

Your AI Helper

Free AI Starter Guide — UK Edition

Welcome!

This guide gives you everything you need to start using AI tools confidently — even if you've never tried them before. No jargon, no technical knowledge required. Just simple, practical steps written for everyday Brits.

Tool 1: ChatGPT

Your intelligent everyday assistant

ChatGPT is like having a knowledgeable friend available 24/7. You can ask it to write letters, summarise documents, answer questions, plan trips, or help with everyday tasks — all in plain English.

How to get started:

1. Visit: <https://chat.openai.com>
2. Click "Sign up" — it's free
3. Type your first question in plain English

Try asking it: "Help me write a polite complaint to my energy provider about an incorrect bill."

Tool 2: Google Gemini

AI built into tools you already use

If you use Gmail or Google Docs, Gemini is already there. It can summarise long email threads, help you write replies faster, and draft documents so you never stare at a blank page again.

How to get started:

1. Visit: <https://gemini.google.com>
 2. Sign in with your Google account
 3. Try: "Summarise my last 10 emails"
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Tool 3: AI for Everyday Budgeting

Track your spending the smart way

AI tools can now help you track your day-to-day spending, spot where your money goes, and find simple ways to cut back — without any spreadsheets or complicated software.

Free tools to try:

- Monzo — UK bank app with built-in spending tracker
- Snoop — free UK budgeting app powered by AI
- Emma — tracks all your accounts in one place

Try asking ChatGPT: "Help me make a simple weekly budget for a household of two."

3 Quick Tips for Beginners

1. Start simple — ask AI to help with one small task today
2. Be specific — the more detail you give, the better the answer
3. It's okay to ask again — if the answer isn't right, just say "try again, but simpler"

DISCLAIMER: This guide is for educational and informational purposes only. Your AI Helper does not provide financial, investment, or legal advice. The tools listed are independent third-party services. Always do your own research before making any financial decisions. For adults 18+ only.

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