

2 June 2020



Welcome to the IT Club Lockdown Newsheet!

We have made it into June and more restrictions have been relaxed, which is another positive sign.

This week there is a bit about Facebook but the horoscope has been discontinued!

There is quite a lot of information here, if you want more detail on anything, 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

Age Concern Epsom and Ewell

Our office in Epsom continues to do fantastic work in the community and here are some statistics:

359 Prescription deliveries made

456 essential shopping deliveries made

49 Covid-19 calls handled per day

175 letters from children sent out to elderly clients

Well done to all the staff and many volunteers involved!

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.

<https://ageconcernepsom.org.uk/coronavirus-update/>

Useful Links

Government advice: <https://www.gov.uk/coronavirus>

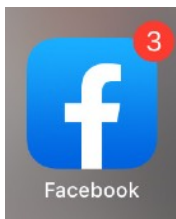
Age UK: <https://www.ageuk.org.uk/information-advice/coronavirus/>

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>

Facebook



Facebook is an online social media and networking service which has been in existence publicly since 2006. It has courted controversy and been accused of lax user privacy, political manipulation and psychological effects such as addiction and low esteem.

However it has about 2.5 billion users and has become a central part of many organisations' communication strategy. We at Age Concern use it extensively to get our messages out to a wider audience.

It seems though that young people have deserted it; they see it as an old peoples thing, which is probably good news for us!

Facebook can be a bit aggressive and intrusive with adverts (that is how they make money) but with the careful editing of your settings it should not be much of a problem. Hacking can be a problem (we have a member of the group who was hacked) but again, by ensuring settings are correct it shouldn't be too much of a problem.

In the past people avoided Facebook because people "didn't want to see what other people had for breakfast" but that was not really what was happening and you can, of course, choose who you see (or follow).

So why should you think about using Facebook?

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

Last week one of our group joined Facebook mainly to see the weekly Church Service from St Mary's in Ewell. Because churches cannot hold services, the church had chosen to show (or "stream") the 9.30 Sunday service via Facebook. Hopefully churches will be able to resume normal services in the future but streaming may become normal for those who cannot get to the church. More on this below.

How to join Facebook

On your tablet or phone go to the app store or google play and download the facebook app. On a computer (PC) go to [facebook.com](https://www.facebook.com).

Create a new account and enter your name and details, including your birth date and gender. This can be seen as intrusive but unfortunately you have to enter them.

You will need to create a password but remember to create one that is not easy to guess, particularly one that may be easy to guess with content you might share. For example if you had posted: "Look at how beautiful my dog Cagney is! I can't believe I have had her for 2 years already!" do not set a password of Cagney2018. Pets' names or children's names are common for many people, but easily guessed by hackers.

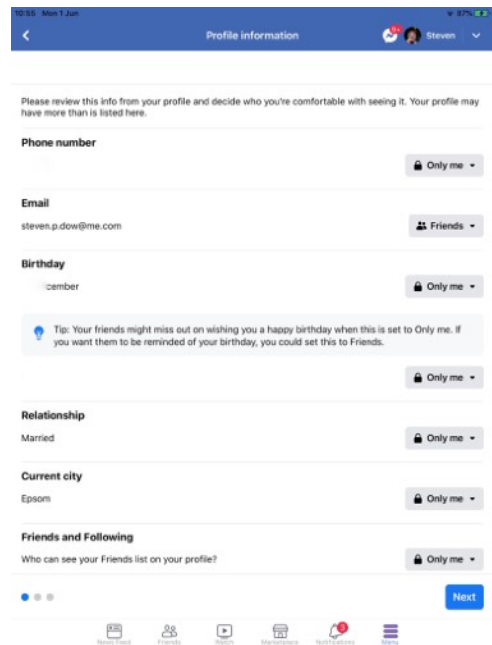
Settings and Privacy

As soon as the account is created it is important you go straight to the settings to restrict how your information is used. When you set up a new account, Facebook has started taking you immediately into the privacy settings for you to check you are happy with them (previously the defaults were not particularly private and you found all sorts of intrusive things happening). You should be taken through all the important settings - make sure you check all of them. Start by being very restrictive - you can loosen them later if you wish.

