per learner; phones or tablets with an AI chat app (optional)

Before the session

Try the prompt for somewhere near you, and swap Ludlow for a local town if you like. The Countryside Code is for England and Wales; Scotland has the Scottish Outdoor Access Code, with similar ideas.

Running order

5 min	**Warm-up.** Favourite walks.
10 min	**Part 1.** The details AI needs, then write a request.
15 min	**Parts 2 and 3.** Try a request, then what to check.
15 min	**Parts 4 and 5.** The Countryside Code and the checklist.
5 min	**Wrap-up.** AI suggests; you check.

Answers: Part 1

All six help. The more AI knows, the better its suggestion.

Answers: Part 3

Check it: the weather, path closures, the café's opening times and the bus times. AI may not know today's information.
Probably fine: 3 miles takes about an hour or a little more at a gentle pace.
Where to check: a weather forecast; the café's website; the bus company; the local council or a walking group's website.

Answers: Part 4

1. gates 2. litter 3. dog 4. Plan 5. paths

Discussion points

- AI sometimes describes paths or places that have changed, or that don't exist. Check the route on a map.
- Walking groups and local Ramblers groups are a friendly way to find walks.

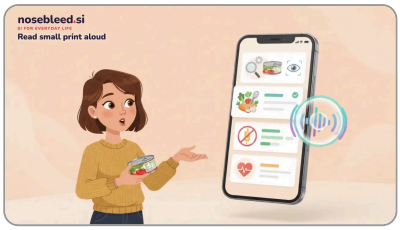
Safety notes

- Tell someone your route. In an emergency, call 999 (or your local emergency number).

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Read small print with AI

Use your phone's camera and AI to read labels and leaflets aloud, or in bigger print.



By the end, you'll be able to:

- know the tools on a phone that help with small print
- ask AI to read and explain a label
- know when to check with a person

Warm-up What small print do you find hard to read?

Tick any that apply, then talk about it with your group.

☐ Food labels ☐ Medicine leaflets ☐ Instructions ☐ Bills ☐ Menus ☐ Bus timetables

1 Tools that can help

Many phones and tablets have these. Draw a line from each tool to what it does.

Magnifier	Reads the words on the screen out loud
Text size setting	Uses the camera to read, or explain, a photo of a label
Read aloud	Uses the camera to make print look bigger
AI chat app with a camera	Makes the words on your screen bigger

2 Read a label

Here's a made-up food label. Read it, or take a photo of it and ask AI to read it.

MADE-UP SAMPLE LABEL

OATY CRUNCH BISCUITS 200 g
Ingredients: wholegrain **oats** (38%), wheat flour (**wheat**), sugar, palm oil, golden syrup, **butter** (**milk**), raising agent, salt.
May contain nuts. Store in a cool, dry place. Best before: 30 JUN 2027.

TRY THIS PROMPT

Please read this label to me in plain English. Tell me which ingredients may cause allergies, and the best-before date. If you can't read any part clearly, please say so.

3 Spot the mistake

EXAMPLE AI ANSWER

These biscuits contain oats, wheat and milk. They don't contain nuts. The best-before date is 30 June 2027.

The mistake is: _____

Who might this mistake matter to, and why?

4 When to ask a person

Tick whether AI is fine, or you should check with a person.

	AI is fine	Check with a person
The cooking time on a ready meal		
How many tablets to take, from a medicine leaflet		
Whether food is safe for someone with a serious allergy		
What a dish on a menu is		

5 Try it

If you have a device, take a photo of something with small print, like a newspaper or a leaflet (nothing with personal details). Ask AI to read it aloud, or to write it out in large, clear words. What did you try, and how well did it work?

> **No device?** In pairs, one of you reads the label aloud and the other answers: which allergens, and when is it best before?

Find out more: read the free step-by-step guide, with a 10-second video, at **nosebleed.si/ideas/read-small-print-aloud**

Teacher notes: Read small print with AI

Time: 45 to 60 minutes

Level: beginners; no AI experience needed

Group: any size; works well in pairs

You'll need: a copy per learner; phones or tablets with an AI chat app (optional)

Before the session

Check which accessibility tools learners' phones have; names and menus vary between makes and models. The biscuit label is made up.

