

June 2021



Welcome to the IT Club Newsheet!

Not quite there yet! The final relaxing of the restrictions has been put back 4 weeks but we are still available to help you in your homes, with covid precautions of course.

Here is a link to the roadmap: <https://www.gov.uk/government/publications/covid-19-response-spring-2021/covid-19-response-spring-2021-summary>

Charity Golf Day!

If you, or someone you know plays golf, this may be of interest:

On Tuesday 26th October 2021, Age Concern Epsom & Ewell are holding our very 1st Charity Golf Day at the prestigious Royal Automobile Club, Woodcote Park, Epsom. Woodcote Park is set within 350 acres of the Surrey Countryside and the site itself is steeped in local history dating back to the Doomsday Book.

The charity golf day will start with bacon rolls and coffee, followed by a prompt shotgun start on the Old Course, one of the club's 18-hole downland golf courses. To conclude the day, we will also host a 3-course Silver Service evening meal and a fundraising raffle. Why not make a day of it and invite a guest to join you for the evening meal. Whilst you play golf, your guest can make the most of the spa and leisure facilities available (additional costs apply).

Tickets are based on a 4 Ball (team of 4) and are £660

Additional evening meal tickets are £60pp.

Tickets are limited.

To register your Interest in this event, please email

charlotte.hornblow@ageconcernepsom.org.uk

Mount Snowden Challenge

A reminder of our breath-taking Mount Snowdon Challenge. This event is done under the starlit sky and participants get to watch a beautiful sunrise before their descent. This event is on August 8th-9th 2021.

<https://ageconcernepsom.org.uk/get-involved/fundraise/fundraising-events/snowdon-at-nighttrek/>

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>

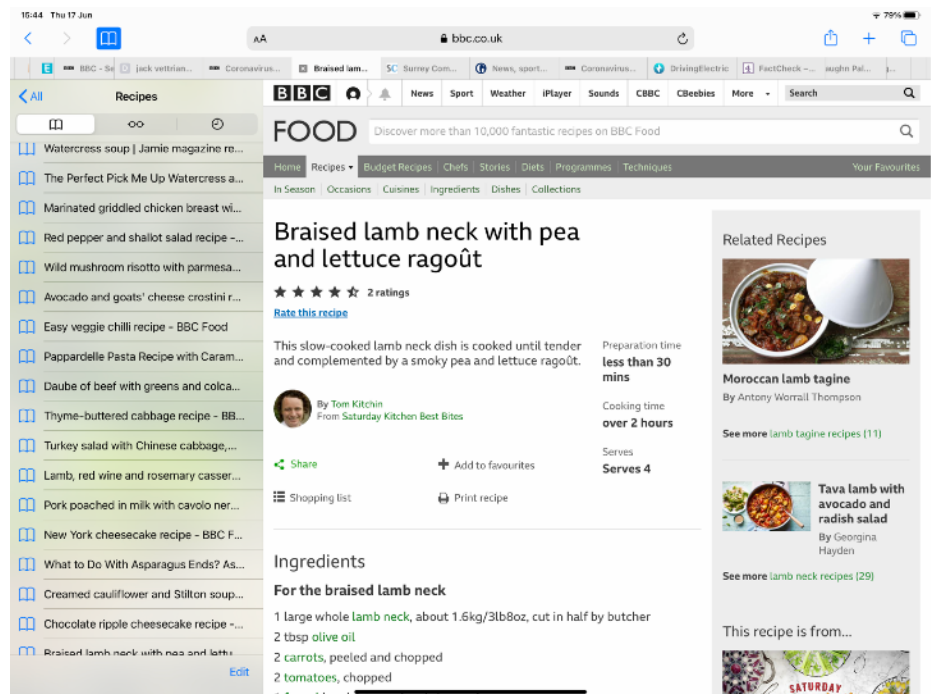
Livi information: <https://www.livi.co.uk>

Food Recipes

For many years I have been using recipes from the internet, rather than books. Why? Because the BBC recipe website, for example, has over 10,000 searchable recipes to choose from. For example, recently I wanted a nice lamb recipe, so using the simple search facility I instantly had 546 recipes to choose from.