Some of my settings:

I am not a heavy Facebook user and I do not post anything, and I definitely don't post pictures of my breakfast. I just read the posts of groups I am interested in (I think I am what is known as a "lurker"!)

I have few Facebook friends and ignore the many friend requests I get.



Facebook and friends.

When your friends (who are on Facebook) find out you are also on Facebook they may send you a request to be a "Facebook friend". If you say yes to that request you will get every post they make. Every picture, comment etc. I have only once unfriended a person (btw they don't know you have unfriended them).

Whats more, once you have got one friend, Facebook will find *their* friends and send them to you (without them knowing) suggesting you might want to friend them as well. Of course you don't need to make them your friends (you may not even know them) and they certainly don't know you are not friending them so don't worry about upsetting them! Do as I do and unless you really want a person as a Facebook friend, just ignore them. I have ignored hundreds!

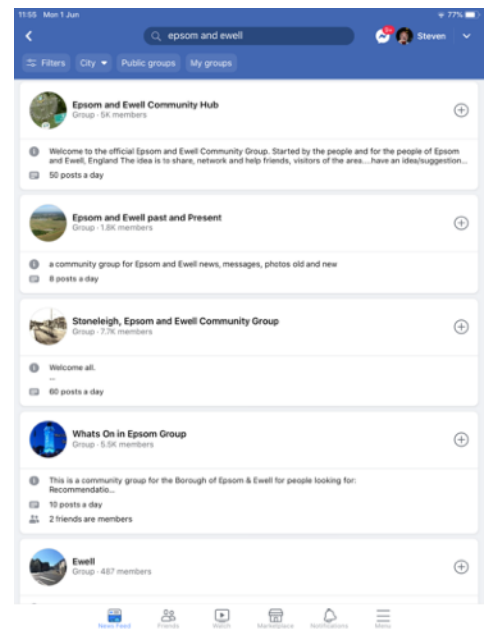
How to join a group

In the search box at the top enter what it is you are interested in.

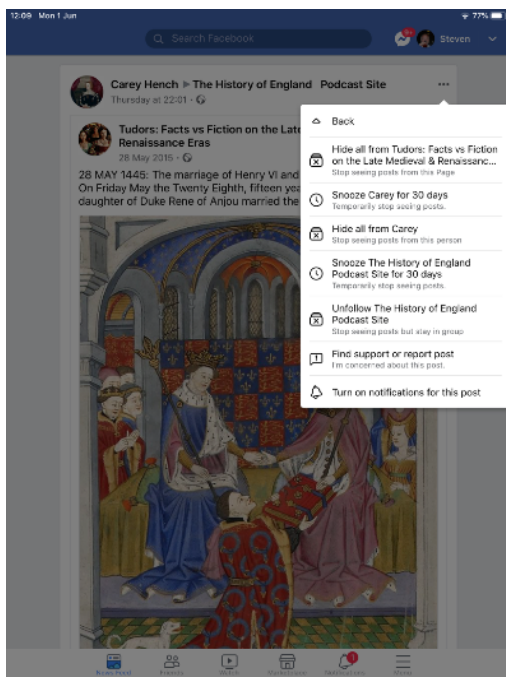
In the example I have searched for Epsom and Ewell and a number of groups have appeared. If you want to join one simply touch or click on the plus sign +.

From then on (there may be a few questions to ask, in this case Do you Live in Epsom?) then you submit your request. The moderator will then approve (or not) your request to belong to the group. It can take hours or days.

You can easily leave a group at anytime.



Advertisements



Facebook makes its vast amounts of money from advertising so it is inevitable you will get some posts which are adverts.

Facebook will try to tailor them for you, so if you have joined a fishing group you may get fishing equipment adverts.

However by selecting the three dots (...) at the top right of a post you can stop adverts and change the settings for the group/friend or advert.

I seem to get no adverts at all now, so it must work!

Report and Block

Occasionally you may wish to report a post or block a person (I have just blocked a person in a group - he was being very annoying and boring!). To do this click on or select the three dots (...) and select the appropriate command.

