

July 2022

Welcome to the latest IT Club Newsletter!

It has certainly been hot over the last few weeks so this edition has some advice about keeping cool. At the meeting this week we had a visit from the Epsom Council Principal Planning officer who was promoting a survey of opinions about the town centre. We certainly gave him some things to think about! Details below.

There will not be a news letter in August - summer break!

Age Concern News:

On the **18th September** we have a team of four very brave people jumping out of a plane for Age Concern Epsom & Ewell. You can learn more and sponsor here:

<https://ageconcernepsom.org.uk/get-involved/fundraise/fundraising-events/sponsored-skydive-teampage/>

To help them reach their fundraising goals we will be running a **Quiz Night** on the **3rd September** at the Ruxley Church Hall on Ruxley lane.

Other events confirmed include our **Comedy at the College** night which will take place on **Friday 28th October**

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 news letter 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.org.uk/list-manage.com/subscribe?u=72744b5e62d99b468ae2072a4&id=9b7e38510d>

All the previous news letters 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/>

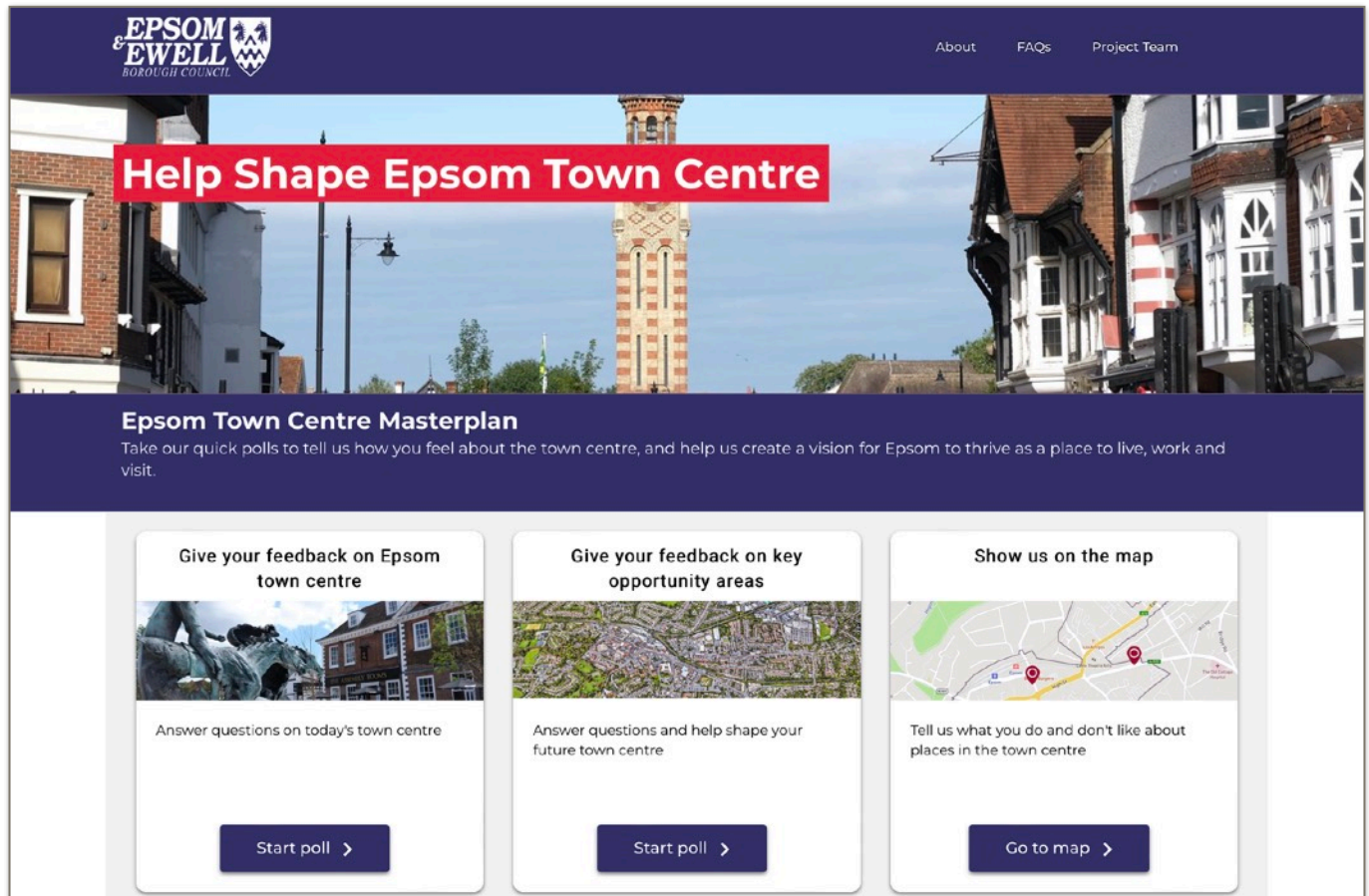
The NHS has lots of information: <https://www.nhs.uk/conditions/coronavirus-covid-19/>