Here is the website:
<https://www.bbc.co.uk/food/recipes>

When I have chosen a recipe I save it in the “bookmarks” area of the internet browser (Safari, Internet Explorer, Chrome etc) so that I have a record of what I have cooked.



1. For the braised lamb neck, preheat the oven to 200C/180C/Gas 6.
2. Pat the lamb neck dry. Heat a tablespoon of the olive oil in a large sauté or frying pan. Add the lamb neck and cook for 2–3 minutes to seal on all sides. Set aside.
3. Heat the remaining oil in a large flameproof casserole. Add the carrots, tomatoes, fennel, garlic, onion, red pepper, cardamom pods, fennel seeds and curry powder. Season with a pinch of salt and gently fry for 8–10 minutes, or until the vegetables are beginning to soften. Add the tomato purée and stir for another minute.
4. Add the wine, stirring to deglaze the pan, and boil until the wine evaporates. Add the lamb stock, bouquet garni and the lamb neck. Season with salt and pepper. Cover the casserole and bring the stock to the boil. Transfer to the oven and leave the lamb to braise for 3–3½ hours, or until the meat is tender enough to flake from the bone. Season the lamb with salt, pepper and cumin. Cover with kitchen foil and set aside.
5. Meanwhile, for the ragoût, bring a small saucepan of salted water to the boil and place a bowl of iced water in the sink. Add the carrots to the boiling water, blanch until just tender and drain well. Plunge into the iced water. Once cool, drain well and set aside.
6. About 10 minutes before serving, heat the oil in a sauté or frying pan. Add the lardons and gently fry until they render their fat and are coloured all over. Set the pan aside.
7. Strain the lamb cooking juices through a fine sieve into a saucepan and boil until reduced by half. Season with salt and pepper, if necessary.
8. To finish the ragoût, add the peas, blanched carrots and 150ml/5fl oz of the reduced cooking juices to the pan with the lardons. Leave to simmer for 3–4 minutes, or until the peas are tender. Stir in the lettuce and continue simmering until it wilts. Season with salt and pepper, if necessary.
9. Transfer the ragoût and lamb neck to warmed plates and serve immediately with the remaining cooking juices alongside.

Instructions are clear and well set-out.

I put my iPad on a stand in the kitchen, keeping it clear of water and bits of food of course.

I sometimes use the zoom facility (two fingers on the screen then open them to expand text) so I can read the words more easily.

