

March 2022



Welcome to the March IT Club News sheet.

The March IT Club was held this week in the Old Town Hall. Alison gave a very interesting presentation about being safe when using social media.

Social Media can be very positive and useful but you have to be careful about what information about yourself (or other people) you give away.

The presentation Alison gave has been circulated with this news sheet.

Covid in its latest guise of Omicron v2 is still with us but thankfully nowhere near as severe as the previous version. Infection numbers are high but are predicted to fall quickly in the next few weeks. We had restricted the numbers at the meeting yesterday but we hope we can return to normal attendance numbers soon.

In this news sheet we look at some positive examples of Social Media.

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 sheet 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 news 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>

Age Concern Concert

Do you like music? Do you like Brass
Music in a wonderful hall?

Then come along to see and hear
Surrey Brass on Friday 8th April at
7.30pm.

A promotional poster for a concert. The top half features a close-up photograph of brass instruments, specifically trumpets and a tuba, with hands visible playing them. The background is a deep blue with faint, stylized musical notes and a treble clef. The text is white and yellow. The title 'A night with Surrey Brass' is at the top. Below the photo, the date and time 'Friday 8 April 7.30pm' are listed, followed by ticket prices 'Tickets: £22 / £20 (concs)'. The venue 'The Main Hall, Epsom College College Rd, Epsom, KT17 4JQ' is listed below. At the bottom, there is a line of small text about ticket booking and contact information, and a logo for 'AGE Concern Epsom & Ewell' on the right.

**A night with
Surrey Brass**

Friday 8 April
7.30pm
Tickets: £22 / £20 (concs)

The Main Hall, Epsom College
College Rd, Epsom, KT17 4JQ

For tickets please book online. For general enquiries please
contact 01372 732 456 (9.30 - 1 Mon - Fri)
All proceeds from this event go to supporting the services
of Age Concern Epsom & Ewell

AGE Epsom & Ewell
Concern

More information and ticket purchase
is here:

<https://ageconcernepsom.org.uk/get-involved/fundraise/fundraising-events/surreybrass/>

Social Media

We hear a lot about social media, mostly bad, but what exactly is it? And can it be of benefit to the older person?

Here is a definition from Wikipedia:

Social media are interactive computer-mediated technologies that facilitate the creation or *sharing of information*, ideas, career interests and other forms of expression via *virtual communities* and networks.

Social Media comes in many forms from the hugely popular Facebook, Twitter, Instagram etc to small groups such as those who do quizzes, puzzles, games, chess etc.

One of the good (and bad) aspects of social media is the comments section. People can very excited and angry about the most trivial things (eg The Archers Facebook page - you would be amazed how excited people can get about the fate of Berrow Farm!) but comments can also bring a sense of community.

Times Quiz

My family attempts the Times Daily Quiz via Zoom. The quiz is great fun and encourages much discussion, but in addition we like to look at the comments and see how we have fared compared to other people. Its is entertaining and it really does feel like we are part of a friendly community.



The screenshot shows the Times2 app interface. At the top, there's a purple header with a back arrow, the text 'Times2', a star icon, and an upload icon. Below the header is a photo of a female athlete holding a medal. Under the photo, the text reads: 'Q15: Born in Inverness, who is this Olympic 1500m silver medalist? REUTERS'. Below this is a section titled 'MINDGAMES' with the main heading 'The Times Daily Quiz: Friday March 11, 2022'. Underneath, it says 'Fifteen questions to get you thinking. The answers are below'. A small line of text credits 'Olav Bjortomt Friday March 11 2022, 12.01am, The Times'. At the bottom, three quiz questions are listed: '1 Gene Kelly played D'Artagnan in which 1948 film?', '2 AB negative is the rarest of the eight main types of what?', and '3 From 1981 to 2005, which French mineral'.