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

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

Epsom Town Plans

Epsom Council are creating an Epsom Town Centre Masterplan and they are asking residents to give their views on how the town centre could change over the next 15 to 20 years.



The website is quite easy to use and allows you to give feedback on a range of areas.

You can visit the website here:

<https://www.epsom-ewell.gov.uk/residents/planning/planning-policy/consultations-and-examination>

The council contact is

Harry Burchill

Principal Planning Policy Officer

Epsom and Ewell Borough Council

Tel: 01372 732 399

Web: www.epsom-ewell.gov.uk

Hot Weather

Keeping cool in hot weather

Its a bit late for last week's heatwave but it seems these extreme events will become more familiar.

So here is some advice:

From AgeUK:

<https://www.ageuk.org.uk/latest-news/archive/ten-top-tips-to-help-you-keep-cool-and-healthy/>

The NHS gives good advice too:

<https://www.nhs.uk/live-well/seasonal-health/heatwave-how-to-cope-in-hot-weather/>

Here is the NHS website which gives hot weather warnings:

<https://www.england.nhs.uk/category/heat-alert/>



Search

Health A-ZLive WellMental healthCare and support

Home > Live Well > Seasonal health

Heatwave: how to cope in hot weather



Most of us welcome hot weather, but when it's too hot for too long, there are health risks. In England, there are on average 2000 heat related deaths every year. If hot weather hits this summer, make sure it does not harm you or anyone you know.

Why is a heatwave a problem?

The main risks posed by a heatwave are:

- not drinking enough water ([dehydration](#))
- overheating, which can make symptoms worse for people who already have problems with their heart or breathing
- [heat exhaustion and heatstroke](#)

Who's most at risk?

A heatwave can affect anyone, but the most vulnerable people are:



Here is some advice for pets:

<https://www.bbc.co.uk/newsround/44630436>

Storage and Data part 2.

Last month we looked at storage on your tablet or phone and possible actions if you find you are running out of space.

This month we are looking at storage which is not on you phone but in “the cloud”. The cloud is actually just a computer somewhere in the world whose sole function is to store data. 1000s of these computers, or servers, are housed in data warehouses.

Data is measured in bytes. One byte is roughly equivalent to a letter or number.

A kilobyte is a thousand bytes - 1000 letters or numbers

A megabyte is a million bytes - 1,000,000 letters or numbers

A gigabyte is a thousand million characters - 1,000,000,000 letters or numbers.

A terrabyte is a million, million characters - 1,000,000,000,000 letters or numbers

First some background:

In the old days (about 20 years ago!) your computer (there were no tablets or smart phones) had a data storage disk which stored all your documents, photos, games and so on.

This had disadvantages:

If it went wrong and you lost data you had to hope your “backup” worked.