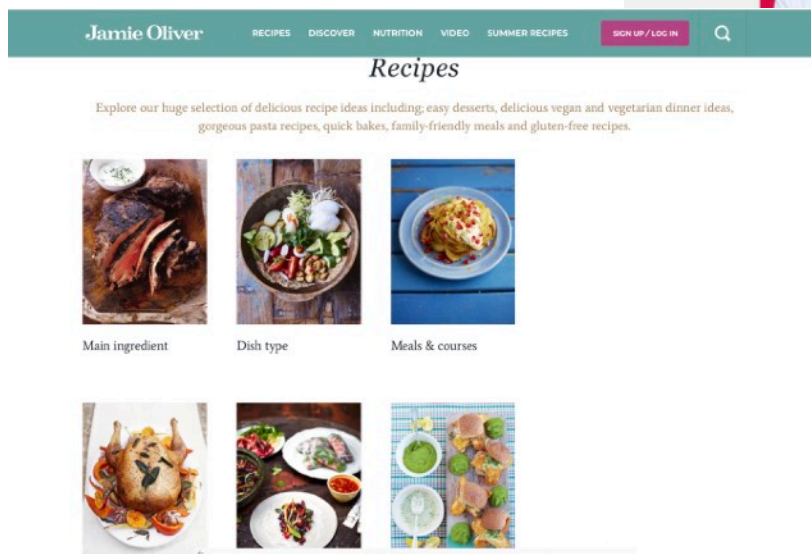
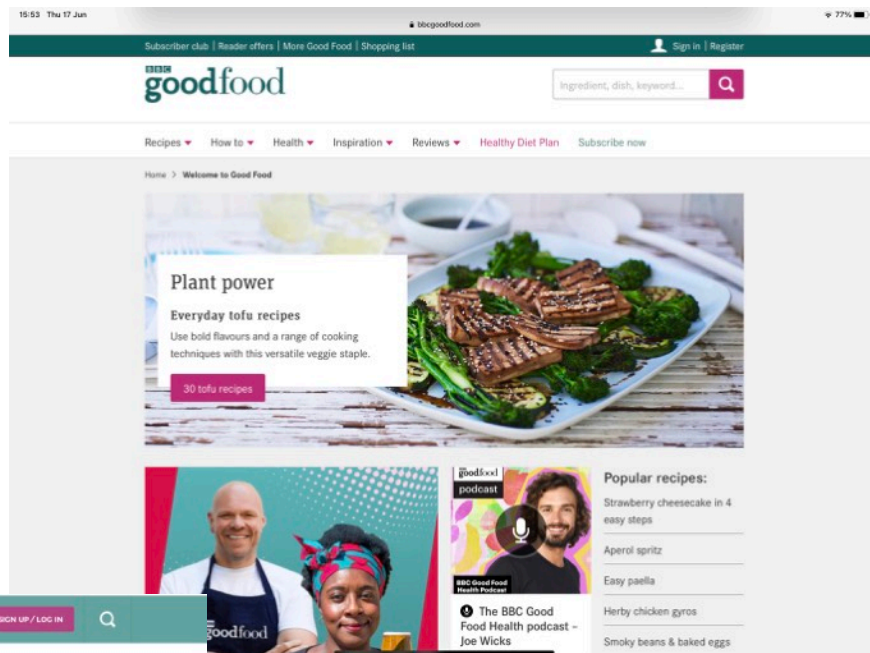
I can also use the timer on the iPad, which is very useful if I have multiple timers running at one time.

Other Websites

The BBC GoodFood website appears to be more of a magazine/club but still has many thousands of recipes which are commented upon and rated by the public.

It is here:

<https://www.bbcgoodfood.com>



Jamie Oliver also has an interesting recipe website here:

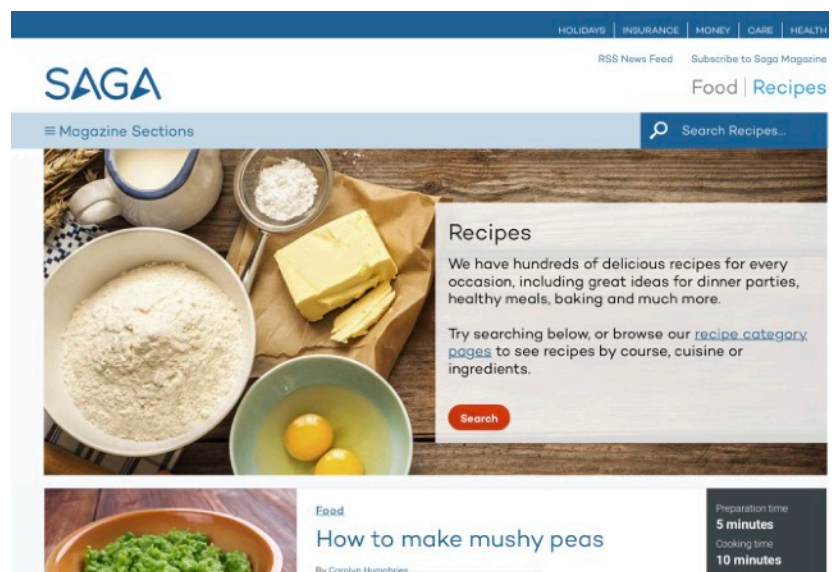
<https://www.jamieoliver.com/recipes/>

Saga also has a recipe section which may be worth looking at:

<https://www.saga.co.uk/magazine/food/recipes>

Another one to try is All Recipes. Lots of recipes but it is a bit more advert-heavy.

<http://allrecipes.co.uk/recipes/>



Here is a page of the best 50 food websites, from the Independent newspaper: <https://www.independent.co.uk/extras/indybest/food-drink/the-50-best-food-websites-8665600.html>

Food Recipes?

