

August 2021

Welcome to the IT Club Newsheet!

As we leave summer and head into Autumn, things are not looking too bad although we still have to be careful.



Curry Night



It's the annual curry night again!

If you would like to go then click here to book tickets:

<https://www.jumblebee.co.uk/charitycurrynight2021>

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

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.

To keep up to date with Age Concern Epsom & Ewell's news and events please sign up to our charity newsletter. <https://ageconcernepsom.us11.list-manage.com/subscribe?u=72744b5e62d99b468ae2072a4&id=9b7e38510d>

All the previous new sheets have been put on the Epsom and Ewell Age Concern website and can be accessed here:

<https://ageconcernepsom.org.uk/about-us/newsletters/it-newsletters/>

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>

Live Volcano in Iceland

Watch a **live** feed from Fagradalsfjall, facing Geldingadalir, where a fissure eruption began Friday night, March 19, 2021. It's the first active volcano on the [Reykjanes UNESCO Global Geopark](#) area for 800 years.



Sometimes the picture of the volcano is obscured by rain or steam so here is a live view of tropical fishes:



Apps for Hard of hearing

If you, or anyone you know, are hard of hearing, these apps may help.

There are quite a few in the App Store and Google Play Store but not many with a significant number of positive reviews

They will work on tablets (ipads) as well as phones.

Hearing Helper (rating of 4.1 in app store)

Search in the App store for “hearing helper”

This is a simple and free app and a good place to get started.

To use, just point the microphone on your phone or tablet towards the person speaking and press and hold the big red button. Then anything said is transcribed, very accurately, on the screen.

The font can be enlarged

The text can be flipped around to make reading easier if required.

That is really all there is to it.

11:05

**(Press and hold
the mic and start
speaking 🗣️)**

A ————— A

Go Pro



Flip

11:06

**This is a
very simple
application
to use and
it's free**

A ————— A

Go Pro



Flip

Live Transcribe (rating of 4.6 in app store)

This App has received very good reviews but it is not free - it costs £4.99 a month.

Note: Confusingly there is an app with the same name in the Google Play Store for Android tablets and phones. The developer for this one is Google itself and it does seem to have good reviews. I suspect lawyers will be getting involved soon!

To use it simply start the app, point the microphone (usually at the bottom of your phone or tablet) at the talker and read the screen.

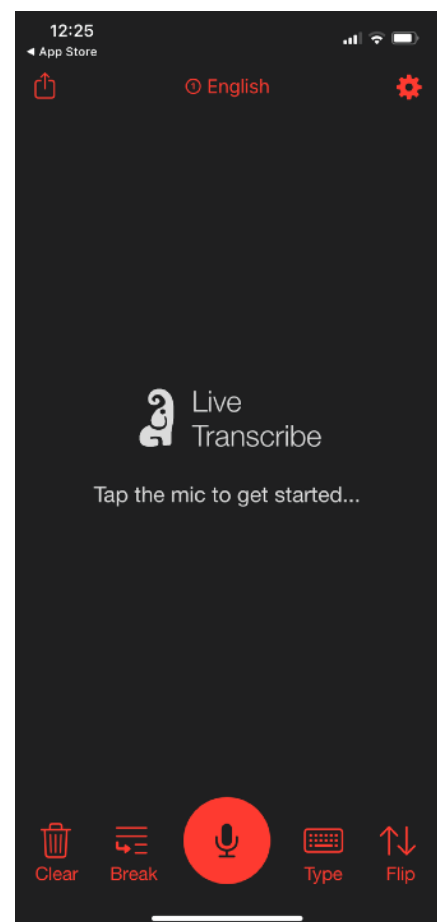
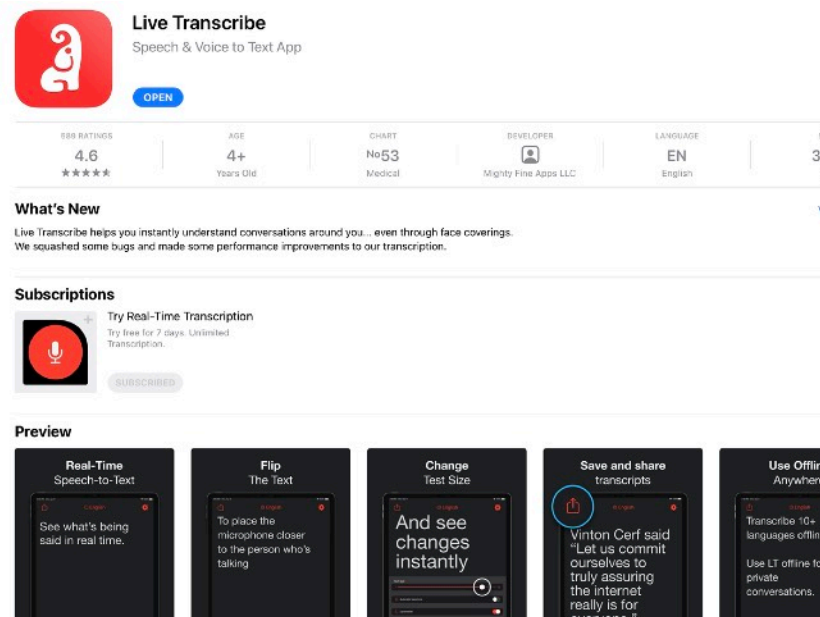
This app worked very well.

