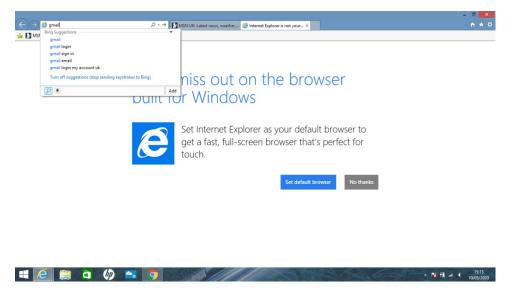
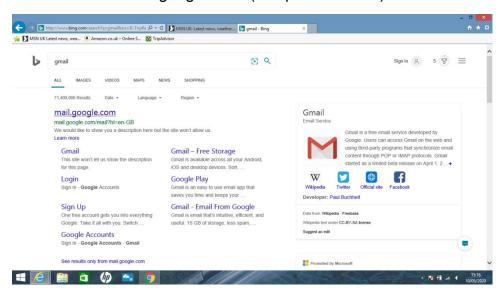
How to set up a free email address:

In order to create an email address, you will need a mobile phone with you whilst following these steps. It is advised that you use 'Gmail' as your email provider. It is free to set this up and there is no cost to send or receive emails

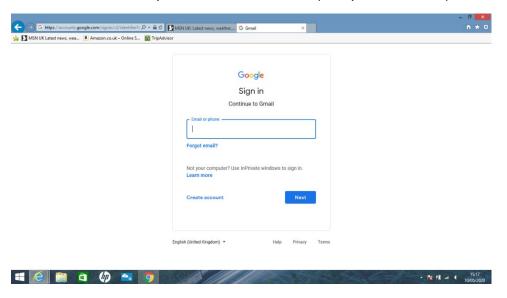
 Type 'gmail' into the top left-hand address bar and press the enter button or click on the arrow (See picture below)



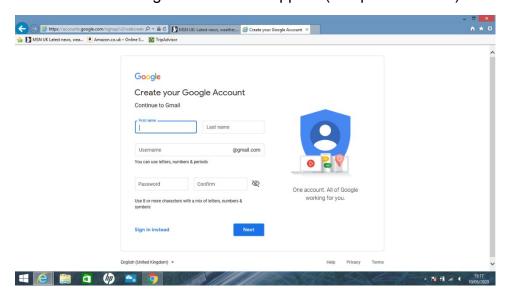
2. Click on 'mail.google.com' (see picture below)



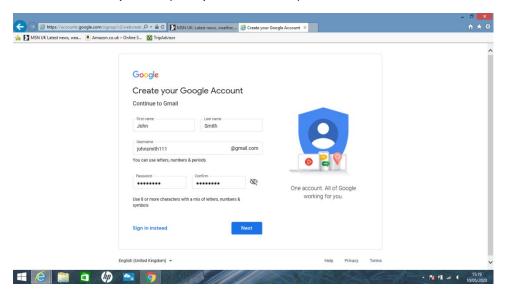
3. Click on the option 'Create account' (see picture below)



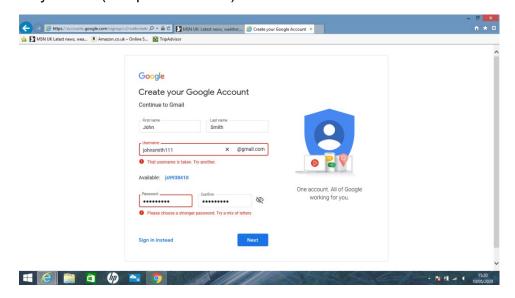
4. The following screen should appear (see picture below)



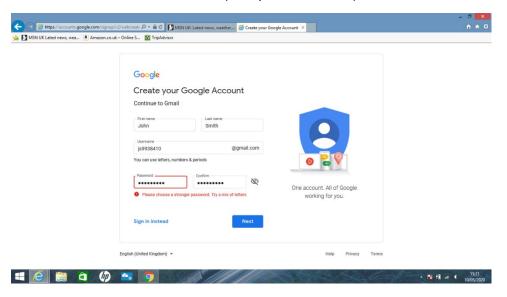
5. Enter your own details in the fields as required and click on 'Next' when they are completed (see picture below)



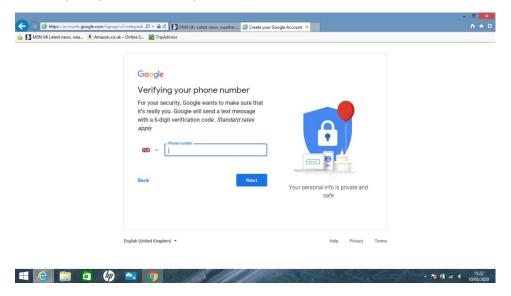
6. If the email address that you entered is already taken, then the message 'That username is taken. Try another' will appear. Alternative available email addresses will appear, click on any of these if you would like to have any of the suggested options as your email address or try entering a different one yourself (see picture below)