They say the past is a different country and it certainly is where recipes are concerned. Especially American recipes.

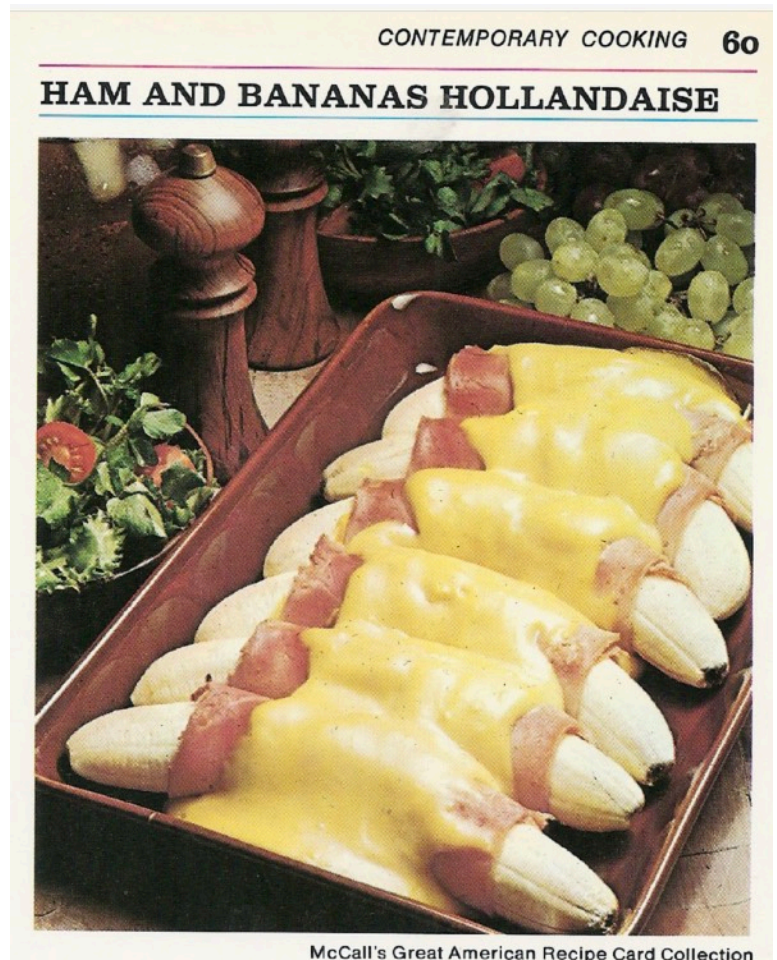
Here is an appetising concoction:

If you would like to try it, then here is the full recipe:

<https://vintagerecipecards.com/2011/06/15/ham-and-bananas-hollandaise/>

There are many more here (if you can stomach them):

<https://www.buzzfeed.com/ariannarebolini/truly-upsetting-vintage-recipes>



Medieval Food Recipes

After experiencing the Tuna and Jelly pie and other horrors from the 1960s I thought it might be interesting to see if medieval recipes were worse.

Well, from what I can see, none were as bad as Hot Dog Fondue.

Medieval Elderflower and raspberry
cheesecake:



Medieval Stew in bread

This website is all about medieval cooking:
<https://www.medieval-recipes.com>

AirTags Update

Last month we looked at the new Apple AirTags which you attach to lose-able(?) items such as keys, bags, glasses cases etc.

I ordered 4 and they arrived at the beginning of June.

