

October 2021



Welcome to the IT Club Newsheet!

We had hoped to have an actual meeting in the old Town Hall before Christmas but because of the rising Covid infections we have decided to wait until the new year and review the situation.

I know many people who have recently caught Covid and all have recovered but it can still be quite nasty. So better safe than sorry!

The next Newsheet will be sent out on the first Tuesday of December, so it can legitimately be a Christmas edition!

To get into the festive mood, here is a Christmas tree spotted on 1st October in The Spring, Ewell.



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

Foot Clinic

Our friendly and experienced footcare practitioners can cut toenails, file hard skin and give general advice on footcare in our clinic. The service is available to anyone who lives in or around Surrey.

We can offer the footcare service to people with most medical conditions, but please check when registering.

There is a one-off registration fee of £15. This fee includes a set of instruments. Clients bring their own instruments to each appointment. Each clinic appointment is £17. Fingernail clipping during a toenail cutting appointment costs £3.

Foot Clinic Address
Community and Wellbeing Centre
Sefton Road
Epsom
KT19 9HG

To Register Or Book An Appointment:
Tel: 01372 747077



Christmas Knitting Appeal

🧶 **CALLING ALL KNITTERS** After the success of our Easter Chick Knitting Appeal, Age Concern Epsom & Ewell are running a Festive Knitting Appeal for Christmas 2021.

👴 Help Age Concern Epsom & Ewell to raise vital funds by dusting off those knitting needles and creating one or more of these amazing knitted Christmas Pudding chocolate orange covers.

Age Concern Epsom & Ewell will be selling these knitted creations to raise vital funds for our charity throughout December. For more information about this appeal or to receive your FREE knitting pattern, please email charlotte.hornblow@ageconcernepsom.org.uk

All knitted creations should be sent to: Age Concern Epsom & Ewell, The Old Town Hall, The Parade, Epsom, Surrey, KT18 5AG

Useful Websites

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/>

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>

Help with vision.

One of our group had a query about font size of this newsheet (which is 12 pt) and whether it can be increased. Increasing the font size is quite easy but before there are some features tablets have which can help.

iPads and iPhones

The first, and easiest way to increase font size is to put two fingers on the screen and move them apart. This works well with this newsheet, especially if the iPad or tablet is in landscape, ie with the long sides at the top and bottom.

But for more permanent and detailed options then do the following:

Go to **Settings** and then

Accessibility

A brief description of the features:

-VoiceOver announces items on the screen. One tap selects the item and a double tap selects it. I have seen this in real use and it works very well.

There are further options including braille, talking speed and so on

-Zoom magnifies the entire screen by tapping with 3 fingers.

-Magnifier uses the device's camera to give you a magnified view of the world.

-Display & Text Size automatically increases text size of all apps that allow it. It is worth a try because it can be changed back easily. See below.

-Motion stops the app icons on the Home Screen moving.

-Spoken content. You can select text and it will be spoken. You select text in the same way you would select text to copy or paste (ie make it go blue!). When text is selected the normal Copy, select all etc list appears but in addition there is "speak". Touch speak and the text is read clearly. The speed of reading can be changed.

-When available, audio descriptions will be played. This is dependant on the app being used supporting this feature.



Display and text in more detail

-Bold Text. All text is changed to bold making it stand out more. Try it - it is easy to change back.

-Larger Text. When selected this option it lets you use a slider to increase the text size to suit you.

-Button shapes. Buttons and links are made clearer. For example lines are added under links : [Accessibility](#)

-On/Off Labels are made clearer by adding a circle (for off - see example on right) or line if on.

-Reduce Transparency. Some areas can be unclear because the background shows through. Reducing transparency makes them stand out.