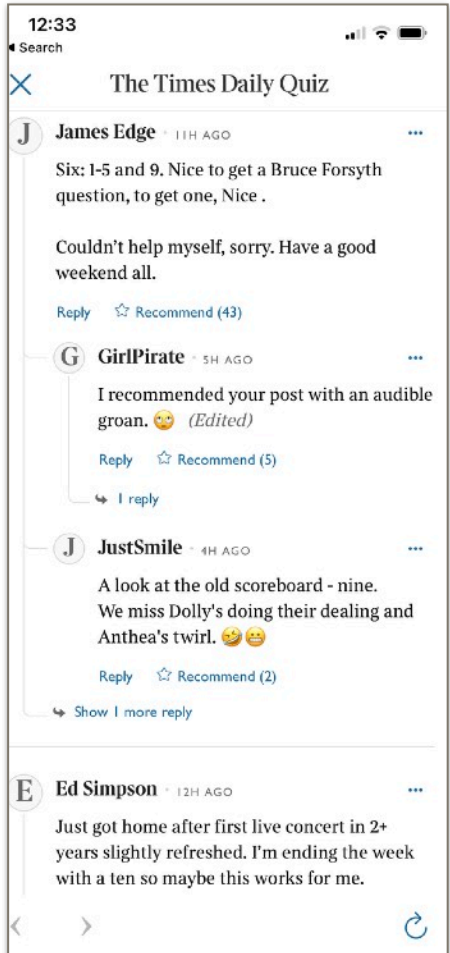
The Quiz consists of 15 increasingly difficult questions.

After marking ourselves we will look at the comments.

We recognise the names and the comments can be very entertaining.

Some people add comments about their gardens, weather and so on.

You need a Times online subscription for this but there are other quizzes and puzzles available online.



The screenshot shows the 'The Times Daily Quiz' app interface. At the top, there's a status bar with the time '12:33' and a search bar. Below the search bar is the app title 'The Times Daily Quiz'. The main content area shows a list of user comments. The first comment is from 'James Edge' (11H AGO) with the text: 'Six: 1-5 and 9. Nice to get a Bruce Forsyth question, to get one, Nice . Couldn't help myself, sorry. Have a good weekend all.' It has 'Reply' and 'Recommend (43)' options. The second comment is from 'GirlPirate' (5H AGO) with the text: 'I recommended your post with an audible groan. 😊 (Edited)' It has 'Reply' and 'Recommend (5)' options. The third comment is from 'JustSmile' (4H AGO) with the text: 'A look at the old scoreboard - nine. We miss Dolly's doing their dealing and Anthea's twirl. 😊😊' It has 'Reply' and 'Recommend (2)' options. At the bottom, there's a 'Show 1 more reply' link. The bottom of the screen shows a partial view of a comment from 'Ed Simpson' (12H AGO) with the text: 'Just got home after first live concert in 2+ years slightly refreshed. I'm ending the week with a ten so maybe this works for me.'

1. Facebook

It is probably the most attractive of the social media sites to the older person.