Summary

This has been a very quick introduction to Facebook and there is much more to it which I don't know about (being a lurker!) but if you control Facebook by ensuring your privacy settings are right for you, then it can be entertaining, fascinating and worthwhile. And addictive!

If there are any Facebook experts out there, please add anything I may have missed or got wrong.

Church Services

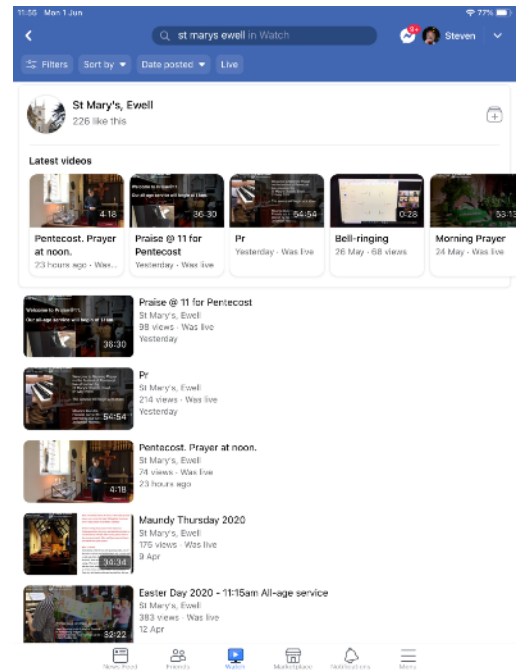
Some churches are streaming services during the pandemic and it is not known when they will be able to resume normal service(!). Here are two local churches and how they have approached the problem

St Marys Ewell

St Marys Ewell are using Facebook.
In Facebook search for “St Marys Ewell”.

You can watch the services live or watch recordings at any time.

Here is the website with details:
<https://www.stmarysewell.com>



St Martins Epsom

St Martins are streaming on Youtube so you do not have to join Facebook but they do have a Facebook group as well. Search for “St Martins Epsom”

<http://www.stmartinsepsom.org>



If you know of any other churches offering streamed services, please let us know.

Shopping

Shopping Queues I have seen:

Sainsbury's last week - all round the edge of the car park but it was moving quite quickly.

Homebase - round to the back of the building

Old Moat House Garden centre - no queue.

Age Concern and Amazon

Remember, if you shop at Amazon you can help us at Age Concern Epsom and Ewell by switching to smile.amazon.co.uk and they will donate a % of every purchase you make AT NO COST TO YOU.



You can find out more here: <https://smile.amazon.co.uk/ch/1139652-0>

Game of the week

Do you remember Yahtzee (or Yatzy)?

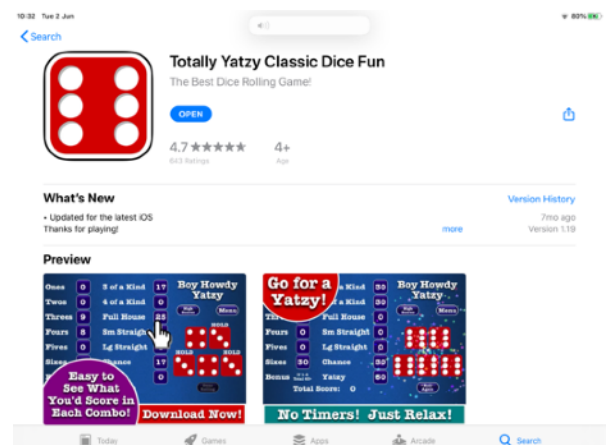
It is a bit like poker with 5 dice.

Now you can play it (at no cost) on your tablet and there are many examples in the Apple App store and Googleplay.

Totally Yatzy Classic Dice Fun

has a tutorial to remind you of the rules and a simple, though garish, look.

It is highly rated (4.7/5) and is free.



The benefit of playing on a tablet is, of course, you play anywhere; in the bath, on a plane or train, in bed and so on.

Puzzle

Question: What is happening here?



Answer: It is just a stain on the pavement!

Finally

I know its a chore but do NOT send your cat shopping!



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

See you next week!