The amount of data you could store was limited to the size of your disk.

The advantage was that you knew where your data was.

With improved internet speeds, reduced costs of storage the idea of storing your data, not on your computer but on massive data warehouses somewhere in the world. With the internet it really didn't matter where it was.

So the idea of storing your data NOT on your computer or tablet or phone developed.

New companies like Dropbox offered cheap storage, but you would never know where it was. This is not normally a problem but some people are not comfortable with it.

Fast forward to today and, especially if you have a phone or tablet, your data will be stored locally (actually on your device) and also remotely in a data warehouse. Your important data will also be copied (or “backed up”) to the remote storage.

Apple ipads and phones use iCloud and Android devices use Google Drive.

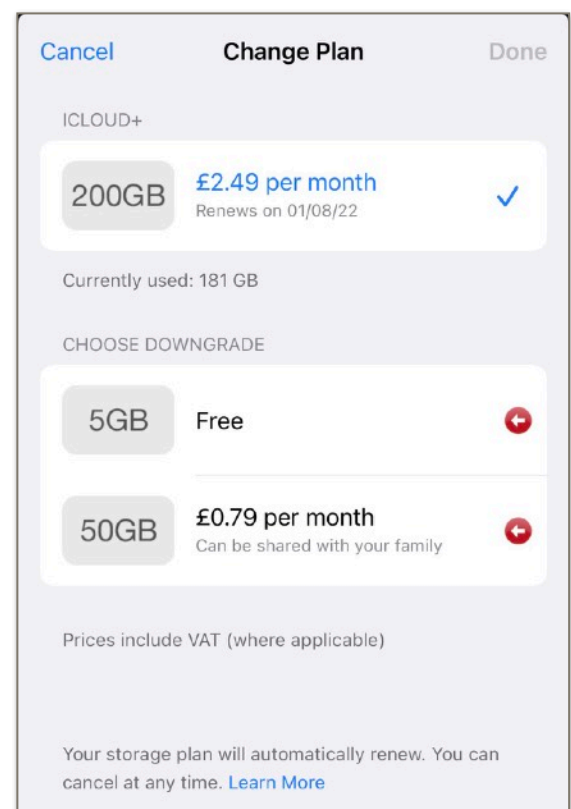
So these give you more storage, a backup in case of disaster (or just moving to a new device).

But. When you buy a device you get a certain amount of (in Apple's case) free iCloud storage.

To see your iPad or iPhone iCloud storage go to settings, Apple ID, iCloud, the iCloud.

You get 5gb free with Apple which is not much.

The example on the right shows that I have 200GB of iCloud storage somewhere in the world for which I pay £2.49 per month.



So how am I using 200GB?

This shows how the 200GB is being used:

The majority is photos (we have nearly 40,000!)

Also included are backups from 3 iPads and 2 iPhones plus documents, emails settings etc etc.