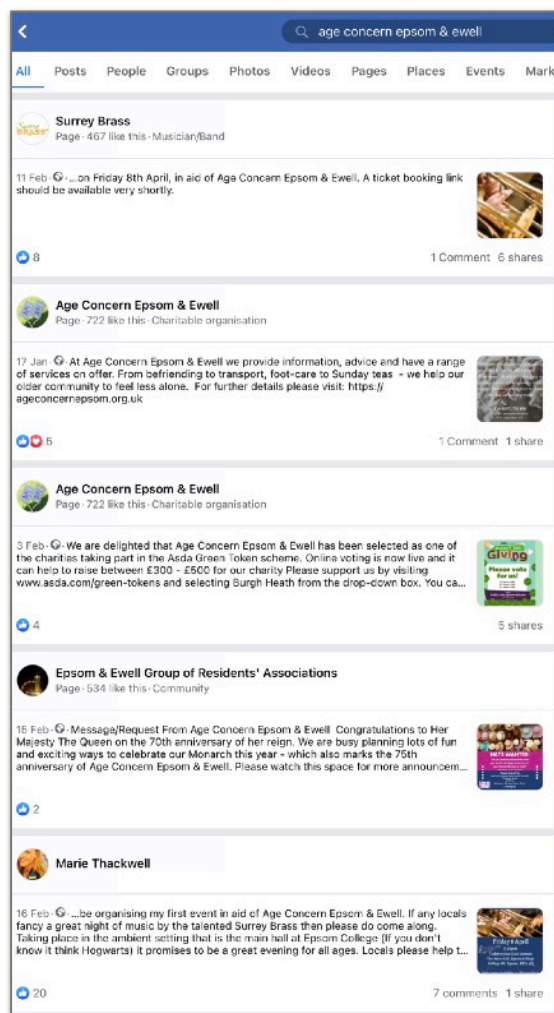
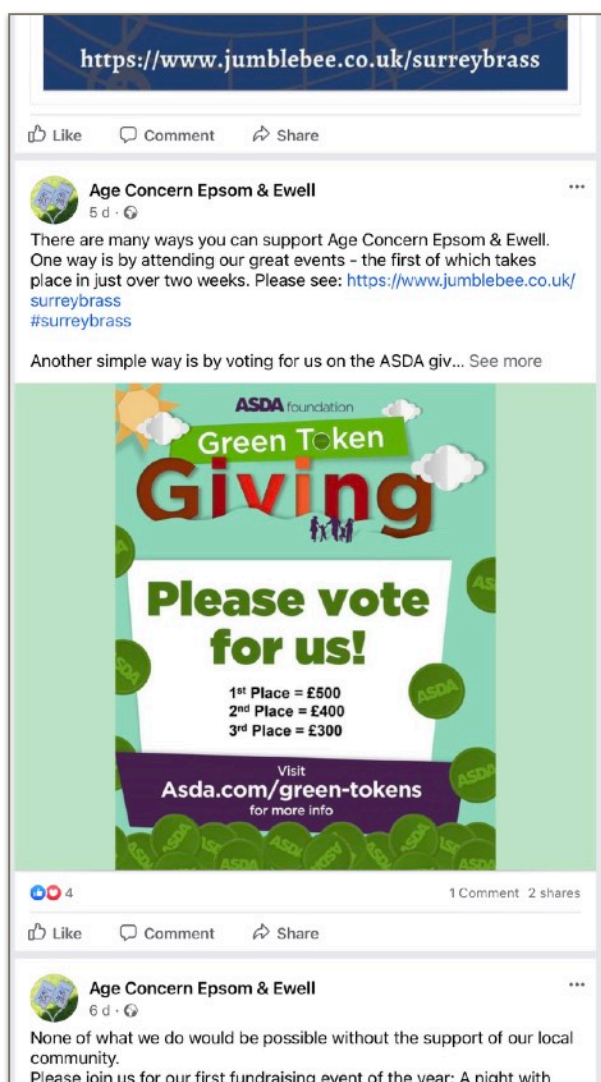
Here are some of the benefits:

1. Keeping in touch with family and friends is a major benefit. Messages, photos and videos can be shared quickly and easily.
2. Keep up to date with what is going on in the local area. There are many groups such as: Age Concern Epsom and Ewell - the most important! Epsom and Ewell Community Hub Stoneleigh, Epsom and Ewell Community Group Ewell for buying and selling Epsom and Ewell Past and Present for photos, messages and news. Whats On in Epsom and many more. All groups have a moderator who will ensure only appropriate messages and content are posted.
3. Interest Groups. If you have a particular interest there will be a group for you. For example if you have an interest in Hydrangeas there are at least 3 groups you can join.
4. Useful groups Lost your cat? There are groups which act as a notice board. For example Surrey Cats Lost and Found UK.
5. Live streaming of eg, sports events, church services, concerts.

Some interesting facebook pages:

Age Concern Epsom and Ewell.

