

## Welcome to the Virtual IT Club!

Hope you are fit and well and staying safe.

We are out of quarantine with no symptoms apart from a very slight smell impairment.

We have been quite lucky but it has taken 2 weeks to recover. We now feel like doing things - such as gardening and housework!

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## Information

The 111 telephone number is well known, and well used. However their website is also excellent. It leads you through a number of questions about yourself so the answers are tailored to you. It is here: <https://111.nhs.uk>

Here are the links I posted last time:

Government advice: <https://www.gov.uk/coronavirus>

Age UK: <https://www.ageuk.org.uk/information-advice/coronavirus/>

The NHS has lots of information: <https://www.nhs.uk/conditions/coronavirus-covid-19/>

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## News

The weather is improving and this week looks particularly nice for early April:

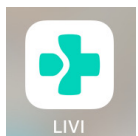
<https://www.bbc.co.uk/weather/2649957>

Here is the Met Office:

<https://www.metoffice.gov.uk/weather/forecast/gcpu1cq7w#?date=2020-04-06>

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## Health



Livi is a face to face doctor service backed by the NHS and our local Doctors. Its like FaceTime or Skype with a doctor. And its free!

Here is the website <https://www.livi.co.uk>.

Our local doctors support it and have been sending out leaflets.

In this disconcerting time it is an ideal way of “seeing” a doctor without leaving home.

I have used it and my experience is as follows:

### Registration:

First I downloaded the app from the App Store (for apple phones and tablets - Google Play store for Android tablets and phones).

I then registered with Livi which included selecting my doctors practise and I sent them a photo (very easy - the app takes it). Once it is happy with who you are, you are registered.

### Making an appointment:

I had a small rash on my leg so I opened the app and touched Get Started.

The first thing it did was verify who I was by sending a code which I had to enter in the app. It is quite strict on verification (and you may need a passport or other identification).

After successful verification it asked a number of questions about and asked for a photo of the complaint (my rash) if applicable.

It then asked me if I wanted to see the doctor I saw before, or any doctor.

After that I was given an appointment time in about an hour. However I understand it is over 5 hours now, which isn't a problem if you are not going anywhere!

When the appointment time approached my iPad gave me a reminder, then at the appointment time a doctor appeared and we had the consultation. They had the picture of the complaint in

front of them. I was prescribed a cream and the prescription was sent immediately to my chemist (Rickys) ready for me to pick it up. I thought the process was very efficient with a good result. It is certainly worth trying and I recommend registering now, so its ready when you need it.

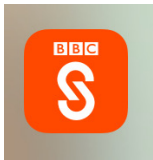
It is expected this will become a much more common method of getting access to a doctor even when things get back to normal.

Has anybody else used Livi?

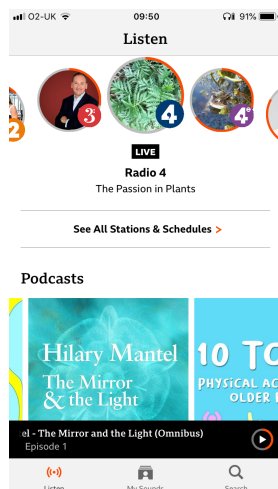
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## Games & Entertainment

### BBC Sounds



BBC Sounds is a fantastic app which gives you access to a huge range of BBC radio programmes. It can be downloaded from the Apple App Store and Google Play for Android and it's free.

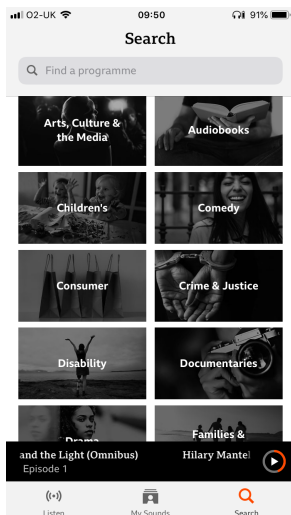


#### Listen

You can listen to live radio (like an old fashioned radio) or you can play a programme you have missed from the schedules

#### Podcasts

It offers you BBC Podcasts, which are regular programmes on a particular topic. We will cover podcasts in more detail in the future.

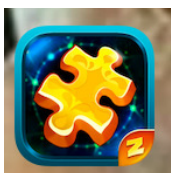


#### Search

There are thousands of archived programmes. For example there are over 10 years of Gardeners Question Time!

Remember you can get a wireless speaker to significantly the sound quality of you tablet or iPad, or indeed phone.

### Jigsaws



I have been a recent convert to Jigsaw puzzles after years of ignoring them and I have found they can be surprisingly challenging! And now there are Jigsaw puzzles for your iPad or tablet. Not quite the same but still quite diverting.

There are quite a few Jigsaw apps in the App Store and Google Play. I have had a quick look and they offer a number of free jigsaws and then if you want to do more you may have to pay.

If you have played one of these apps, let us know.

## Cartoons

Do you remember the cartoonist Giles? There is a website dedicated to him here:  
<http://www.gilescartoons.co.uk>



## Finally

This makes me laugh every time I see it:  
<https://www.youtube.com/watch?v=BvjterYmC98>

If you have any ideas, comments, suggestions please email them to me at [steven.p.dow@me.com](mailto:steven.p.dow@me.com)

See you next week!