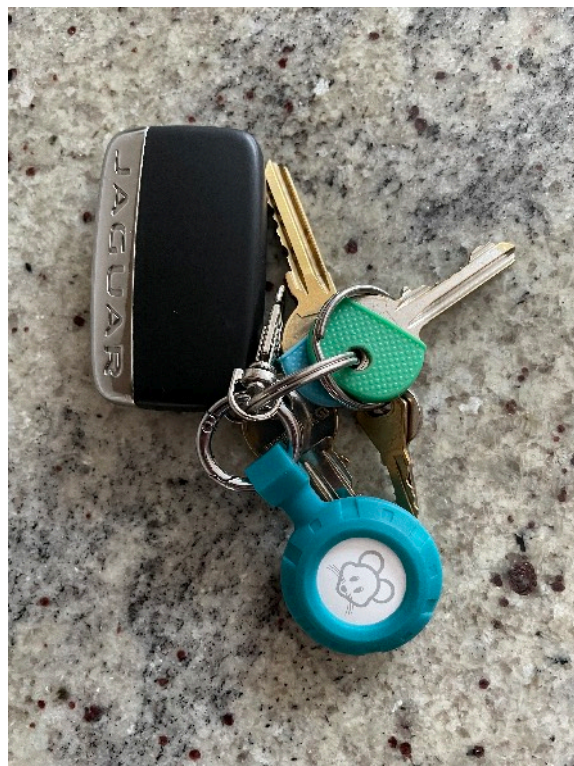
When you order you can choose to have them engraved with an animal's head, for identification. I chose the mouse to be attached to my keys.

Installation was straightforward: after removing a tag they become "live". You then simply move them near the phone you wish to register them with, give them a name and that's about it.

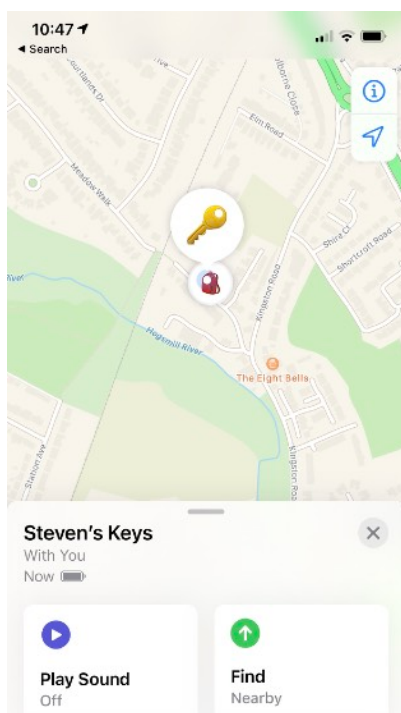
I had to buy a key fob to put the tag in.

So, will it be any use?

Yes!



This week I was due to walk to a nearby pub to meet a friend. It takes 5 minutes so 5 minutes before the appointed time I went to the key drawer but, devastatingly, the keys were not there. When this happens I normally search my coat pockets but I thought that this time I would try the new AirTags.



On my iPhone I opened the Find My app (every iPhone has one) and the first screen told me the keys were in the house, which was reassuring. I selected Find Nearby (this feature is only available on later iPhones) and it immediately told me the keys were just 10ft away.

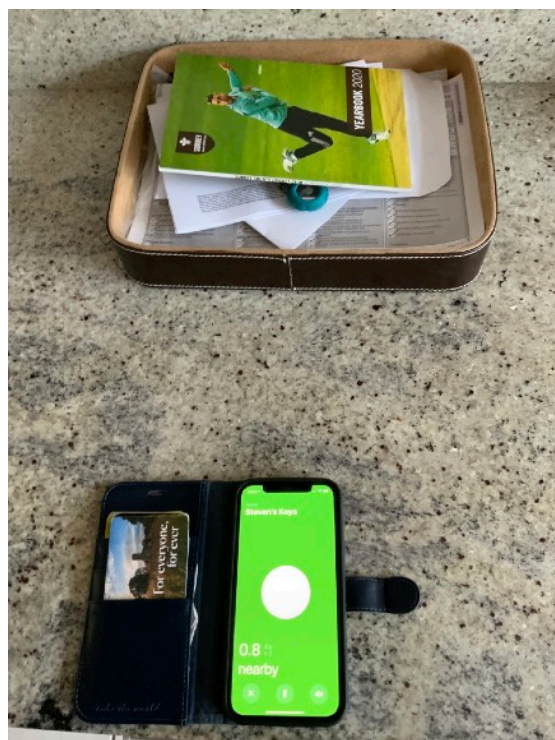
I moved the phone around and it took me exactly to the where the keys were hidden - under papers in the in-tray which is a place I would never think of looking.