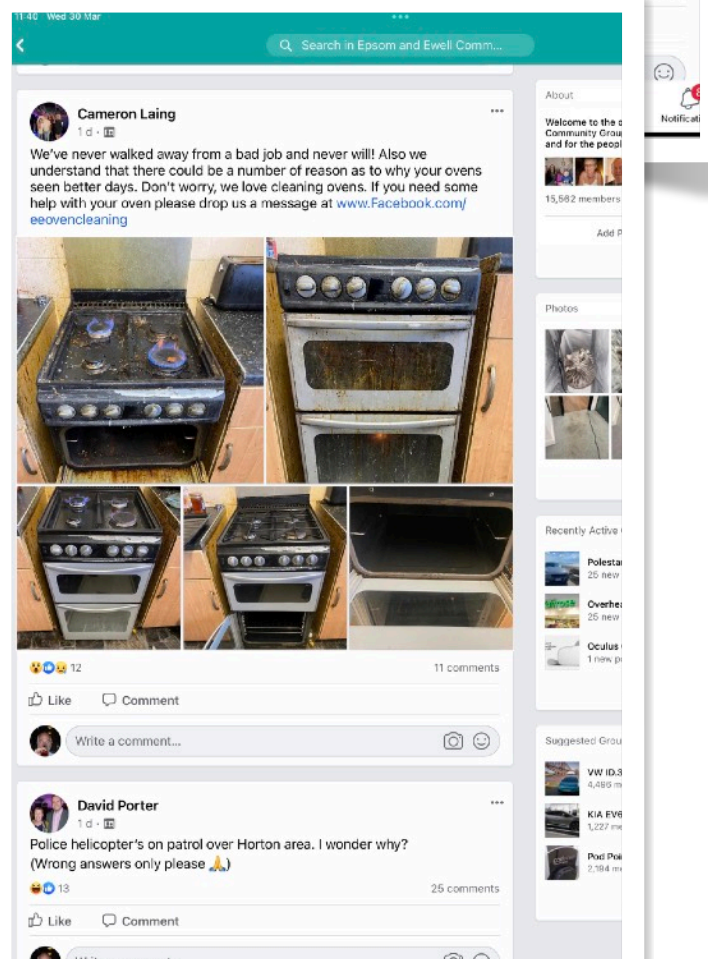
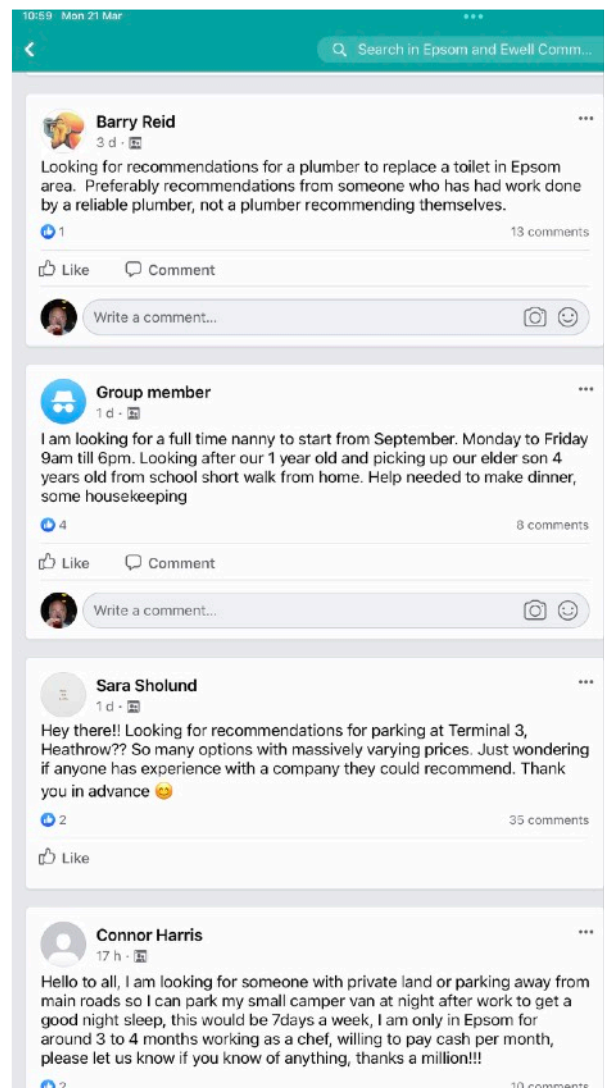
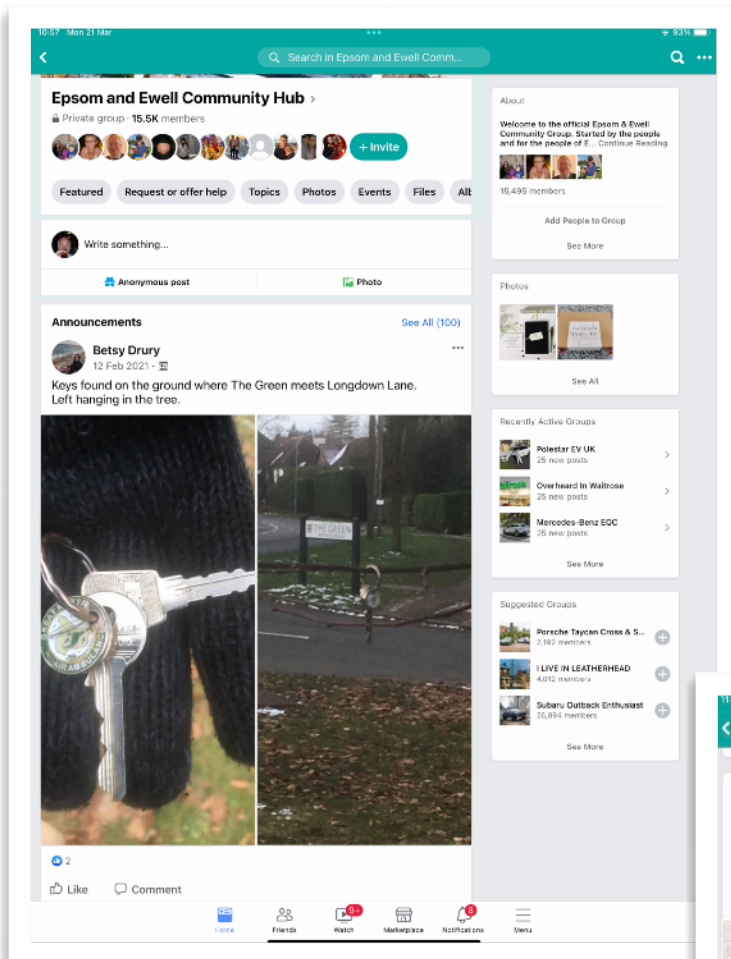
This is our own Facebook page and is updated with charity events and other news.



