I'm happier
85% connect better with friends and family.

I'm healthier
49% say digital helps manage and improve their physical and mental health.

The UK gets good value
It's estimated the UK benefits by almost £15 for every £1 invested in helping people acquire basic digital skills.

I get better value
The most digitally engaged pay £228 less on their bills per year than the least engaged.

Manual workers with high or very high digital engagement earn £421 more per month than less digitally engaged peers.

I see no need
42% of over-75s in England are digitally excluded.

I don't have the right equipment
37%.

It's too expensive
36%.

Not interested
I see no need
42%.

It's too complicated
46%.

Key data sources