

1st December 2020

Welcome to the IT Club Newsheet!

As we leave lockdown for the second time, the future looks much brighter than it did a month ago. So fingers crossed!

In Epsom and Ewell we are in tier 2 and here are the restrictions:

<https://www.gov.uk/guidance/tier-2-high-alert>

Between 23 & 27 December you can make a Christmas bubble. Details are here:
<https://www.gov.uk/government/publications/making-a-christmas-bubble-with-friends-and-family/making-a-christmas-bubble-with-friends-and-family>

This year has been an extraordinarily challenging year and has touched us all in different ways. Isolation has been a huge issue for many but I hope technology in the form of iPads, tablets, social media, email, texts, Zoom, FaceTime etc has helped in some way. Imagine lockdown just 20 years ago!

Next year we will continue with the monthly newsheet. Monthly meetings at the town hall will not continue until Covid has well and truly retreated. That is if people want to meet in person again! Furthermore the newsheet will also be published on the Age Concern Epsom and Ewell website.

There is quite a lot of information here, if you want more detail on any topic, or would like a new topic covered, just let me know at steven.p.dow@me.com.

We have requests to send this newsheet to other people so you can either send their email address to me or you can simply email them this pdf.

Information

We have started visiting homes again, so if you would like an IT volunteer to visit ring 01372 732456.

Tier 2 restrictions: <https://www.gov.uk/guidance/tier-2-high-alert>

Our website is here : <https://ageconcernepsom.org.uk>

The coronavirus update is here: <https://ageconcernepsom.org.uk/coronavirus-update/>

If you have IT problems you can still get telephone help by ringing our office on **01372 732456** between the hours of 9.30 – 1.00, Monday to Friday. An IT volunteer will then ring you back and hopefully solve your problem.

<https://ageconcernepsom.org.uk/coronavirus-update/>

Useful Links

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/>

111 phone line website: <https://111.nhs.uk>

Livi information: <https://www.livi.co.uk>

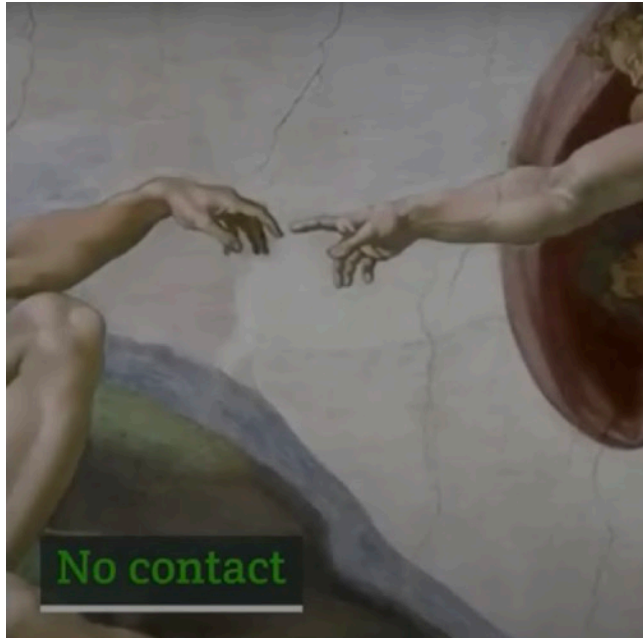


Rupert Bear- 100 years old!

It is 100 years ago this month that Rupert Bear first appeared in the Daily Express as a result of a circulation war.

Read the fascinating story here:
<https://theartssociety.org/arts-news-features/become-instant-expert-rupert-bear>

Incidentally the Arts Society is worth looking at. They are a leading arts educational charity. More details are here:
<https://theartssociety.org/about-us>



Life in Quarantine Art

This is a very funny video from YouTube. See how many great paintings you recognise:

<https://youtu.be/8zP2b1PzzU0>

Christmas music

What is better than filling your house with Christmas Music!

The options below will stream music through the speakers on your iPad, tablet, phone or computer at no cost. Unfortunately the sound is not very good from their tiny speakers so you may wish to think of getting a Bluetooth speaker which will enormously improve the sound. See below for Christmas present ideas,

Here are the 2 options:

Spotify free

Spotify is the big name in music with 320 million users, the majority listen free.