Epsom and Ewell Community Hub

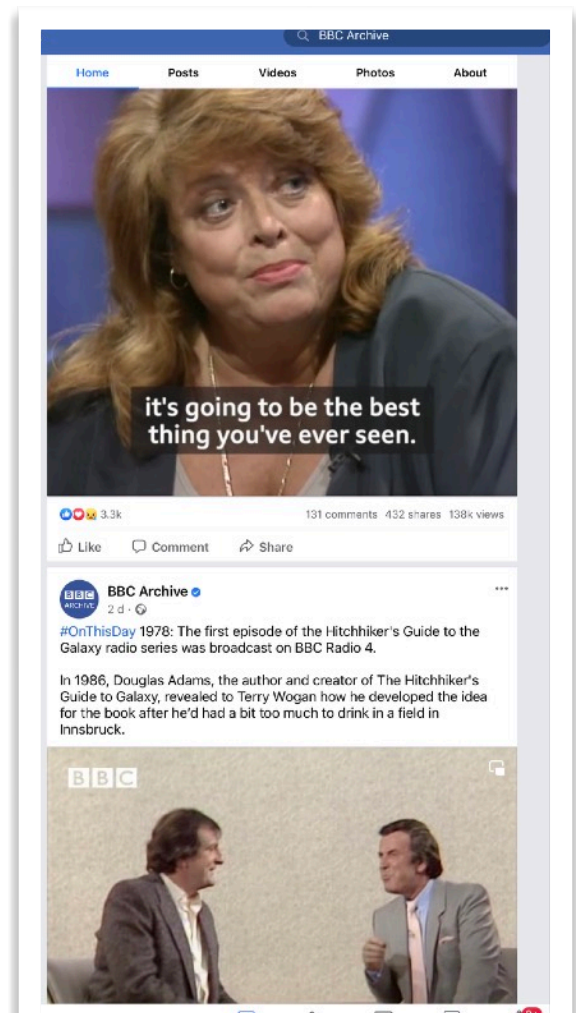
Dedicated to the local area, this has its fair share of angry people but also many amusing people.

It can also be genuinely interesting and informative.



BBC Archive

The BBC have a facebook page which contains all sorts of archived material we might remember.