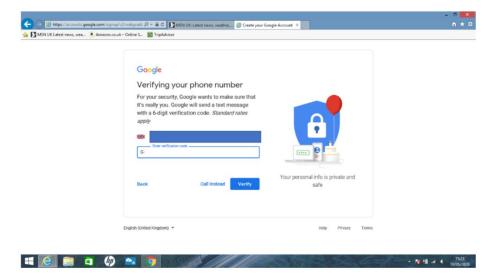
7. You may also have a message saying 'Please choose a stronger password' appear, please ensure that your password is long enough and has a mixture of letters and numbers (see picture below)



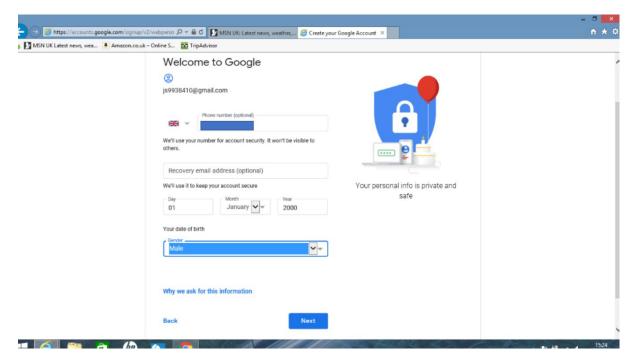
8. On the next screen please enter your mobile phone number and click next (see picture below)



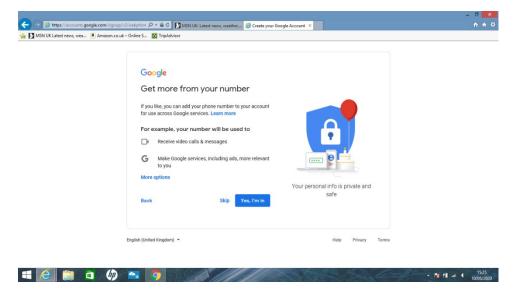
9. Enter the 6-digit verification code that will be sent to your phone and click on 'verify' (see picture below)



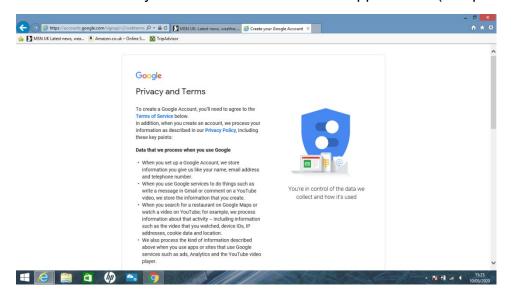
10. On the next screen enter any necessary recovery information (to help you reset your password if you forget it) and then click 'Next' (see picture below)



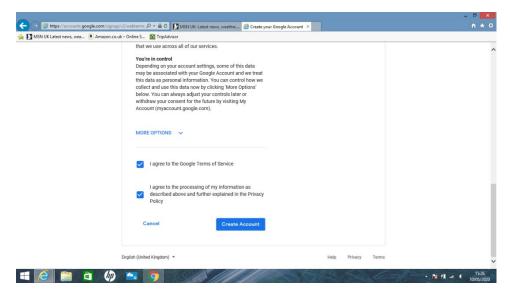
11. If the 'Get more from your number' screen appears, then just click 'Skip' (see picture below)



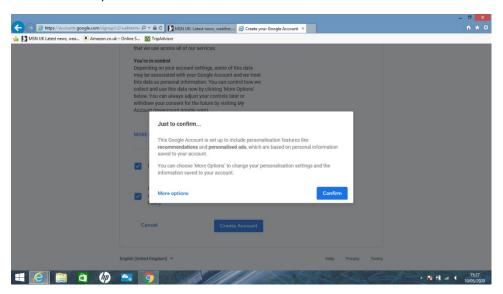
12. The 'Privacy and Terms' Screen should appear next (see picture below)



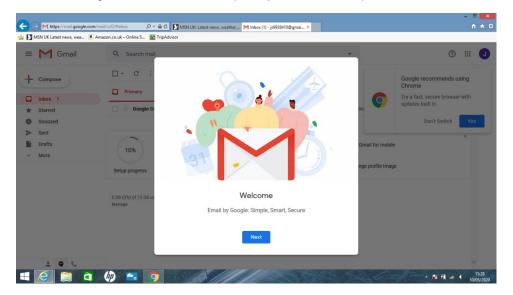
13. Scroll to the bottom of the 'Privacy and Terms' screen and tick the required boxes and then click on 'Create Account' (see picture below)



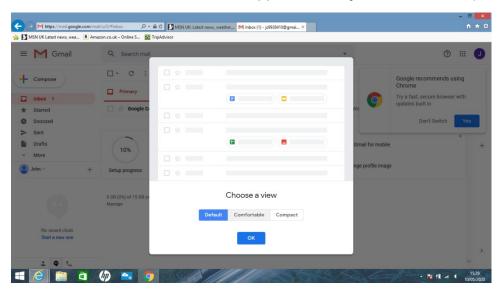
14. The 'Just to confirm' box may appear, just click on 'Confirm' (see picture below)



15. Your email account has now been created. If the 'Welcome' box appears, then just click on 'Next' (see picture below)



16. If the 'Choose a View' box appears, then just click on 'Ok' (see picture below)



17. Your email account is now ready to use (see picture below)