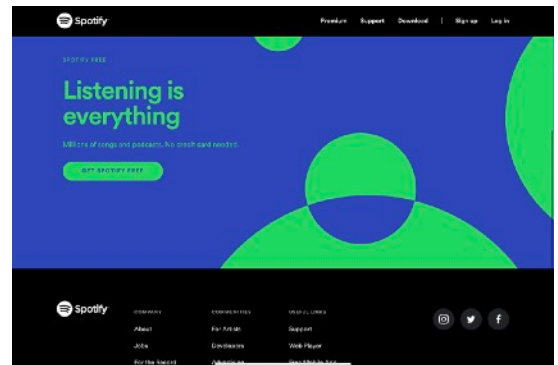
Its library holds 60 million songs so there will be something for everyone.

“Premium” is the advertisement free option and costs £9.99 a month but the free version, from what I have been told, is perfectly listenable.

Go to

<https://www.spotify.com/uk/>

and follow the instructions for Spotify Free



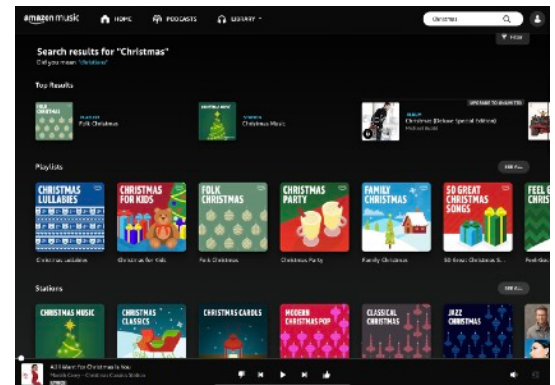
Amazon free

If you have an Amazon account then you have access to a huge library of free music.

You may be offered the opportunity to pay for a monthly subscription but ignore that - there is plenty available free.

Go to

<https://music.amazon.co.uk>



(Apple also has a music streaming service but it is not free)

How to send Christmas Cards online

There are many websites offering Christmas cards, or e-cards, some are free and some are by paid subscription .

Jacqui Lawson is one of the most well known and produce some lovely animated cards. However membership is £15 a year which allows you to send any number of cards to people around the world.

Here is the web site:

<https://www.jacquielawson.com/cards/Christmas>

There are also free websites which allow you to send simple cards. You will need to enter your own email address, the recipients address and a greeting, avoiding all the adverts and upgrade “encouragement”. The free sites will make their money from adverts, subscriptions and maybe by selling the 2 emails you have entered. So beware!

Here is a free website:

<https://www.got-free-ecards.com/Christmas-ecards>

Christmas presents

Bluetooth speaker (as mentioned above)

The speakers in your tablet or phone are, unsurprisingly, quite small and consequently produce a small sound. However there is a solution: Bluetooth speakers.

First of all, what is Bluetooth? It basically takes the place of a wire between your tablet/phone and speakers, headphones etc. It is a clever use of radio waves over a short distance and was named after the Danish king Harald Bluetooth, who, I presume, had a blue tooth. All tablets and phones can use it.

Bluetooth speakers are not connected by a wire to the source of the sound (your iPad or phone) and this has advantages, such as playing music in the shower (using a shower-proof speaker of course) or taking the speaker around the garden while leaving your iPad near the house. The range outside can be 20m or more. Inside your house it is less.

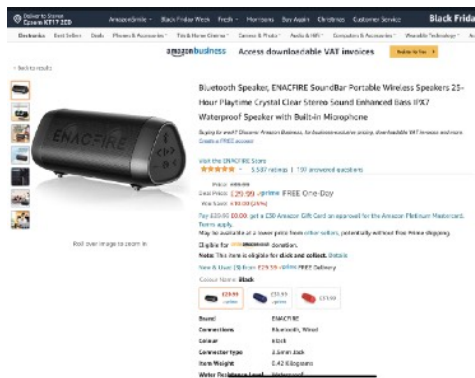
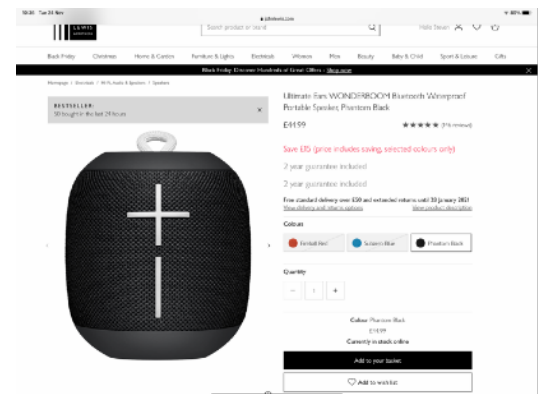
Speakers will play all the sound output of your tablet or phone: music, TV, radio, BBC sounds, plays, podcasts etc. The improvement over the phone/tablet speakers can be quite astounding.