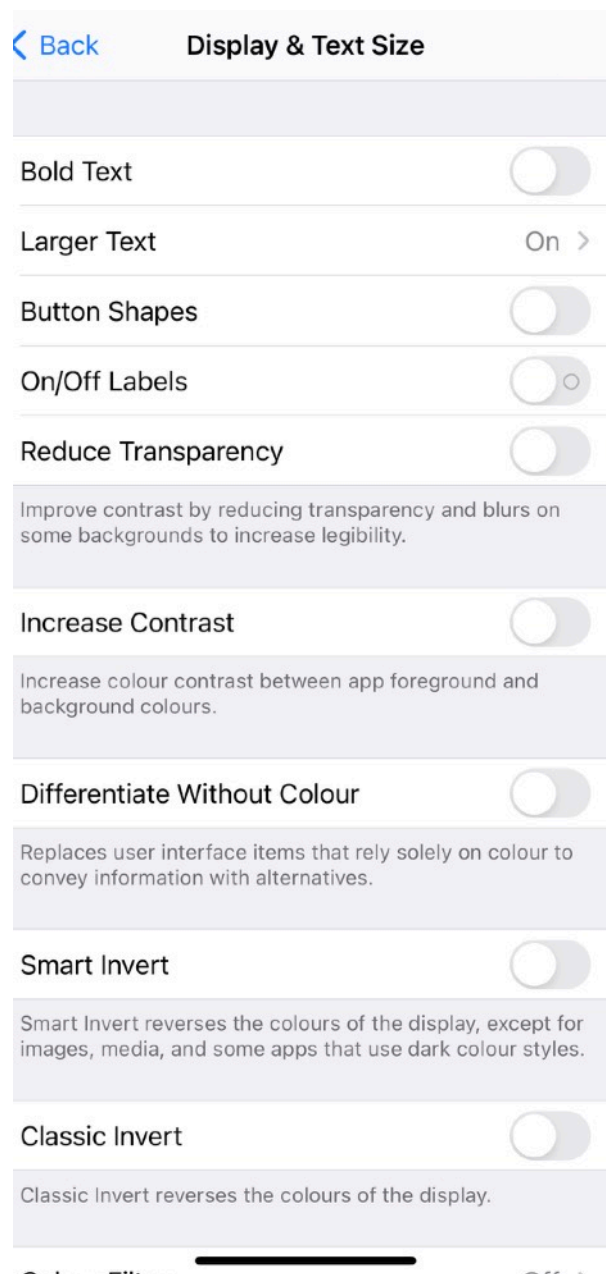
-Increase contrast. Making colours contrast more helps make items stand out.

-Differentiate Without Colour. Especially helpful if you are colourblind.

-Smart invert reverses some colours which might be better for some people

-Classic invert reverses colours of the display.

-Reduce white point reduces intensity of bright colours



It is worth trying these settings to discover what works for you. You can always set them back!

Next month we will look at the other accessibility facilities available on tablets and phones.

Android tablets and phones (Samsung etc)

Unfortunately I do not have a android tablet to test but follow this link to see what is available:

<https://www.android.com/accessibility/#visibility-view-the-world>

More Covid fun

Following on from last week's tale of a holiday in the covid pandemic, the wretched virus was not finished with me.

I received a message from NHS test and trace telling me I had been in contact with a person who had covid. (nb not holiday related)

I was advised to get a PCR test so I quickly booked one at the test centre in Upper High Street car park (I have always wondered what went on there) .

You recently tested positive for COVID-19 and must now stay at home and self-isolate for at least 10 days from when your symptoms started (or from when your test was taken if you have not had symptoms).

We now need your help to get in touch with people you have been in contact with whilst you were potentially infectious, as we must provide them with important health advice and support.

Please visit your account z9c5cfbf at https://contact-tracing.phe.gov.uk/invitation/accept?invitation_token=rZ6gF7AaG2KQyzDLVEuj to provide this

Two friends who also caught it (possibly from the same venue) had more severe symptoms for longer. Perhaps because I having had it before helped keep my symptoms mild.

The NHS covid app then started a countdown for the self isolation.

I have also had phone calls from Test and Trace to check on my progress and regular text messages to remind and encourage me.

NHS Test and Trace has identified you as a contact of someone who recently tested positive for COVID-19.

You do not have to self-isolate. However, you should book a PCR test, even if you do not have symptoms.

If you develop symptoms, you should self-isolate immediately before taking your PCR test.

Book your test at <https://contact-tracing.phe.gov.uk/links/ask-for-a-coronavirus-test>.

24 hours later I received this message informing me I was positive. By then I had developed cold symptoms - throat, sneezing, cough, feeling tired but not enough to keep me in bed. This lasted about 24 hours. This was the 2nd time I had had Covid.

The screenshot shows the NHS Test and Trace app interface. At the top, the NHS logo and 'Test and Trace' text are visible. Below this, a green box contains a location pin icon and the text: 'Coronavirus remains a serious health risk. It's important to stay cautious and help protect yourself and others'. A right arrow is next to this text. Below the green box, the text 'You need to self-isolate' is displayed in bold, followed by 'Until 15 Oct 2021 at 23:59'. In the center, there is a large red circular countdown timer showing the number '8'. Below the timer, it says 'days to go'. At the bottom, there are two buttons: a red button with a circular arrow icon labeled 'Self-isolation' and a purple button with a QR code icon labeled 'Check in to a venue'. Both buttons have right arrows.