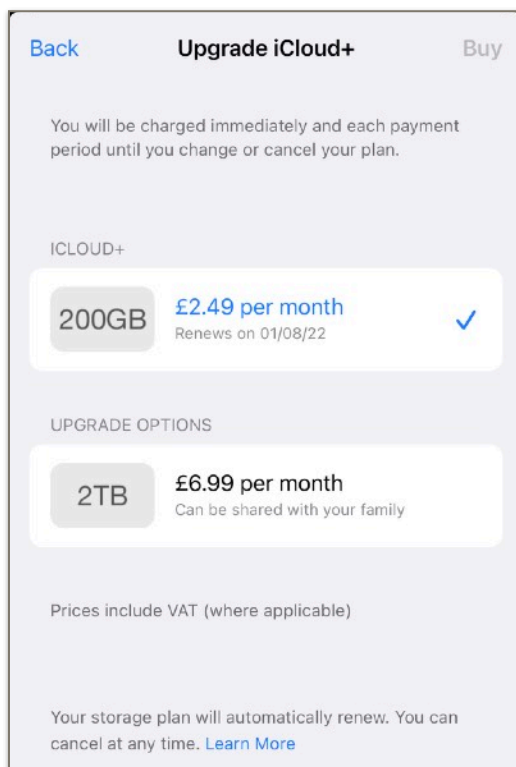
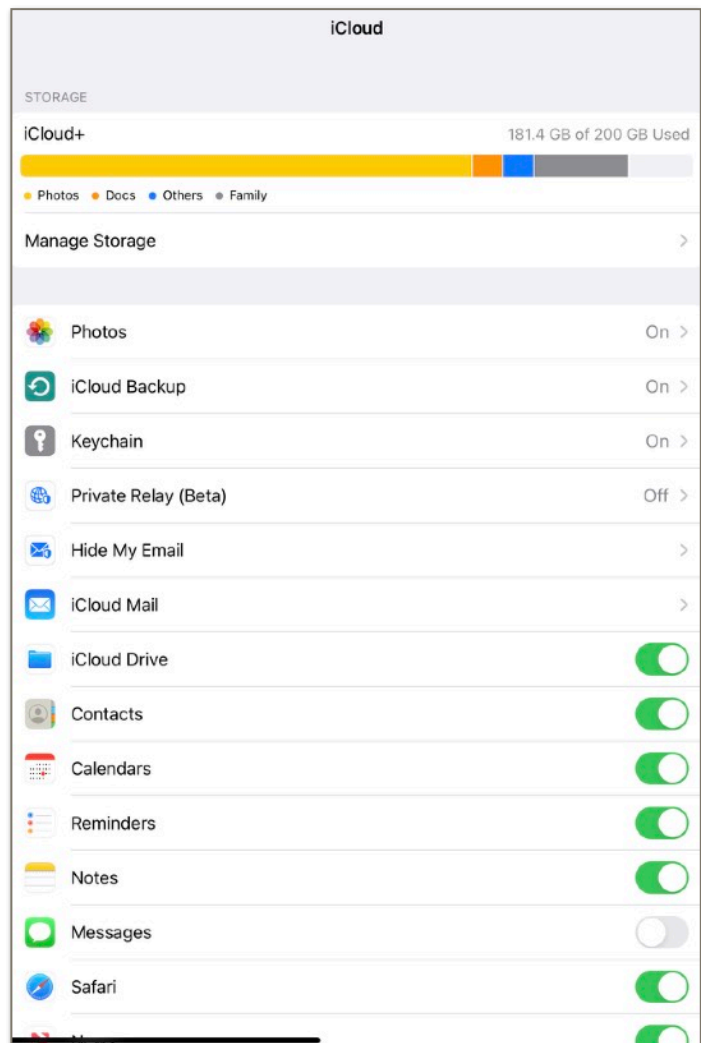
nb It is important that the iCloud backup is set to ON.

Unfortunately in this example the 200GB limit is getting close.

200GB=200,000,000,000 characters or numbers so that is quite a lot!

I have 3 choices:

1. Reduce the iCloud storage by deleting unwanted or duplicate photos. This would take an awfully long time to make a difference.
2. Reducing what is stored by turning certain items off. In the example on the right it is simply a matter changing the ON setting to OFF. If photos were turned off I would lose them forever because my iPad does not have the storage to keep every one. I definitely don't want to turn off backup. Everything else does not take up much space .
3. Pay for more storage or upgrade, as they call it.



So it looks like I will have to upgrade my iCloud storage.

The next upgrade option is 2TB or 2,000,000,000,000 characters which is ten times more than the storage I have now but £4.50 more a month.

This is getting expensive!

For Android users (Samsung phones and tablets for example) Google Drive works in a similar way and has similar costs.

In summary, if you get a message that your iCloud or Google Drive is getting full you can either delete an awful lot of your data or pay the extra. Not an easy decision!