I could also make the AirTag play a sound to help find it.

This all took about 1 minute and I made it to

the pub on time!

Apple AirTags are here:
<https://www.apple.com/uk/airtag/>



Scams

Worst email scam

I received this email last week which must be a contender for the worst ever scam email.

Its nice to know the FBI are involved!

Warning signs:

Senders email address and all email addresses are clearly made-up.

My name is not used, just "Dear".

Attrocious grammar.

Too good to be true - apparently I have \$25 million waiting for me!



FBI OFFICE RECORDS

To: undisclosed-recipients Bcc: Steven >

Monday

Please Dear your carefully Attention is needed,

FEDERAL BUREAU OF INVESTIGATION.
FBI Headquarters in Washington , D.C.
J.Edgar Hoover Building , 935 Pennsylvania Avenue,
NW Washington , D.C. 20535-0001 USA

Please Dear your carefully Attention is needed,

We are here to let you know that those officials whom are delaying your funds not to be sent to you since has been arrested by Federal Bureau of Investigation (FBI) and we are now advising you to get in contact with U.S.A. Internal Revenue Service Department Commissioner Charles P. Rettig for the releasing of your \$25.5 Million United States Of America Dollars and your funds will be release to you once you contact him without any delay only that it will take him few hours because he is a busy man.

But you will pay the sum of \$100 for I.R.S STAMP needed and you must pay it before your funds will be release by him and you will re-confirming your info to him .

Contact Person; U.S.A. Internal Revenue Service Department.
Commissioner Charles P. Rettig
Contact E-mail:: usainternalrevenueservice362@gmail.com
Phone::: +1 631 887 3185

Get back to us with your conversations with Commissioner Charles P. Rettig because we are now in-charge to monitor and investigate this transaction until it is received by you .

For And On Behalf Of
Federal Bureau of Investigation
Mr.Christopher A. Wray.
E-mail: fbiofficerecords2017@gmail.com
Executive Director

Door step scams

Not strictly related to IT but an interesting article about doorstep scams and how to deal with them:

<https://www.which.co.uk/news/2021/05/fraud-at-your-front-door-how-doorstep-scammers-exploited-the-pandemic/>

COVID Vaccine passport scam.

This message was received by one of our group from U3A (an excellent organisation: their local website is here: <https://www.u3asites.org.uk/epsom-ewell>)

*We have been made aware by the **Cheshire Constabulary** of a Covid Vaccine Passport scam email going around that purports to be from the NHS and informs recipients that they can apply for their “**Digital Coronavirus Passports**”*

Clicking on the link within the email, takes you to a convincing but fake NHS website that asks for personal and payment details. (for an admin fee)

The website has since been taken down, but in case similar emails/websites appear can you please circulate the attached alert to your residents, members, groups and mailing lists.

*And just to reiterate, your vaccination status is obtained **FREE** through the NHS App, website or by calling the NHS on 119.*

A sample scam Email looks like the following -



Dear Sir/Madam,

Starting today you can apply for a Digital Passport.

The Coronavirus Digital Passport is documentation proving that you have been vaccinated against COVID-19 or you recently recovered from COVID-19. The passport will allow you to travel safely and freely around the world without having to self-isolate.

Who is eligible?

UK citizens and their families, and legal residents.

How do I get the certificate?

You can get your Digital Passport via NHS portal and are asked to clicking on the button below:

DO NOT - Please be warned & pass this on to others

Health

We should all do more exercise than we do, but what should we be doing?

Now that the weather is getting better, walking is a great way of exercising and getting a healthy dose of fresh air.

The NHS has a great website about exercising as you get older:

<https://www.nhs.uk/live-well/exercise/exercise-as-you-get-older/>

Exercise

How much exercise?

+

Couch to 5K

+

Exercise tips

+

Physical activity and exercise can help you stay healthy, energetic and independent as you get older.

Many adults aged 65 and over spend, on average, 10 hours or more each day sitting or lying down, making them the most sedentary age group.