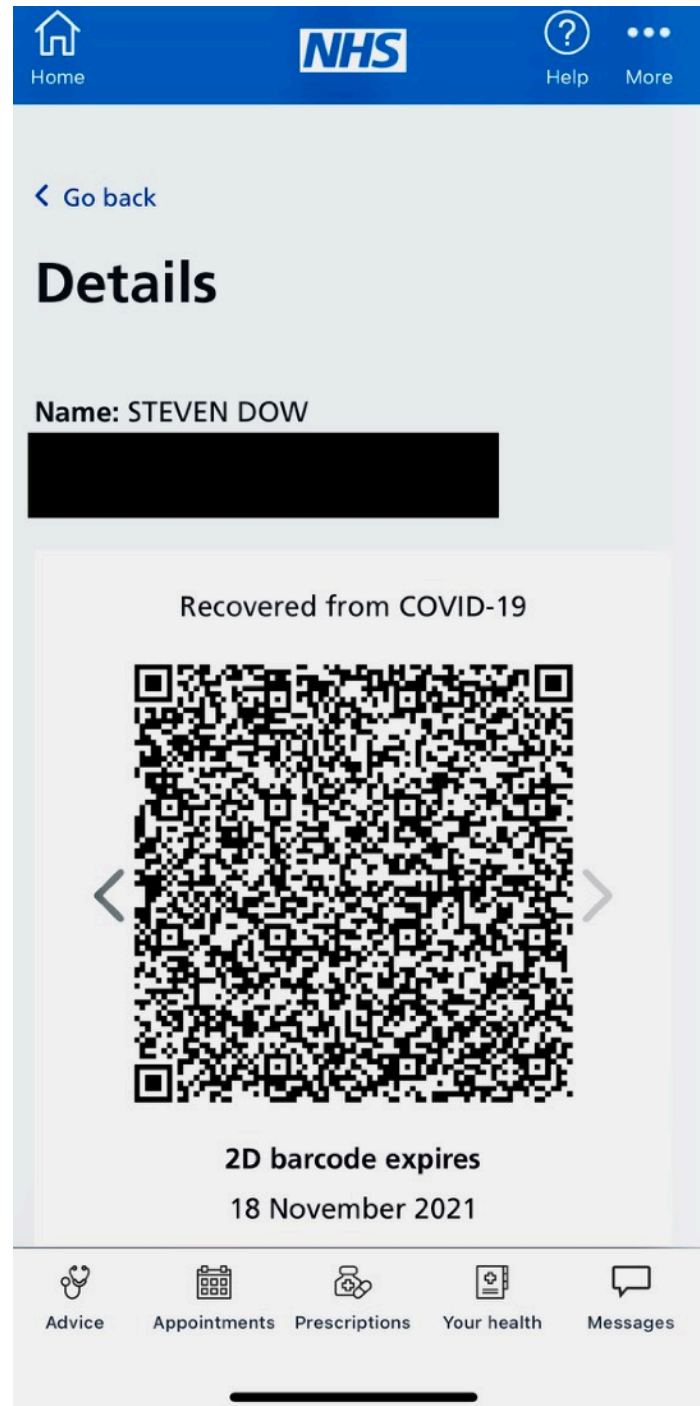


Finally, when my 10 days self isolation was up, a new certificate appeared on my NHS app, alongside the two vaccination certificates.

Presumably I can use it if I go abroad again (!) or go to a nightclub. Both unlikely at the moment!

The messages, the covid app and the integration with other systems seems to work well and is a great use of technology.

However, Covid is certainly still circulating so be very careful.