Scams

Paypal scam

Paypal scams are becoming more common, say Which?

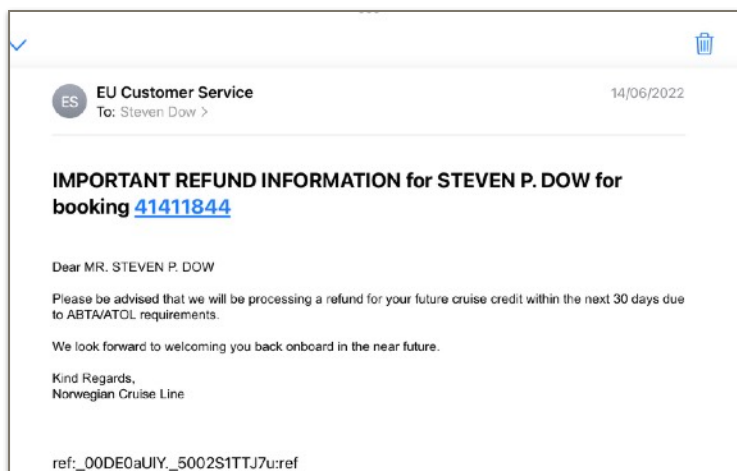
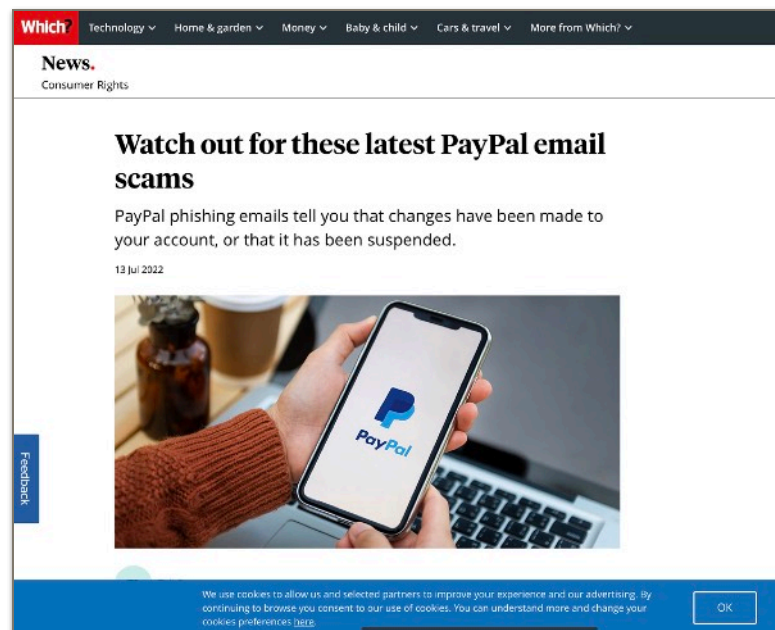
Paypal is a method of paying on the internet which can be safer and more secure than just passing over bank card details.

The scam emails tell you that your account has been suspended and you need to make changes to your account.

If you follow the email you would be taken not to the legitimate Paypal website but to the scammers website which would look real but is there just to record you login email and your password. Once they have your login then they have access to your bank card details.

Click here to see full Which? article: [PayPal Scam](#)