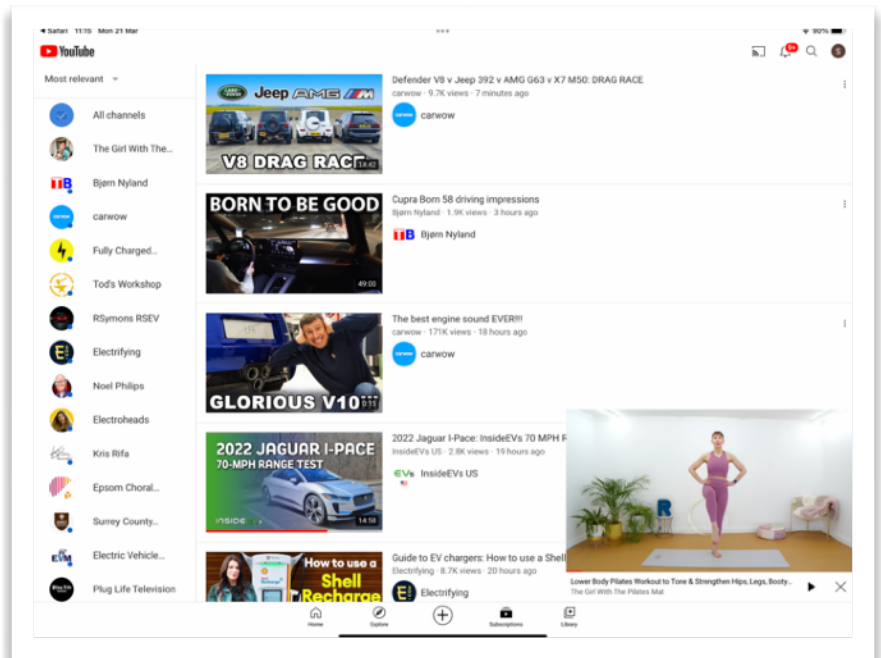
2. YouTube

Owned by Google, YouTube is a video sharing website which makes its money by advertising and premium services (ie no adverts!).

It has a wealth of interesting, entertaining and useful videos uploaded by individuals and businesses.

Here is the link:

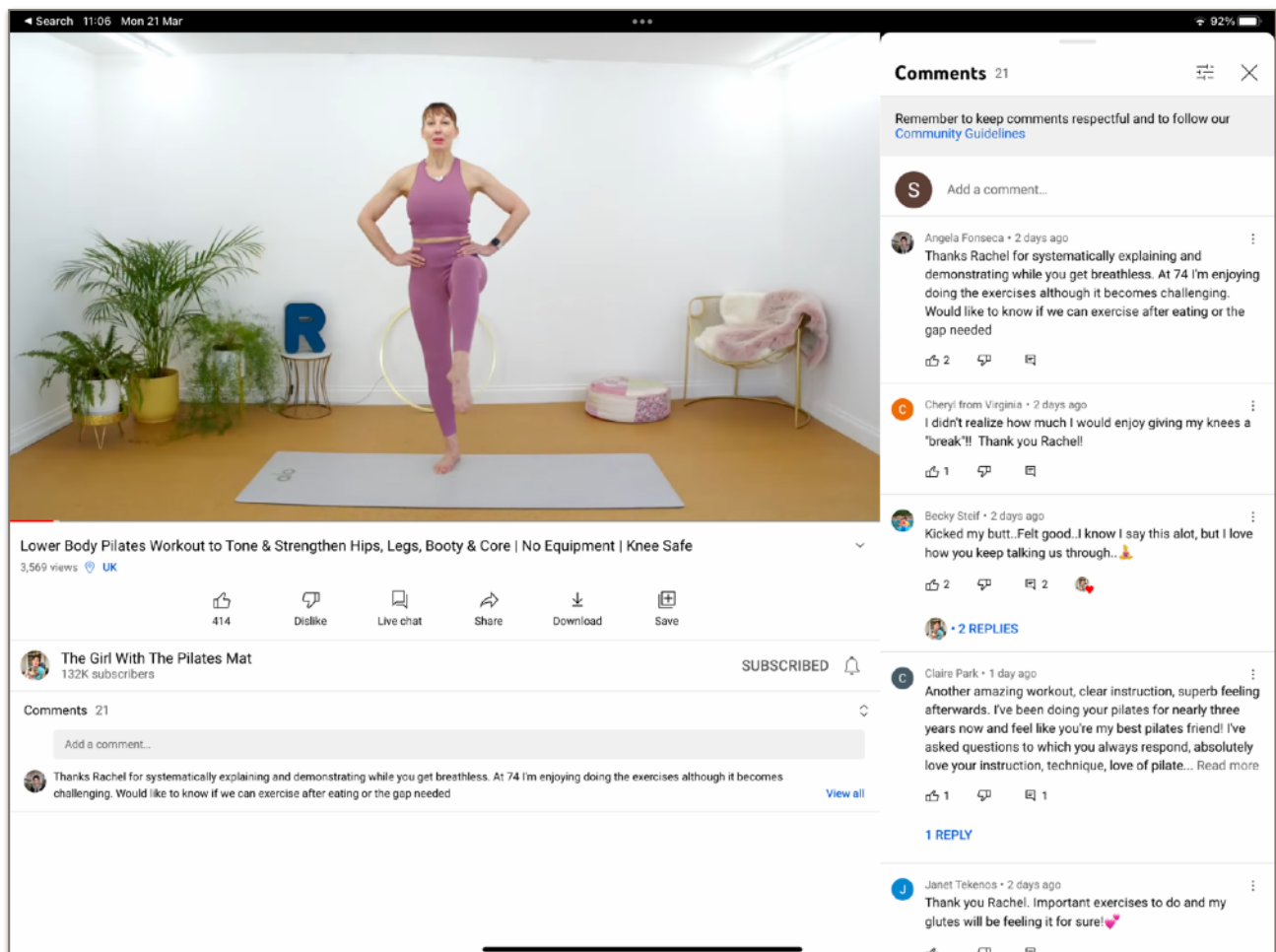
<https://www.youtube.com>



Here is a pilates video I follow every Friday at 10am when it is live and 150 or more people are doing the same thing at the same time from all over the world. Nobody can see me, or anybody else but it feels more “social” then just watching a recorded video.

To get access to this follow the link and select Subscribe.

<https://youtu.be/BCv8xH8yHuo>



Here is a quick run through of other platforms:

WhatsApp



WhatsApp is a messaging service owned by Facebook, yes, the same company who is number 1 on the list. Its primary purpose is to send text messages to individuals or groups. The ability to create groups of family, friends or club members is one of its strongest features. It also offers phone and video calling.

It is free and great for family groups

Facebook Messenger.

This is yet another way to message and, as the name implies, owned by Facebook which also owns WhatsApp. They perform basically the same functions with a few minor differences. Its free again.

Instagram

This is for sharing video and photos and yet another social media app owned by Facebook! Young people use it to send pictures of themselves to friends, apparently.

TikTok

It is primarily for young people to share short video clips and has become HUGE. Apparently it can be become addictive, so beware!

Snapchat

A video and photo sharing app whose principal feature is that the messages are only accessible for a short time, before they disappear. Mainly used by under 16 year olds.

Twitter

Twitter allows you to broadcast messages of up to 280 characters to your followers. It also allows you to follow your favourite celebrity/hero/politician and receive whatever they choose to "tweet". This can be overwhelming.

Pinterest

Another slightly more serious service which enables image, information and idea sharing.

Scams

1. Delivery

Elaine, one of our group, received this email which claimed to be from UPS, a major delivery company. In fact she has had several versions over the last few weeks.

Apart from the fact Elaine had not ordered anything, there are warning signs that this is not genuine.