Scams

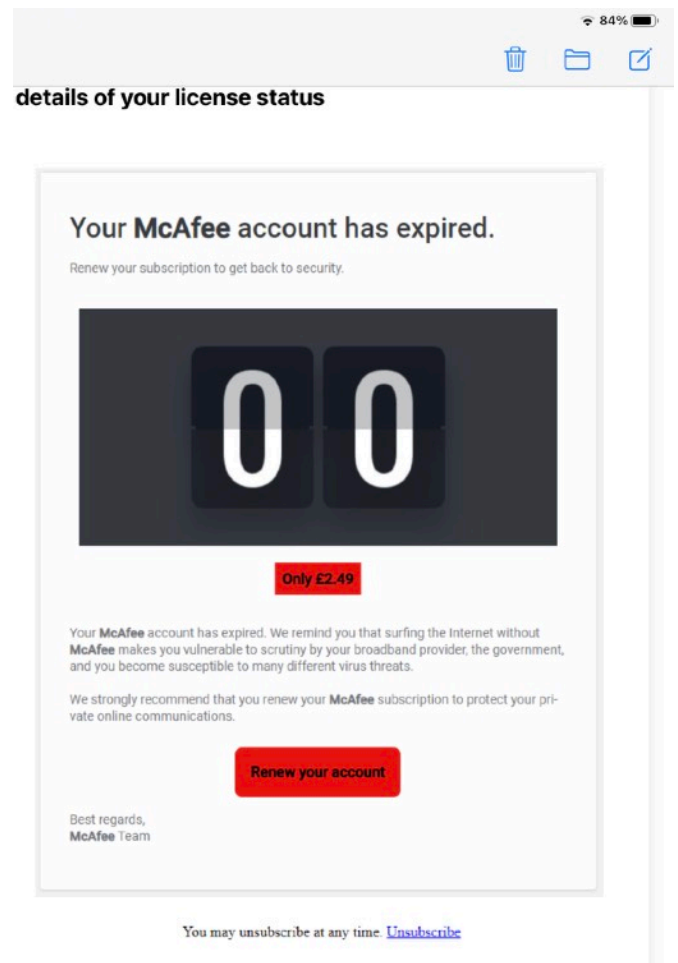
Virus Protection (not Covid!)

Recently there have been a lot of scam emails about expiring virus protection programmes, particularly McAfee and Norton.

Even when you know you do not have one of these programmes on your computer or tablet, it can be a bit disconcerting.

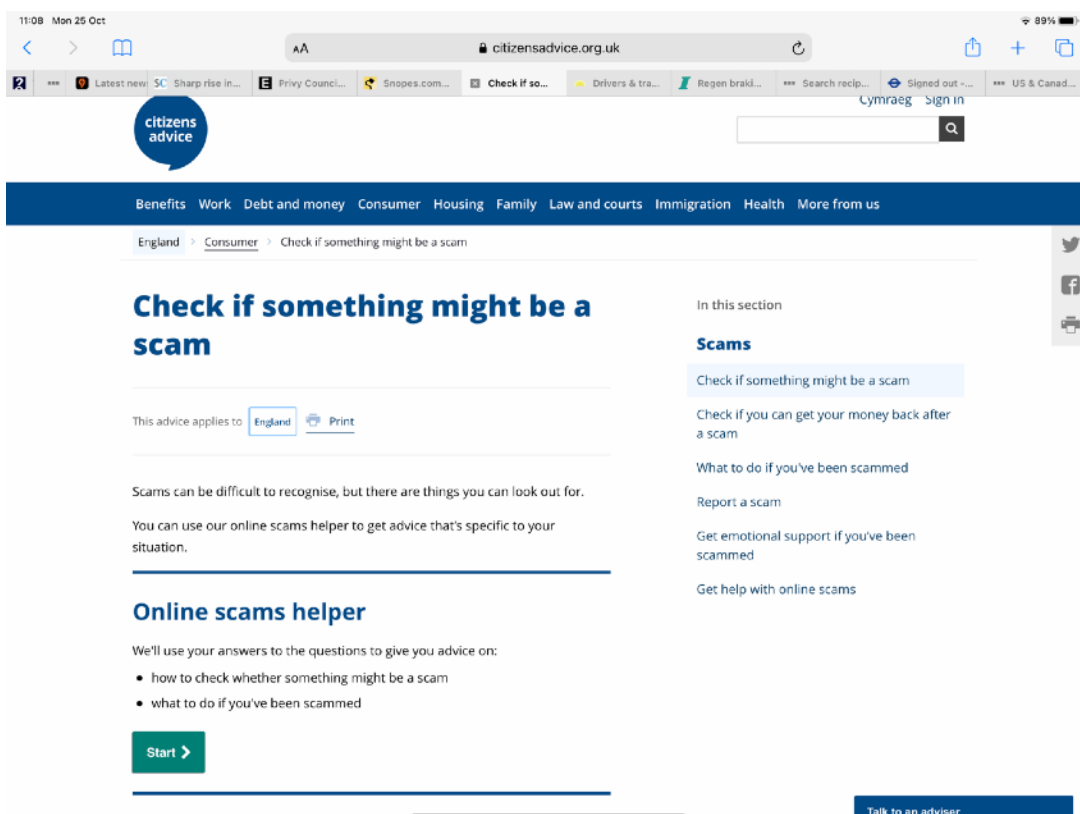
This is one I received recently:
I do not have McAfee on any computer (in fact it does not have a very good reputation and there are plenty of good free virus protection programmes, such as Avast)

If I had selected “Renew your account” I would have been asked to enter payment details, ie bank account details. It probably would not have been just £2.49 leaving my bank account!



