

March 2021



Welcome to the IT Club Newsheet!

As we move into Spring and the weather turns warmer, there are reasons to be optimistic. We still haven't got a date for restarting home visits but hopefully we will in the not too distant future.

From 29 March up to 6 people or 2 households can meet outside, including in gardens.
Outdoor swimming and other outdoor sports will be allowed.
The stay at home rule ends but everything else remains the same.

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

It is the one year anniversary of this Newsletter!

Here is the first one which I wrote when my wife and I had Covid:
<https://ageconcernepsom.org.uk/wp-content/uploads/March-31st.pdf>

Little did we think we would be in a lockdown 1 year later!

A reminder about a couple of events. Please forward to anyone who may be interested.

The first event is the Virtual Easter Bunny Hop event. A family fun run throughout the whole of April, to raise vital funds for ACEE. Participants can walk, jog, run, hop, skip or jump their own distance, tracking their achievement via smart phone or smart watch technology. <https://ageconcernepsom.org.uk/get-involved/fundraise/fundraising-events/virtual-easter-bunnyhop/>

The second event is 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 newsheets 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>

Amazing, a novelty or creepy?

Here is an extraordinary use of technology:

The family ancestry organisation My Heritage has created a method to animate faces in photographs. The service is free. You simply upload a photo of a face and it will move, blink and even smile.

Here is Charles Dickens. <https://myhr.tg/1xIBXEi0>

To produce this on my iPad I did the following:

- Searched for “Charles Dickens”, selected “images”
- Chose an image and selected “View File”
- Made a screen print and edited it to take out the border
- Saved it to Photos
- On the My Heritage website I uploaded the photo and the rest is automatic



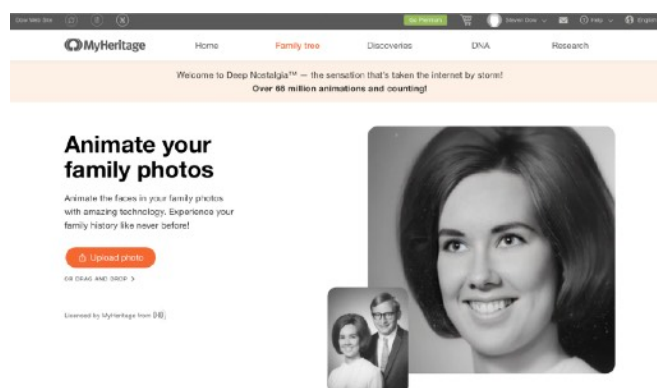
It even animates paintings. Here is Samuel Pepys:

<https://myhr.tg/1yMix2Yq>

A warning however.

I uploaded a photo of my grandfather who I had never met (he died before I was born). Unexpectedly I found it quite moving. I know of other people who have been moved to tears. So if you try this with a photo of someone you knew, or were close to, then be aware that it might affect you.

Here is my grandfather: <https://myhr.tg/1D4cMu1v>



Here is the website if you wish to explore further:

<https://www.myheritage.com/deep-nostalgia>

NB There appears to be a limit to the number of photos you can animate. After about 5 you cannot get past the sign-up page.

Scams

1. I have been scammed and did not notice!

Here is the story:

I check my bank account every day using the excellent Nationwide app and diligently look for suspicious transactions of high value. 20 years ago over £1000 was taken out of my account so I have always been vigilant.

Then last week I noticed a payment of £9.99 for Amazon Music. I could not recall buying any music so I rang Amazon.

First of all they asked me if I had lent my bank card or Amazon details to a family member or friend. I had not - but I guess that is the most common cause of unknown purchases .

Then they checked the purchase details and, although the bank details were mine, the name was definitely not. So someone was using my bank details. Amazon forwarded all the details to Nationwide.

I rang Nationwide and explained what had happened. They looked into it and shocked me by saying this had been going on for 9 months! At no time did they say I should have been more careful, but I felt a bit of an idiot.

So they stopped the card, re-issued a new one and re-imbursed me £90. I hadn't asked for the re-imbursement because I felt a bit embarrassed!