It is made by the same company as the free Hearing Helper above.

For the £4.99 monthly payment it has more features such as 50 different language support so you can talk in one language and it will transcribe in another.

There are more facilities for text manipulation as well.

If you are thinking of using one of these apps, get the free Hearing Helper first and see how you get on before paying for the more expensive version.

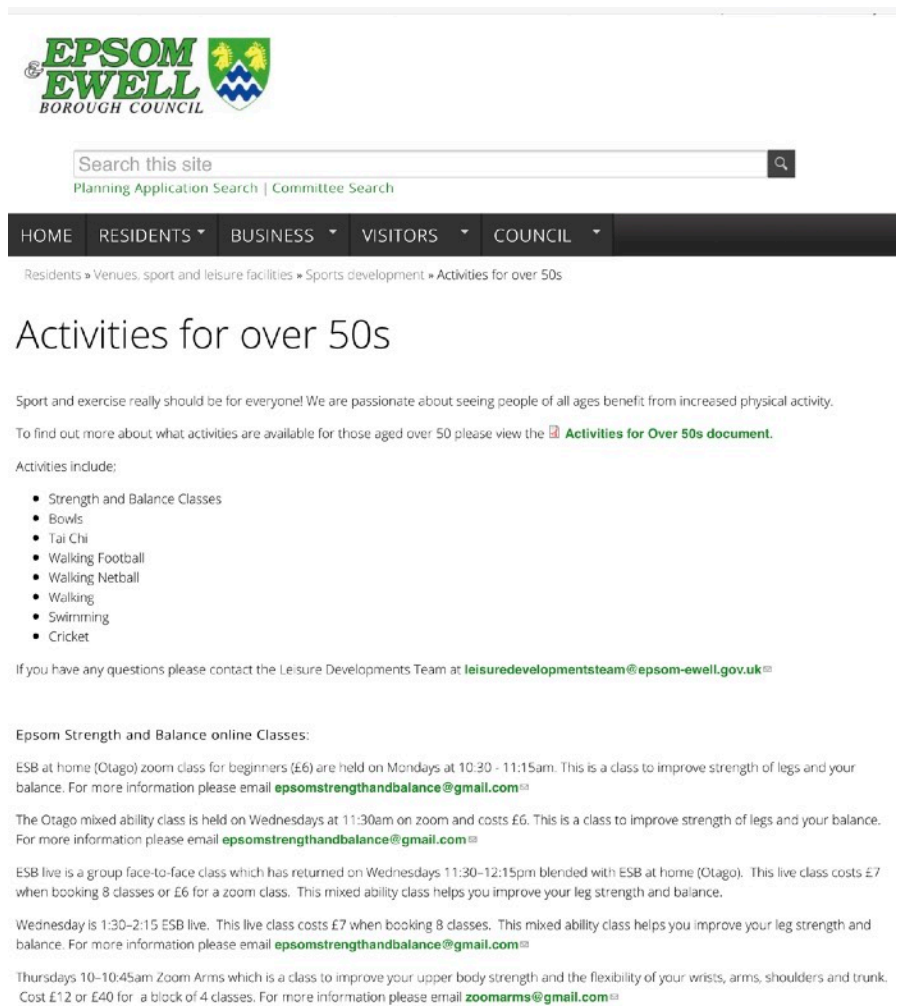


Health

Exercise

We all need to exercise more and Epsom & Ewell Borough Council has a useful website for the over 50s

You can go to it here:
<https://www.epsom-ewell.gov.uk/over50s>



The screenshot shows the Epsom & Ewell Borough Council website. At the top is the council's logo. Below it is a search bar with the text 'Search this site' and a magnifying glass icon. Under the search bar are links for 'Planning Application Search' and 'Committee Search'. A navigation menu contains links for 'HOME', 'RESIDENTS', 'BUSINESS', 'VISITORS', and 'COUNCIL'. Below the menu is a breadcrumb trail: 'Residents » Venues, sport and leisure facilities » Sports development » Activities for over 50s'. The main heading is 'Activities for over 50s'. The text below states: 'Sport and exercise really should be for everyone! We are passionate about seeing people of all ages benefit from increased physical activity. To find out more about what activities are available for