Citizens Advice bureau

The Citizens Advice Bureau have a useful website and can be found here:
<https://www.citizensadvice.org.uk/consumer/scams/get-help-with-online-scams/>



Clocks go back!

The clocks go back next weekend (Fall back, Spring forward).

Here is a handy guide courtesy of the Silver Surfers web site:



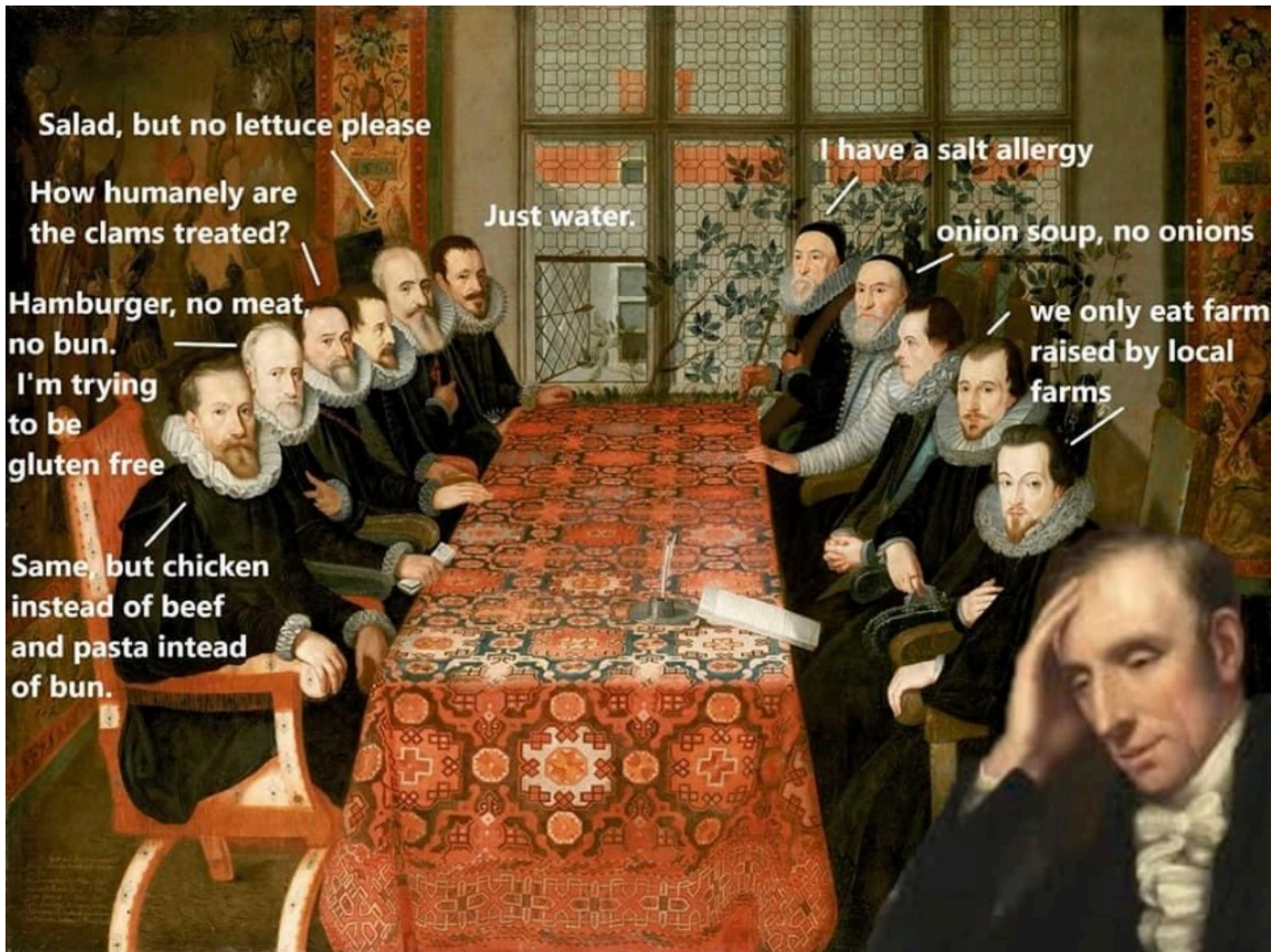
The Silver Surfers website is specifically aimed at the over 50s and you can visit it here:

SilverSurfers.com

Nb you do not have to join up to have a look around, just touch/click on the cross at top right to get past the sign up/login page if it appears.

Finally

What may happen if Elizabeth I's privy council went out to dinner together, brought up to date!



Here is more about the Privy Council:
<https://www.elizabethi.org/contents/power/privycouncil.html>

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