Scam or not a scam? Update



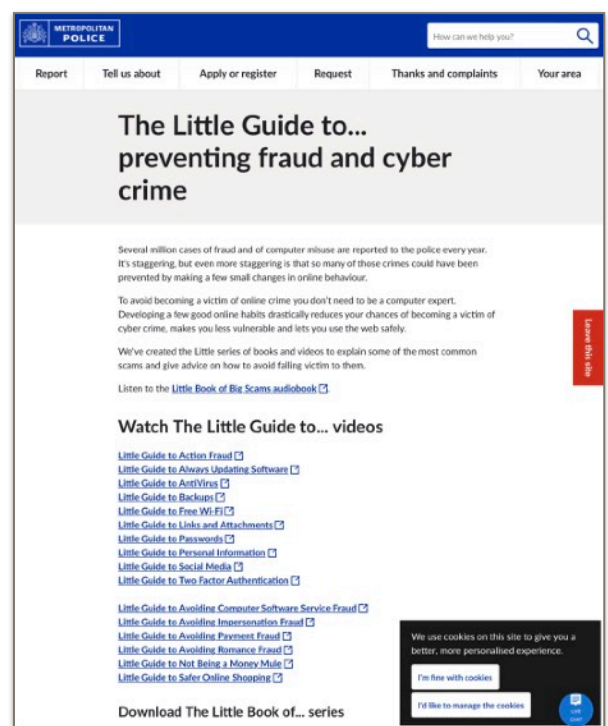
Last month this email arrived and it was not clear if it was a scam or not. Money for nothing seems too good to be true!

Well, this month I received £200 so it was definitely not a scam!

Metropolitan Police Resource

The Met Police have a great resource called 'Little Guides' on IT Security.

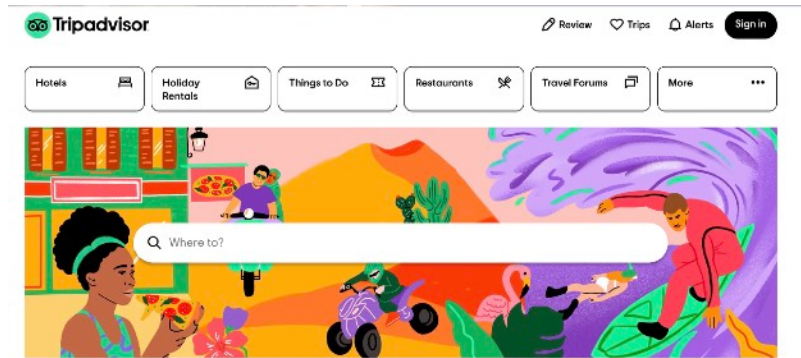
You can visit here: <https://www.met.police.uk/littlemedia>



Tripadvisor

If you are thinking of travelling over the summer months (or indeed anytime!) then Tripadvisor is worth looking at.

It has reviews of Hotels, Things to do and Restaurants. Anyone can post a review making it very democratic but this has caused controversies (See below)



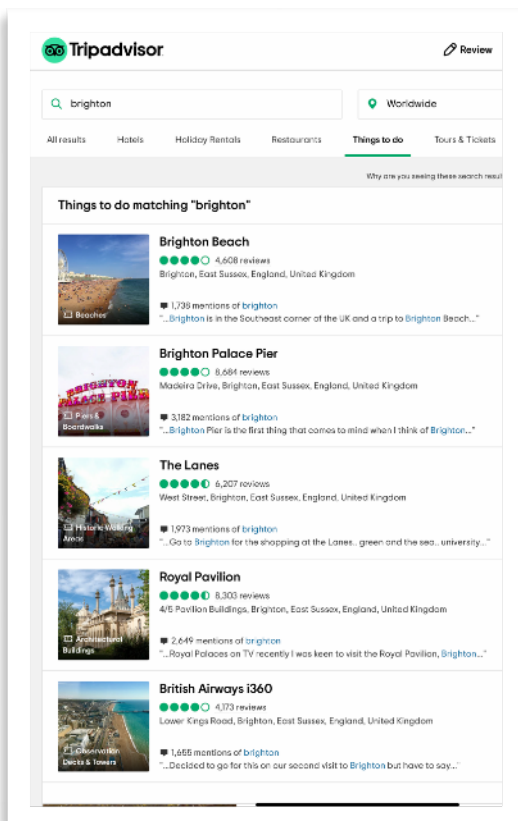
If we were going to Brighton for a couple of days we could do the following:

First you search for “Brighton” in the search box.