those aged over 50 please view the [Activities for Over 50s document](#).' It then lists activities: Strength and Balance Classes, Bowls, Tai Chi, Walking Football, Walking Netball, Walking, Swimming, and Cricket. A contact email is provided: leisuredevelopmentsteam@epsom-ewell.gov.uk. A section titled 'Epsom Strength and Balance online Classes:' follows, detailing three classes: ESB at home (Otago) zoom class for beginners (£6) on Mondays, The Otago mixed ability class on Wednesdays (£6), and ESB live (11:30-12:15pm) on Wednesdays (£7). It also mentions a Thursday 10-10:45am Zoom Arms class (£12 or £40 for a block of 4).

Beer for health



The advertisement is titled 'How Mother and Baby "Picked Up"'. It features a black and white illustration of a woman holding a baby. The text reads: 'A case of **Blatz Beer** in your home means much to the young mother, and obviously baby participates in its benefits. The malt in the beer supplies nourishing qualities that are essential at this time and the hops act as an appetizing, stimulating tonic.' Below this is the text 'Main 2400'. At the bottom, there is a logo for 'BLATZ MILWAUKEE' with the tagline 'Always the same good old Blatz'.

If you cannot exercise, then why not take this health tonic?

It is probably not available now!

Scams

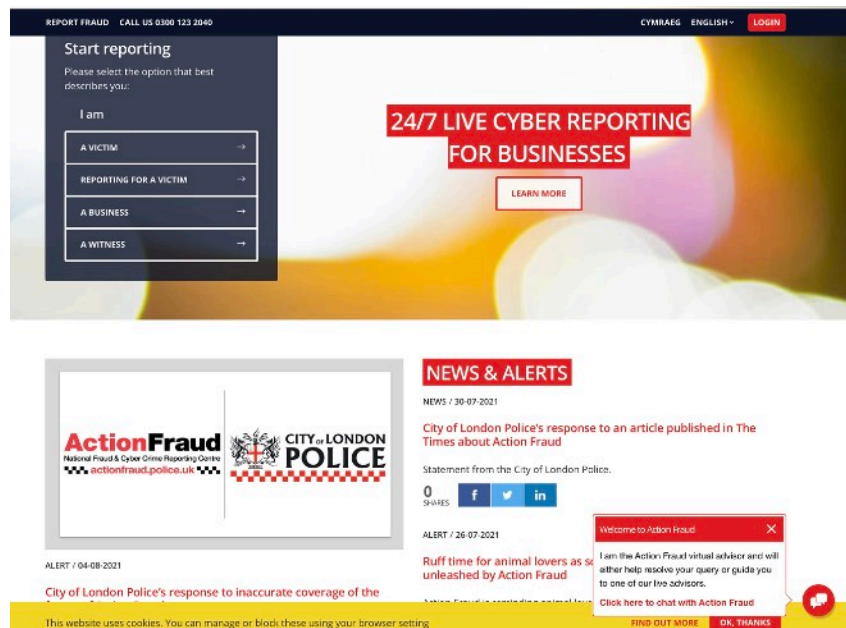
What should you do if you think you have been the victim of a fraud or scam and may have lost money ?