The money was put back into my account in just a couple of days.

I read that this is the new trend of the criminals: take little and often rather than one big amount.

So what have I learnt?

1. Always check for unusual transactions, even small ones
2. Always contact your bank if you see something odd.

2. Telephone scam - internet is running slowly.

I had one of those annoying calls which start "Our computers have noticed that your computer is running very slowly and we can help you fix it...". I normally thank them for their concern and put the phone down. However this time I thought I would see how long I could keep them on the phone (and thereby stopping them calling other people).

So putting on my worried voice I asked what I should do. First person asked me questions, for example, is the computer on? can you see router? and so on. After slowly giving answers it seems I had passed the test and was handed over to a more important person. The new person carried on with more questions and we got a bit further, including running "speedtest" to measure the speed I was receiving. Again I had passed and was handed over to a very important person and this was where it got serious. I was told to type in a long website address and go to their own website. I did this (well, I didn't really - at no time was I even near a computer) and the next step would have been to download software onto my computer, which is a VERY BAD IDEA. So I said " this has been fun hasn't it!" and they put the phone down. But a success for me - I got to the third level!

This way of dealing with such calls is very popular, look at this:

https://www.youtube.com/results?search_query=scam+phone+calls+uk

3. Which? Scam Alert

I have just signed up to this free service from Which?

From their website:

Fraudsters are bombarding the UK public with scams, ruthlessly exploiting events like the pandemic to catch us off guard. People are falling victim to scams by email, text, phone calls and social media. Scammers are stealing £billions. We need to stay alert.

Free Which? Scam Alerts are regular email updates on the latest scams doing the rounds – and practical advice to keep you one step ahead of the scammers. Your friends and family can sign up too.

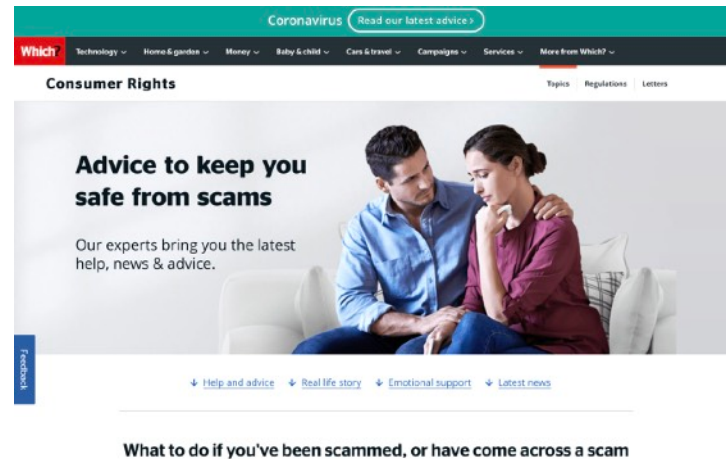
I will report back on it in the future. If you wish to try it go to the website here:

<https://www.which.co.uk/consumer-rights/scams>

On the website you can take an interesting quiz about the extent of scams around at the moment. It is well worth doing.

Which? also has extensive information about scams here:

https://www.which.co.uk/consumer-rights/advice/how-to-spot-a-scam?utm_source=whichcouk&utm_medium=email&utm_campaign=scamalert



Takeaways and delivery

Fed up(!) with the same food night after night?

Do you fancy something different to eat?

Italian, Chinese, Indian, Thai?

Restaurants will not be opening for a few weeks yet but many are offering takeaways and also delivery.

Delivery can be by the restaurant itself or via a third party.