Running order

5 min	**Warm-up.** Which small print people struggle with.
10 min	**Part 1.** Match the tools; show one on a phone if you can.
15 min	**Parts 2 and 3.** Read the label with AI, then spot the mistake.
15 min	**Parts 4 and 5.** When to ask a person, then try it.
5 min	**Wrap-up.** Helpful, but check what matters.

Answers: Part 1

Magnifier: uses the camera to make print bigger.
Text size: makes the words on your screen bigger.
Read aloud: reads the words on the screen out loud.
AI chat app with a camera: reads or explains a photo of a label.

Answer: Part 3

The label says the biscuits **may contain nuts**. That matters to anyone with a nut allergy.

Answers: Part 4

AI is fine: cooking times; menu dishes (but ask staff about allergies).
Check with a person: medicine doses (a pharmacist); serious allergies (check the label with someone, or contact the maker).

Discussion points

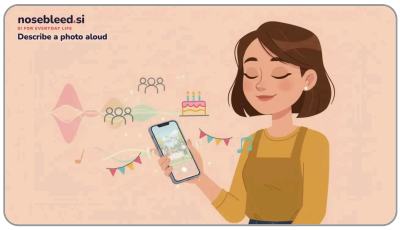
- AI can misread small or blurry text, especially numbers. A clear, well-lit photo helps.
- In the UK, RNIB offers advice on sight loss, including help with phones and technology.

Safety notes

- Don't photograph letters or cards with personal details for AI.

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Describe a photo with AI



Use AI to describe a picture in words: handy if your sight isn't what it was, and fun for sharing memories.

By the end, you'll be able to:

- say what makes a good description
- ask AI to describe a picture
- spot when AI gets a description wrong, and think about privacy

Warm-up Describe it without showing it

Think of a favourite photo at home. Describe it to a partner in three sentences. Could they picture it?

1 What makes a good description?

Here are two descriptions of the same holiday photo. Which is more useful to someone who can't see it, and why?

A Some people at the seaside.

B Three people sit on a sunny beach. An older woman in a yellow sunhat smiles at a boy of about eight, who holds up a crab in a bucket. Behind them, the sea is calm and blue.

2 Describe this picture



Write three sentences describing it, main thing first.

If you have a device, take a photo of this picture and try the prompt.

TRY THIS PROMPT

Please describe this picture for someone who can't see it well. Start with the main thing, then the details: people, colours and any writing. Keep it to five sentences.

3 Spot the mistakes

Here's a description an AI might give of the picture on page 2. It has **two mistakes**. Find them.

EXAMPLE AI DESCRIPTION

Two women stand on a dirt path in the countryside, smiling. The woman on the left wears a mustard-yellow dress and brown boots; the woman on the right wears a teal jacket and dark trousers, and carries a rucksack. Behind them is a wooden stile and a fence, with green hills and a large tree. A small brown dog sits by the stile.

4 Is it OK to share?

Sharing a photo with AI is a bit like showing it to a stranger. Tick what you'd do.

	Fine	Think first	Don't
A photo of a flower in your garden			
A photo of a letter showing your address			
A family photo with your grandchildren in it			
A photo of your bank card			

Find out more: read the free step-by-step guide, with a 10-second video, at **nosebleed.si/ideas/describe-a-photo-aloud**

Teacher notes: Describe a photo with AI

Time: 45 to 60 minutes

Level: beginners; no AI experience needed

Group: any size; works well in pairs

You'll need: a copy per learner; phones or tablets with an AI chat app (optional)

Before the session

Try the prompt with the picture on page 2 (a still from one of our videos). Describing pictures is a real help for people with sight loss, and good practice in giving clear details for everyone.

Running order

5 min	**Warm-up.** Describe a photo to a partner.
10 min	**Part 1.** Compare the two descriptions.
15 min	**Part 2.** Describe the picture, then try the prompt.
15 min	**Parts 3 and 4.** Spot the mistakes, then the privacy table.
5 min	**Wrap-up.** Helpful, but AI can get things wrong.

Answers: Part 1

B is better: it says who is there, what they're doing, colours and the setting, with the main thing first.

Answers: Part 3

1. Nobody is carrying a rucksack.
2. There's no dog in the picture.

AI sometimes adds things that aren't there, so don't rely on it where safety matters.