In the first instance you should go to the Action Fraud website and report it. This website is operated by the City of London Police and is quite easy to use.

There is also a telephone number you can ring if you wish to speak to a person: 0300 123 2040.

There is also a “chatbot” where you can talk to a virtual advisor - never the most satisfying conversations!

You can access the website here:
<https://www.actionfraud.police.uk>



If you have received a suspicious email, a so-called “phishing email” then you can simply forward the email to report@phishing.gov.uk

act/which.co.uk

Help us protect others from scams

This tool will collect information relating to your experience of a scam but we won't be able to identify your responses unless you choose to provide your contact details.

If you have lost money to a scam, you should first report this to your bank, Action Fraud or the police. If you live in Scotland then you can report a scam to the police. For guidance on how to do that, see our advice guide on [How to Report a Scam](#)

How did you come across the scam?

☐ Telephone call

☐ Online (websites/adverts)

☐ Email

☐ Text message

☐ They came to my home

☐ Letter or flyer

☐ Through social media

☐ Other

Did the scammer contact you in more than one way? E.g Telephone call & Email

☐ Yes

☐ No

Can you share a short description of what happened? (Optional)

E.g I received a text from someone pretending to be Barclays. The text said that a new payee was being added to my account and asked me to click through to a website to stop the payee from being added.

If you have not lost money then you may want to send details of the scam or potential fraud to Which? who have been doing a good job of keeping us informed of the various scams

The more information we can send them, the better they can keep us updated.

The Which? scam alert tool can be accessed below:

Scam alert tool

The very good Which? scam alert website can be accessed here:

<https://campaigns.which.co.uk/scam-alert-service/>

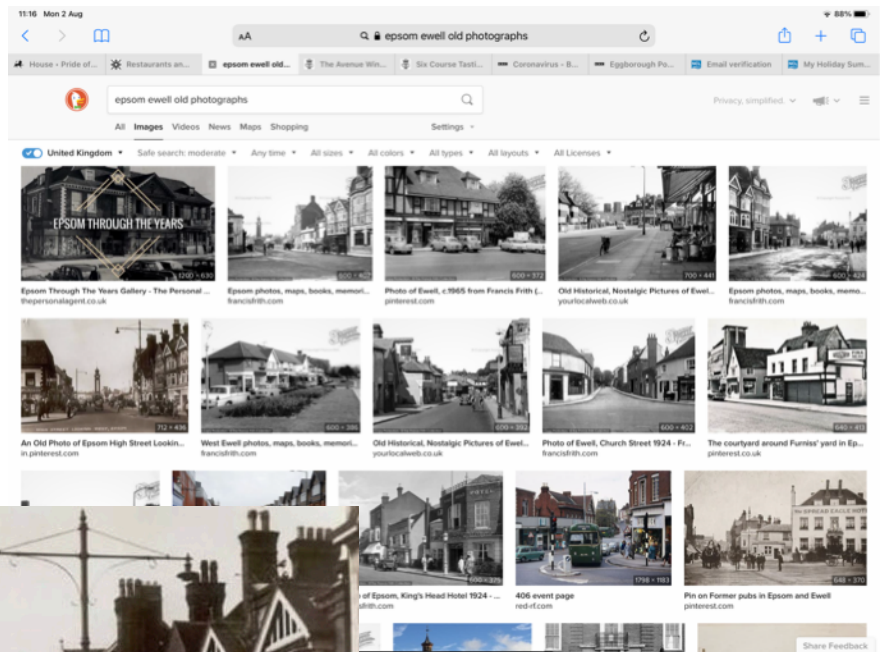
Old Photographs of the Area

Try typing “Epsom Ewell Old Photographs” (or any other town) into your internet browser and select the Images tab and you will get pages of pictures and photos.