This example shows things to do in Brighton.

Note the green blobs which indicate the rating people have given the attraction.

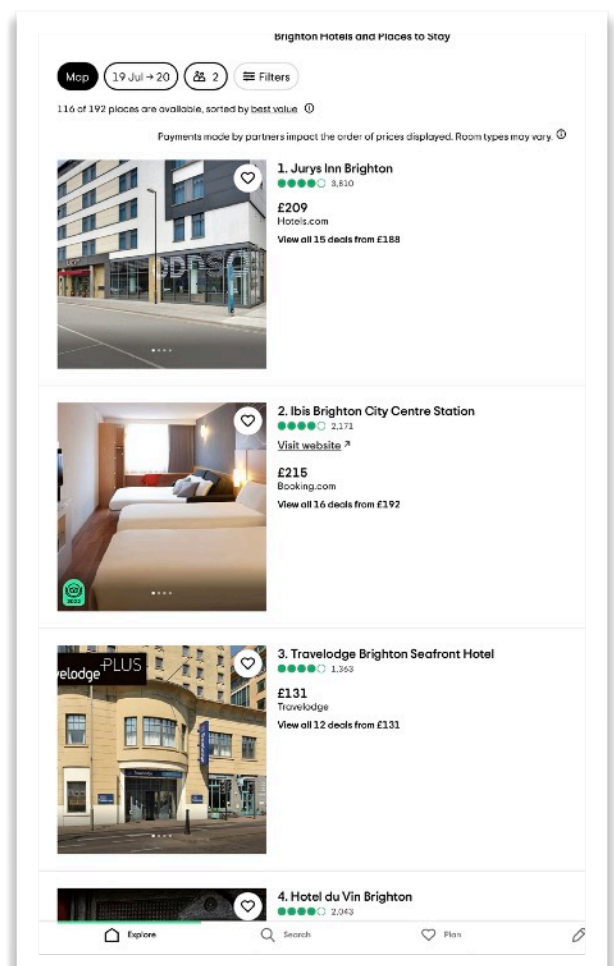
Brighton beach is 4/5 but the Royal Pavilion is rated slightly better so we will definitely go there.



Next we have to find somewhere to stay we search for hotels in Brighton.

Jurys Inn is rated highly and is on the front so that looks like the place to stay.

We can book direct from Tripadvisor.