They're paying a high price for their inactivity, with higher rates of falls, obesity, heart disease and early death compared with the general population.

As you get older, it becomes even more important to remain active if you want to stay healthy and maintain your independence.

If you do not stay active, all the things you've always enjoyed doing and taken for granted may start to become that little bit harder.

You may struggle to pursue simple pleasures, such as playing with the grandchildren, walking to the shops, leisure activities and meeting up with friends.

You might start to get aches and pains you never had before and have less energy to go out. You may also be more vulnerable to falling.

able to look after yourself and do the

Physical activity guidelines for older adults

Exercise

How much exercise?

+

Couch to 5K

+

Exercise tips

+

Fitness g

Older adults should do some type of physical activity every day. Any type of activity is good for you. The more you do the better.

Adults aged 65 and over should:

- aim to be physically active every day. Any activity is better than none. The more you do the better, even if it's just light activity
- do activities that improve strength, balance and flexibility on at least 2 days a week
- do at least 150 minutes of moderate intensity activity a week or 75 minutes of vigorous intensity activity if you are already active, or a combination of both
- reduce time spent sitting or lying down and break up long periods of not moving with some activity

If you've fallen or are worried about falling, doing exercises to improve your strength, balance and flexibility will help make you stronger and feel more confident on your feet. Speak to your GP if you have any concerns about exercising.

What counts as light activity?

Light activity is moving rather than sitting or lying down.

Here is another page with more details:

<https://www.nhs.uk/live-well/exercise/physical-activity-guidelines-older-adults/>

The website is well worth a visit.

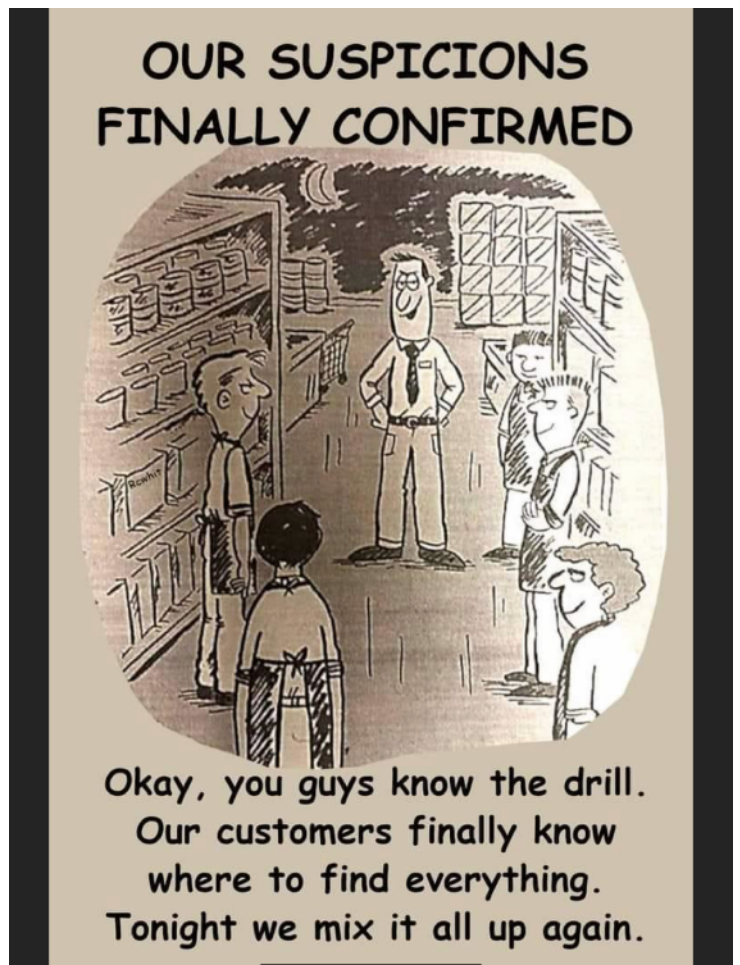
Puzzling picture

Amazing pavement art!



Finally

As the country slowly opens up and we visit supermarkets more regularly:



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

See you next month!