John Lewis has a good selection starting at £44.99 going up to many £100s

Generally the more you pay, the better it sounds.

Decide if you would like a waterproof speaker for shower and bath use.

nb the pictures here are just examples NOT recommendations



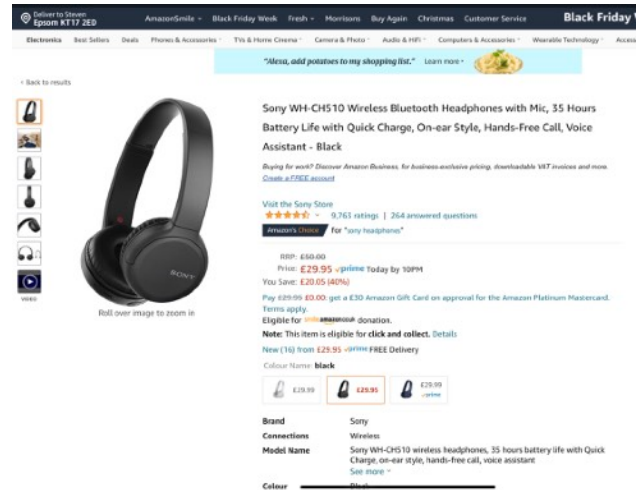
Amazon has 763 speakers for sale, starting at around £20.

Note the number and rating of the reviews as an indication. Read as many reviews as you can, reading between the lines where necessary!

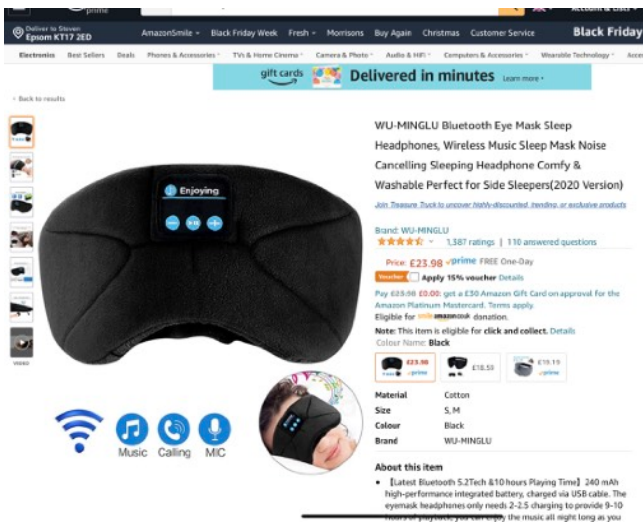
Bluetooth headphones

Headphones are great if you are listening to a play or podcast and are moving around the house or garden. I use them all the time.

Here is an example from Amazon:



Bluetooth sleep mask!



Wearing a mask in bed is a bit odd but for me one of the best things I have bought recently.

If you need darkness at night and like listening to music or talking to get you to sleep, then this is the answer.

It also doesn't disturb your partner!

Connection

Connection to your new speakers is quite straight forward and normally consists of pressing a button then going to settings/bluetooth on your phone or tablet and then selecting the new device which will appear automatically.

Once connected you do not need to do it again.

Christmas diversions

Story of Christmas

English Heritage maintain 100s of historic sites in England and they have a story of Christmas with connections to their properties:

<https://www.english-heritage.org.uk/christmas/the-history-of-christmas/>

Wikipedia has a very long article about Christmas:

<https://en.wikipedia.org/wiki/Christmas>

Webcam

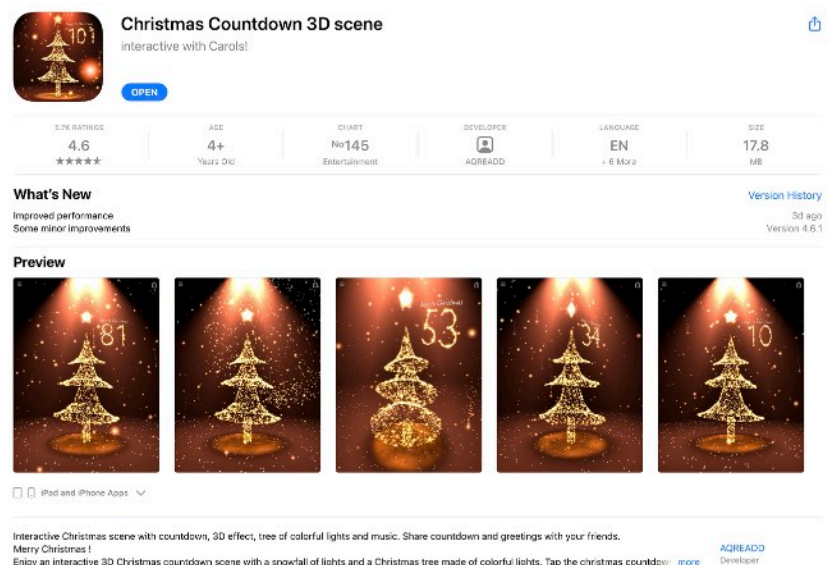
Here is a **live** webcam of Santa's village in Lapland:

<https://www.webcamtaxi.com/en/finland/lapland/santa-claus-village.html>

Christmas countdown

This Christmas will be like no other but you still might like to countdown to the big day.

This App is available in App Store and Google play. Search for "Christmas Countdown" and you will be spoilt for choice!



The screenshot shows the App Store page for the app "Christmas Countdown 3D scene". The app is described as "interactive with Carols!". It has a 4.6 star rating from 145 reviews, is suitable for ages 4+, and is 17.8 MB in size. The developer is AQREADD. The app is available in English. The "What's New" section mentions "Improved performance" and "Some minor improvements". The "Preview" section shows five screenshots of the app's interface, featuring a 3D Christmas tree with a countdown timer. The app is available on iPad and iPhone.

Christmas Countdown 3D scene
interactive with Carols!

4.6
★★★★★

AGE
4+
Years + Old

CHART
No.145
Entertainment

DEVELOPER
AQREADD

LANGUAGE
EN
+ 6 More

SIZE
17.8
MB

What's New
Improved performance
Some minor improvements

Preview

Interactive Christmas scene with countdown, 3D effect, tree of colorful lights and music. Share countdown and greetings with your friends. Merry Christmas!
Enjoy an interactive 3D Christmas countdown scene with a snowfall of lights and a Christmas tree made of colorful lights. Tap the christmas countdown [more](#)

AQREADD
Developer

Health - Apple Watch

A friend recently told me about his 80+ year old father who, being a keen adopter of technology, has the latest Apple Watch 6.

The watch monitors your health in a number of ways and notified him that it had picked up a potential problem with his heart.

He went to doctor who unfortunately confirmed there was a problem which needed an operation.

The doctor was impressed with the watch and said that so often the warning signs would be missed with tragic results.

The watch had picked up the irregularities early and he should make a full recovery after the operation.

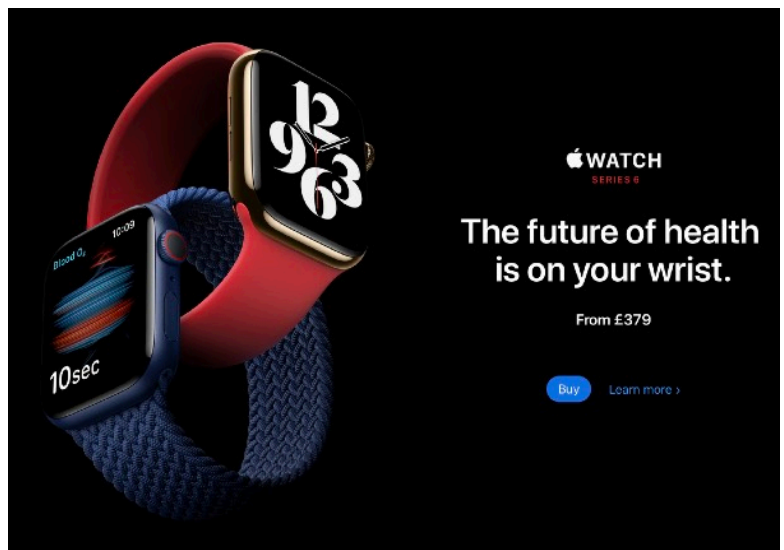
The full list of health functions of the Apple Watch 6 are:

- ECG for detecting Atrial Fibrillation
- Blood oxygen saturation monitoring
- Sleep tracking
- Fall detection with messaging
- Hand wash monitoring
- Fitness tracking .

So, it seems the future is here with the Apple Watch 6!