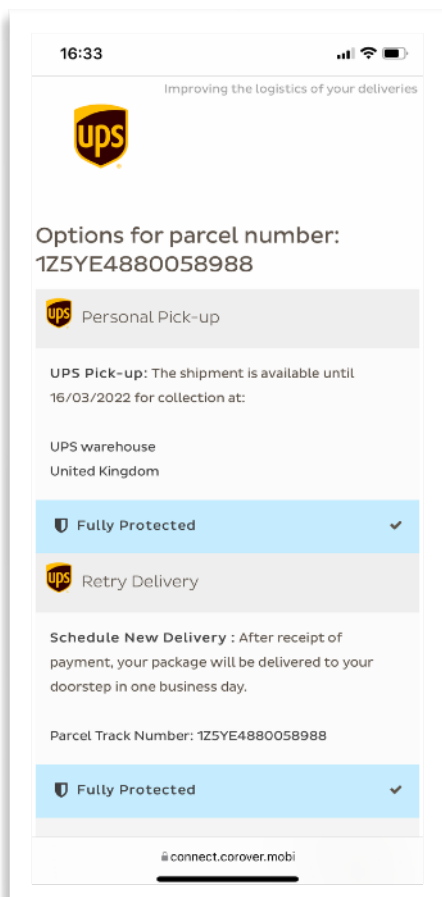
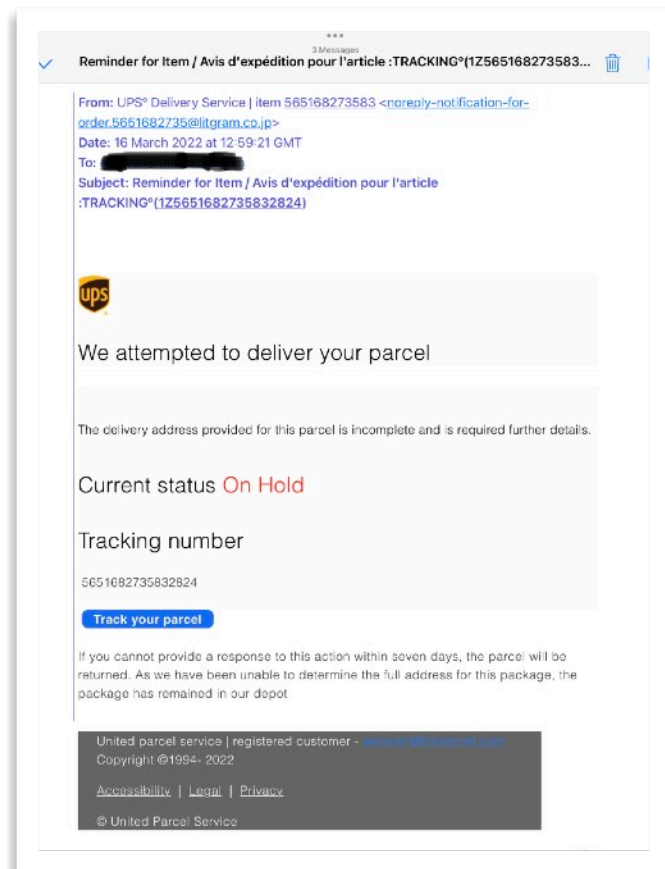
The email address at the top is not an UPS address. litgram.co.jp is not a UPS address and is in fact from Japan (jp). Random French is odd too.

There are no personal details, only the email address. Amazon, for example, would include part of the address and a name.

It is highly unlikely that, when placing an order, you could enter just part of address.

Bad grammar!

As Elaine suspected, they want to get more personal details.



So I clicked on Track Your Parcel and got this:

Note that it now has a different tracking/parcel number.

The UPS Warehouse where the parcel is not specified so forcing you to retry the delivery.

Clicking on Retry Delivery and we get to the nub!

Here is the final destination:

You are required to enter all your address details including your date of birth and mother's maiden name.

Mother's maiden name is useful to scammers because it is often used as a password or security question.

Improving the logistics of your deliveries

1. Parcel Details 2. Address Details 3. Order Summary 4. Payment Options

Update Delivery Address Details

Name: *
Address: *
City: *
Province: *
Postal Code: *
Date of Birth: DD/MM/YYYY
Confirm identity: * Mother's Maiden Name
Phone Number: *

Please enter your mother's maiden name to confirm your identity.
Please enter your contact phone number.

UPS Parcel Redirect

This address will be used to delivery parcel number 1Z5YE4880058988.
We'll never sell or share your information with anyone else.

Base Price: £1.11
VAT: £1.00
Total: £2.11 inc vat

Live Help
Talk to an Operator

Next Step



This address will be used to delivery parcel number 1Z5YE4880058988.



We'll never sell or share your information with anyone else.

I like this statement on the web page about not sharing information because that is EXACTLY what they will do!

So Beware!

2. Homecare Telephone call.

I recently had a call supposedly from Homecare which is a legitimate home appliance insurance company.

The person at the other end of the phone said that and because we were low risk customers we were due for a discount and before they could send the paperwork they needed to update their records.

We do not have a Homecare account but I went along with it and they wanted to get our email address and mobile phone. I would not give an email address but asked them what email they had on file and I would tell them if it was correct. They made one up and I said it was correct. They asked if another phone, (mobile) would be better for contact and I said the landline was fine and didn't give my mobile number.

After that they rang off not learning anything more about me than they could get from a telephone directory.

What I don't know is if they would then have asked for bank details.

So beware of calls pretending to be from legitimate companies and claiming you have an ongoing account when you do not.

Puzzling picture

Who is wearing the high heels?
(Hint - it is not the man)



Finally

A photo from a supermarket for fans of the James Bond films:

Name's Bond, James Bond.
And you are...?



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