Answers: Part 4

Fine: the flower.
Think first: the family photo. Ask the people in it, and think about where it might be stored.
Don't: the letter and the bank card.

Discussion points

- Don't rely on AI for medicine labels, stairs, crossing roads or checking money. Ask a person.
- In the UK, RNIB offers advice on sight loss and technology.

Adapting it

Extension: learners describe a picture to a partner, who draws it, then compare.

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Organise help for someone you care for



Use AI to share out the jobs fairly, and make a clear weekly plan everyone can follow.

By the end, you'll be able to:

- list the jobs and who's free
- use AI to make a fair weekly plan
- keep the person in charge, and their details private

Warm-up Have you ever helped look after someone?

Talk about it with your group. What was hardest to organise?

1 Joan's week

Joan is 84 and lives on her own. Her family and a neighbour want to help. Read the details.

MADE-UP EXAMPLE

Jobs: weekly food shop (Friday); a lift to a hospital appointment (Tuesday morning); pick up a prescription (Thursday); a phone call every day; bins out (Wednesday evening).

Helpers: Sue, her daughter, works weekdays and is free evenings and weekends. Raj, her son, works from home and doesn't drive. Tom, a neighbour, has a car and is free most mornings.

Joan says: "I still want to do my own cooking, and I'm not missing my Thursday lunch club."

2 Who could do what?

	Who?
Weekly shop (Friday)	
Lift to hospital (Tuesday morning)	
Prescription (Thursday)	
Daily phone call	
Bins out (Wednesday evening)	

3 Ask AI for a plan

If you have a device, try this prompt, then type in Joan's details. Use first names only.

TRY THIS PROMPT

Please help me make a weekly help plan for my mum, using first names only. Here are the jobs, and when each helper is free. Share the jobs fairly, put it in a table by day, and list anything nobody can cover. Mum wants to keep cooking for herself, and to go to her Thursday lunch club.

4 Check the plan

Here's part of a plan an AI might make. Find **two** problems.

EXAMPLE PLAN

Tuesday: Raj drives Mum to her hospital appointment. Wednesday: Sue puts the bins out. Thursday: Sue takes Mum to the shops at 1pm, and makes her dinner.

5 Keep Joan in charge, and private

What would you ask Joan before you share the plan?

Tick what to leave out of the AI chat.

☐ Joan's full name ☐ Her address ☐ Her medical conditions

☐ The jobs and times ☐ The helpers' first names



Find out more: read the free step-by-step guide, with a 10-second video, at **nosebleed.si/ideas/organise-help-for-a-parent**

Teacher notes: Organise help for someone you care for

Time: 45 to 60 minutes

Level: beginners; no AI experience needed

Group: any size; works well in pairs

You'll need: a copy per learner; phones or tablets with an AI chat app (optional)

Before the session

Try the prompt with Joan's details. Caring can be an emotional subject, so let learners share as much or as little as they like. Joan and her family are made up.

Running order

5 min	**Warm-up.** Experiences of helping someone.
15 min	**Parts 1 and 2.** Read Joan's week, then match helpers to jobs.
10 min	**Part 3.** Try the prompt, or read out an AI answer.
15 min	**Parts 4 and 5.** Check the plan, then privacy.
5 min	**Wrap-up.** It's the person's life: include them.

Answers: Part 2 (one way)

Shop: Sue on Friday evening, or Tom on Friday morning.
Hospital lift: Tom (he drives, and he's free in the mornings).
Prescription: Raj or Tom (it's a short trip; Raj could walk, or ask whether the pharmacy delivers).
Phone call: take turns, Raj on weekdays and Sue at weekends.
Bins: Sue (evening).

Answers: Part 4

1. Raj doesn't drive, so he can't take Joan to hospital.
2. Thursday clashes: Sue works weekdays, Joan has her lunch club, and Joan wants to do her own cooking.

Answers: Part 5

Ask Joan what help she'd actually like, and when. Leave out her full name, address and medical conditions. Jobs, times and first names are enough.

Discussion points

- In the UK, someone who looks after a relative or friend can ask their council (in Northern Ireland, their health and social care trust) for a carer's assessment, to see what support is available.

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