Now we need somewhere to eat so we search for restaurants in Brighton

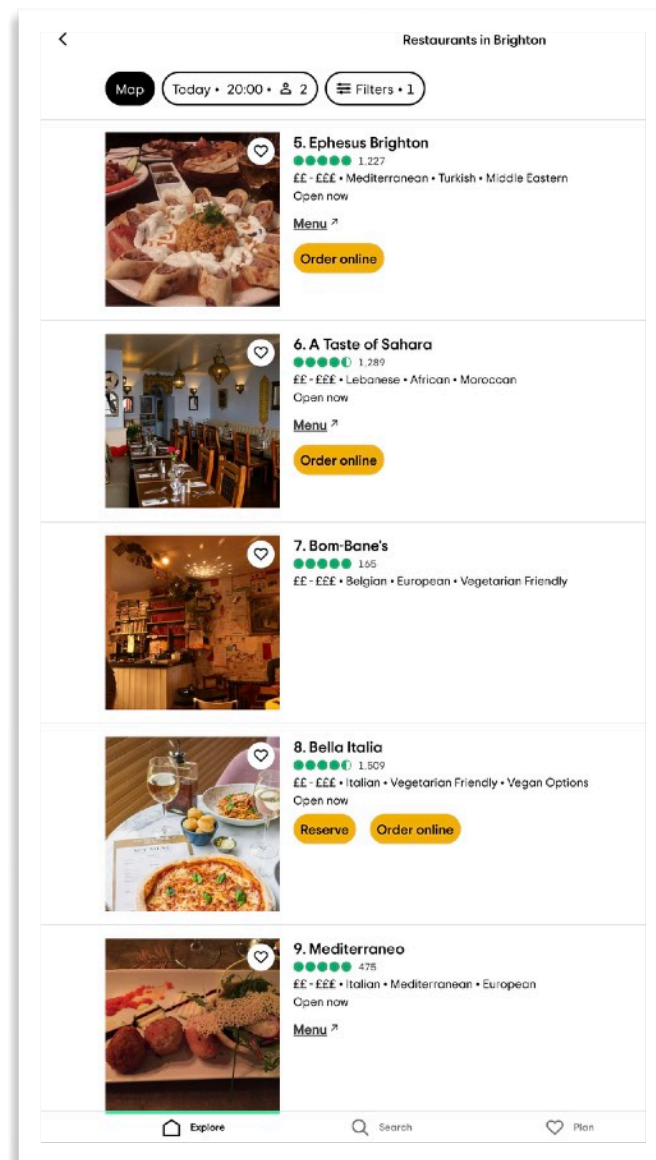
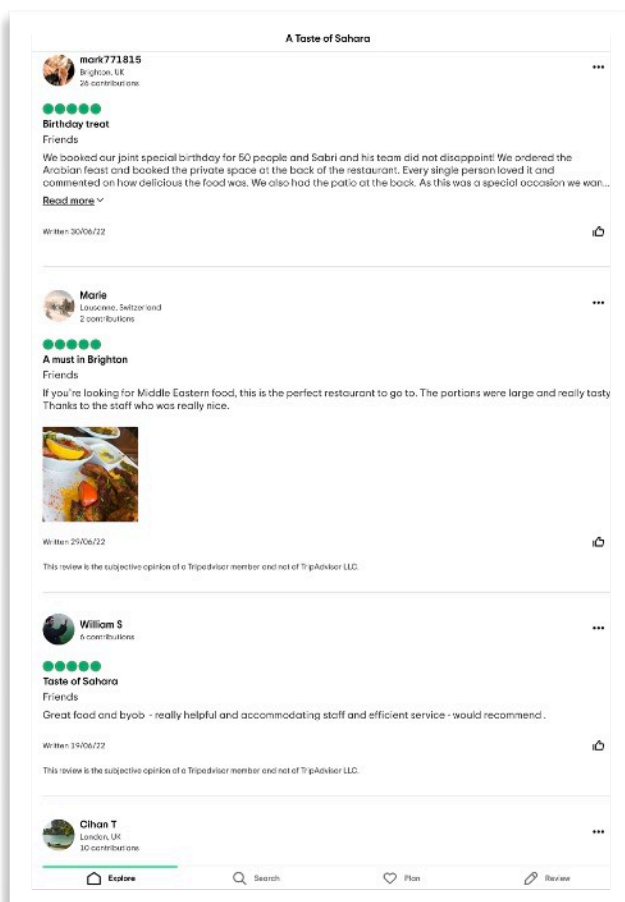
A Taste of Sahara looks good - 4.5/5 and 1289 reviews (a good sign if there are many reviews).

The next step is to look at the reviews.

Note of caution about reviews:

There have been fake bad reviews by disgruntled people and fake good reviews by owners and staff of restaurants and hotels. There have even been cases of blackmail - eg "Give me £100 or I will post bad reviews on TripAdvisor".

You have to read between the lines sometimes and the more reviews the better - they are less likely to be affected by very bad or good reviews.



The reviews look good so I will book the restaurant.

How to get Tripadvisor.

You can go to the website directly here:
<https://www.tripadvisor.co.uk>

However it is better is to get the App from the Apple App store, or Google Play if you have Android.

Puzzling picture

Does the cat have a transparent ear?



Finally, would anyone actually **believe** a \$1 cinnamon bun would be that size?



If you have any topics you would like covered or anything you would like to share, just let me know at steven.p.dow@me.com