Delivery by restaurant

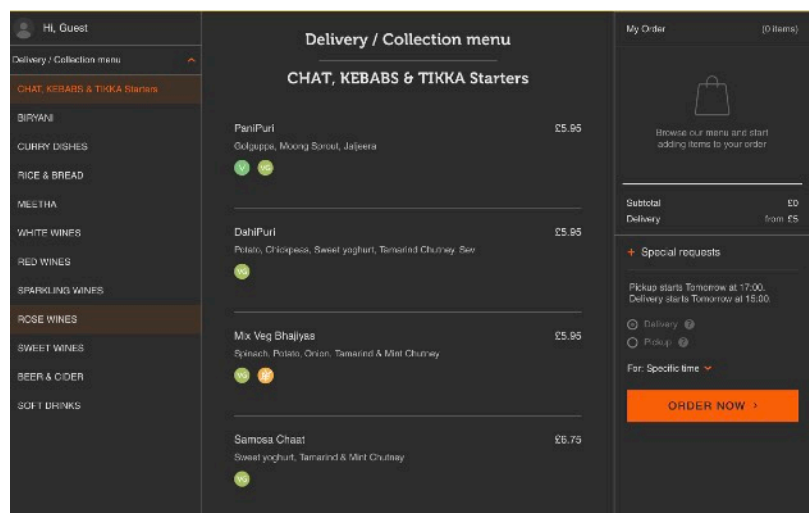
You may have a favourite restaurant or take-away and it is worth contacting them to see if they deliver.

You may have to pay for delivery but sometimes it is free if the order is large enough.

Our favourite Indian restaurant is Dastaan, which is one of the best Indian restaurants in the country. They deliver their fabulous food themselves.

Ordering is simple via their web site.
You can also order by telephone.
You pay by entering your card details securely.

Here is their website: <https://www.dastaan.co.uk>

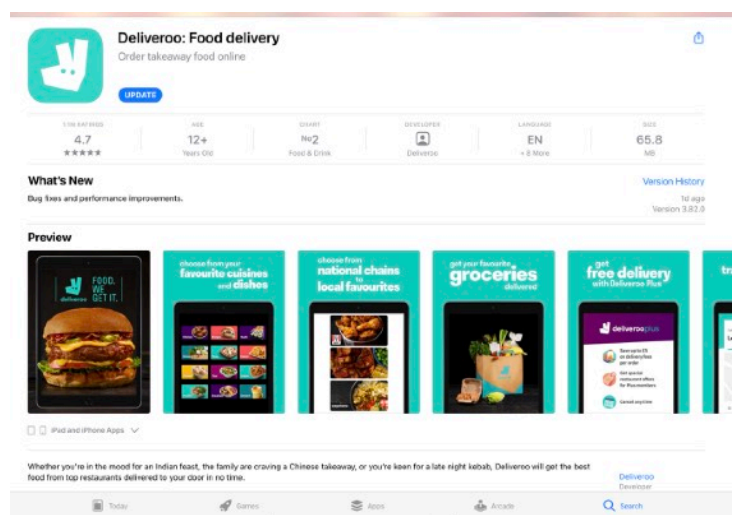


Delivery by third party

The last few years have seen the rise of third part delivery companies. They will approach restaurants who may not normally deliver or even do takeaways and offer to do all the marketing, administration and delivery for a cut of the cost of the meal. Restaurants are happy because they can sell more meals.

Some of the big names are **Deliveroo**, **Just Eat** and **Uber Eats**.

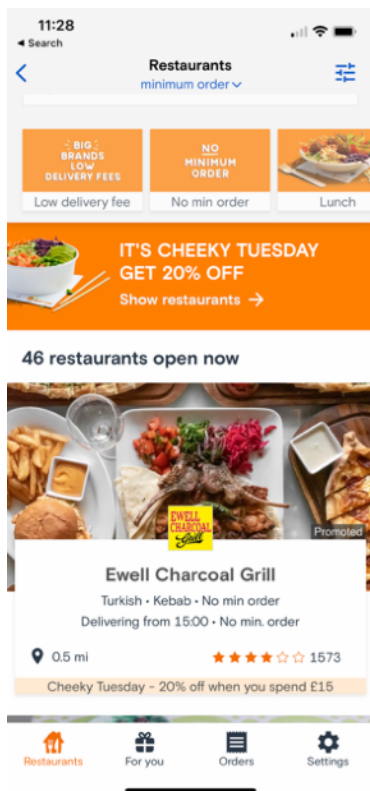
I have used Just Eat and Uber Eats and both apps have been easy to use and delivered food satisfactorily.



I particularly like not handling cash - it's all done via the app and your bank.