Many of the old photographs are from Francis Frith which is an organisation which claims to be the UK's leading publisher of local photographs.

Search for your town

[https://
www.francisfrith.com](https://www.francisfrith.com)



Y

Home > Surrey > Ewell

Ewell, Surrey

Old Photos, Historic Maps, Local History Books and Memories of Ewell

Browse our selection of old black and white photographs of Ewell, along with a selection of historic maps, local history books, and fascinating memories that our visitors have contributed. All our photos and maps are available to buy in a wide range of product formats, including framed prints, canvas prints, tea towels, mugs, jigsaws, tableware, cushion covers and as one photo in a customised calendar. Most of our local history books can have a personalised inscription added for FREE to the title page.

Everything Old Photos Old Maps Books Memories Nearby Places

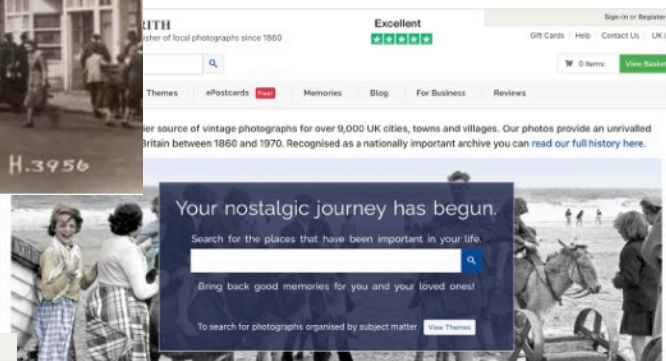
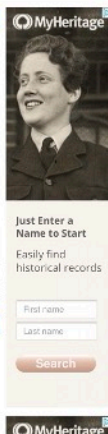
Old Photos of Ewell 134 available

See all our Ewell photos.



Old Maps of Ewell

Historic Maps of Ewell and the local area.



Puzzling picture

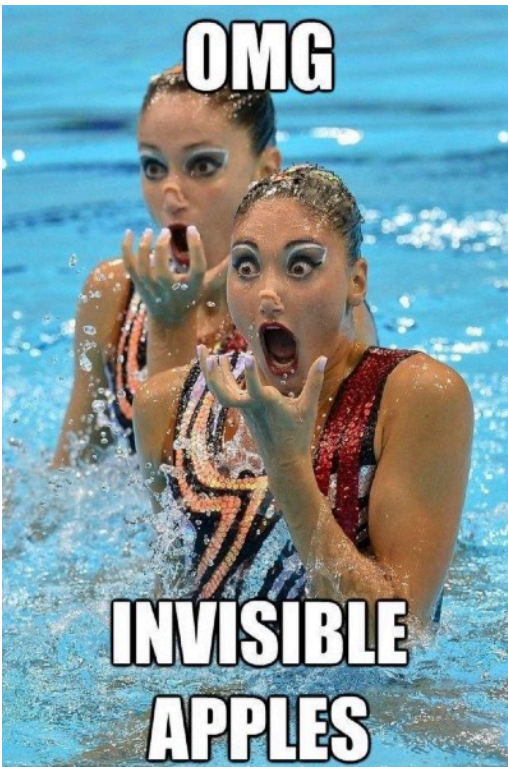
For the final page, here are two Olympic themed pictures.

This is a real picture and demonstrates how supple the gymnasts are.



Finally

Synchronised swimming can always be relied on to provide an amusing photo!



If you have any ideas, comments, suggestions please email them to me at steven.p.dow@me.com

See you next month!