If you want to know more go here:

<https://www.apple.com/uk/apple-watch-series-6/>



Scams

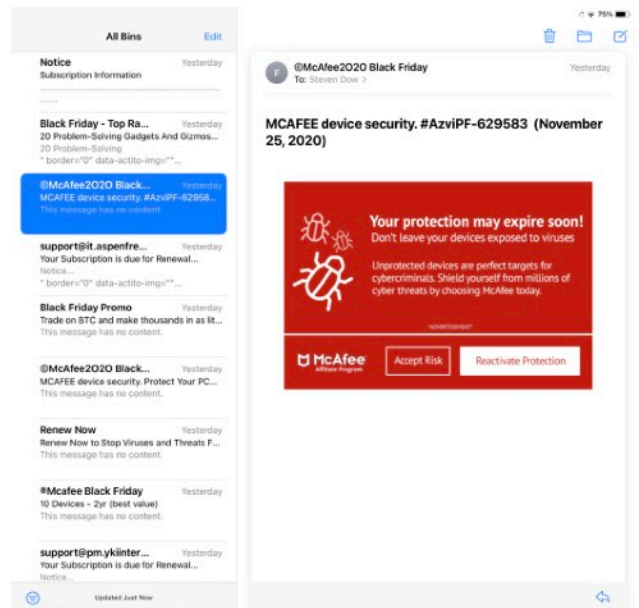
I don't know if it is because of the pandemic, but there seems to be an absolute blizzard of emails about virus protection for your computer.

There are also many emails about investing in Bitcoin which I have no intention of doing.

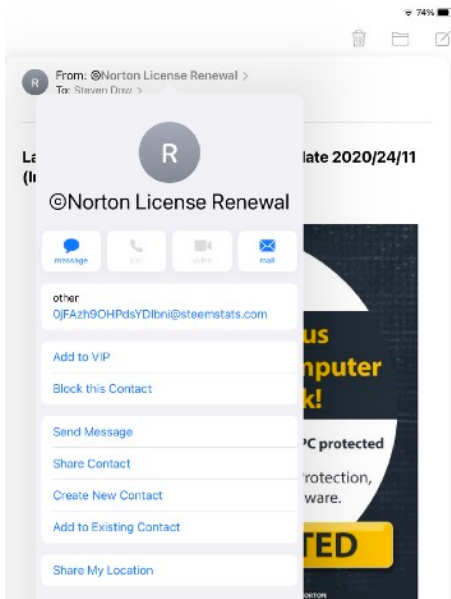
Perhaps they think we are particularly vulnerable at this time?

Here is an example from just one day:

I don't have Norton or McAfee or any paid for protection (I don't have a Windows computer and anyway I would use a free version) so it was obvious to me that these emails are scams.



However if you did have Norton, for example, how would you know it is a scam?



In the example on the left the worrying email purports to come from "Norton License Renewal" which seems legitimate. But that is not the real email address.

So on an iPad (I assume similar on an Android tablet) simply touch the email address and a box should open showing the real email address which is obviously not a valid Norton address. Remember real organisations will use email addresses which match their name. Eg [norton.com](https://www.norton.com).

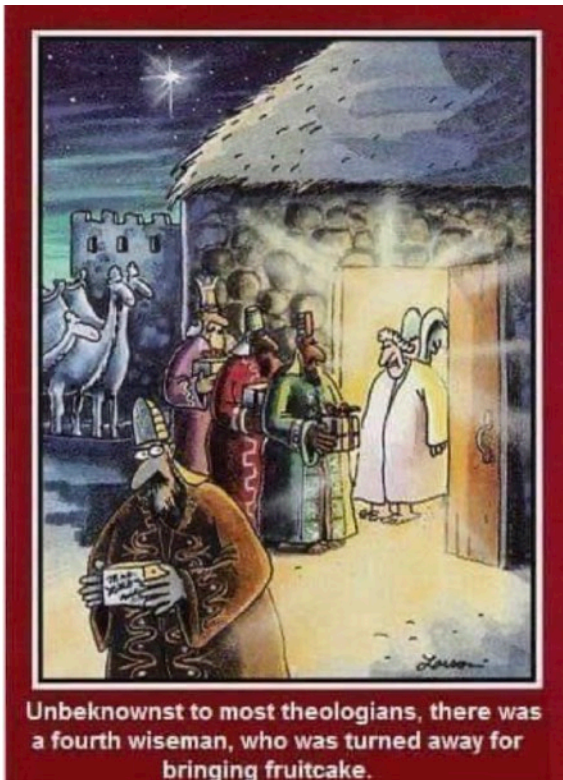
There are also seem to be lots of delivery scam emails. This one gave itself away by displaying money in \$.

So please be aware there are many scams going around at the moment.

Here is an excellent article from Which?

<https://www.which.co.uk/consumer-rights/advice/how-to-spot-an-email-scam>

Finally



And



See you in the New Year!