**However there have been many complaints about these third party delivery services circulating on the internet: wrong food delivered, too long etc but this has not been my experience.*

There is also concern about how the delivery people are treated by their employers.



If you wish to try one of these services then

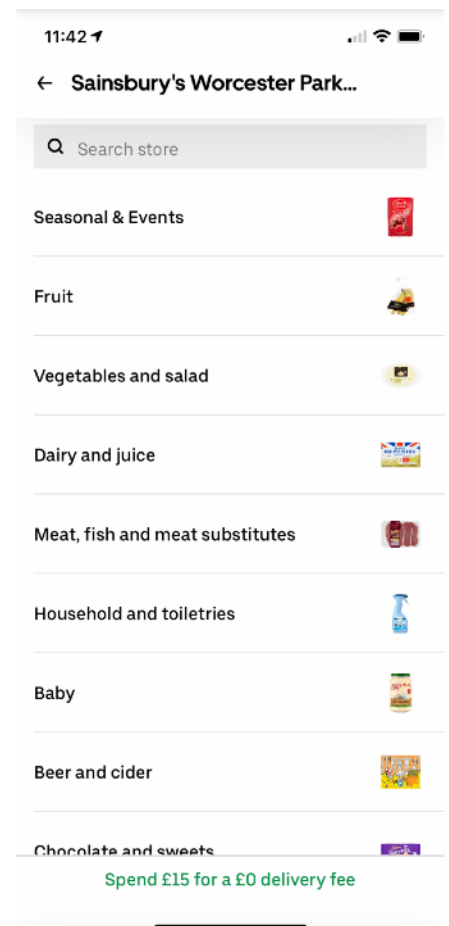
1. Go to Apple App Store for iPads and iPhones or Google Play for Android.
2. Find and download one of the services.
3. On your device open and register/set up an account.
4. You will need to enter your name, address and credit/debit card details. Nb If you already use Uber Taxis you can simply log onto Uber Eats with your existing Uber details.
- 6 Follow the instructions and order a meal!

You can get a huge variety of food, offers and even groceries.

For example, the Uber Eats app offers groceries from Sainsbury's Local in Worcester Park who are offering delivery in just 40 minutes, which could be very useful in emergencies. I have not tried this service yet but maybe I will to try it.

So, for a change or a treat, why not try one of these services. Once tried you may find you use it again and again - it's so easy.

And let us know of your experiences, good or bad!



Health and Fitness

The first of a monthly section about how technology can help with Health and Fitness.

Active 10 Walk Tracker by Public Health England

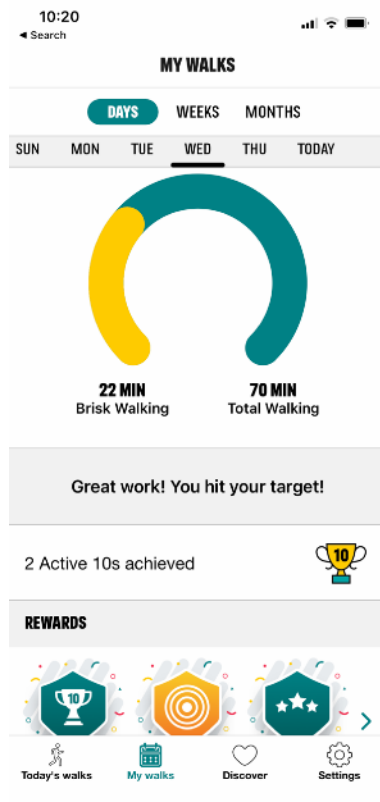
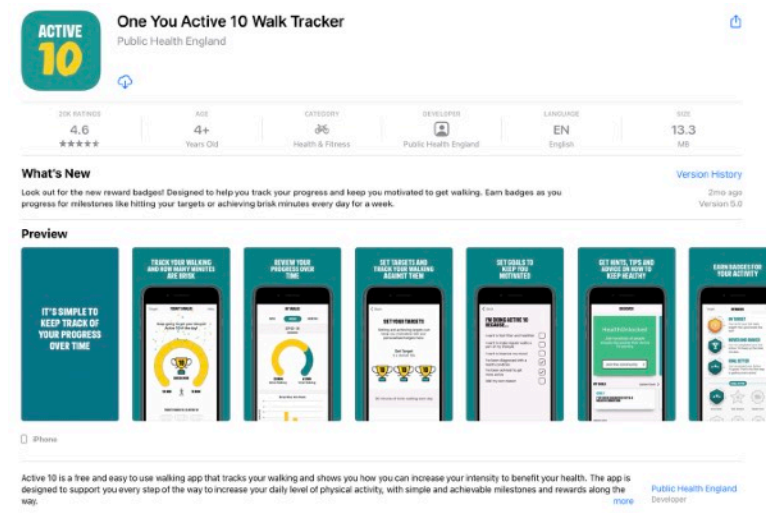
This free app is available in the App store and the Google Play store for Android phones. It is designed for smart phones (iPhone, Samsung, OnePlus etc) but not tablets because you have to carry it with you!

The idea is to encourage you to walk at least 10 minutes at a **brisk** pace a day.

This is based on the idea that a short brisk walk is better than a longer leisurely stroll.

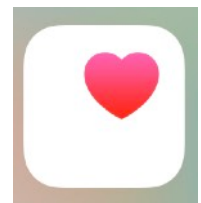
The app records all your walks but particularly makes a note of brisk walk.

The more brisk walking you do, the more rewards (in the form of a virtual gold cup) you get.



When you go for a walk simply open the Active 10 app by tapping on it and it will record how long you walked for.

It does not indicate how far you walked, but you can find that from other apps such as the health app:



In the example on the left, last Wednesday I walked for 70 minutes of which 22 were brisk, so I was awarded 2 gold cups.

I will try for 3 next time!

*One user (who is not a committed walker) said :
"I particularly like it because the walk is short and you get a reward!"*

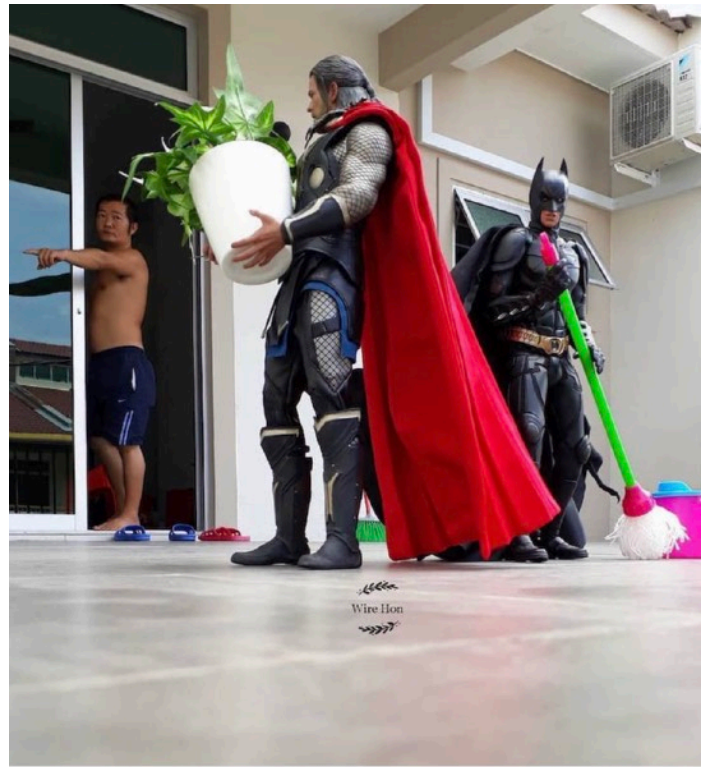
Try it - what have you got to lose!

Puzzling picture

Here is a person employing super-heroes to do various chores around the house.

They appear to be full-sized.

But it is not all as it seems!



The photographer has cleverly used small models, perspective and a phone camera to make this, and many other photos.

You can see more of his amazing photos here:

<https://mymodernmet.com/wire-hon-forced-perspective-photography/>

My Modern Met

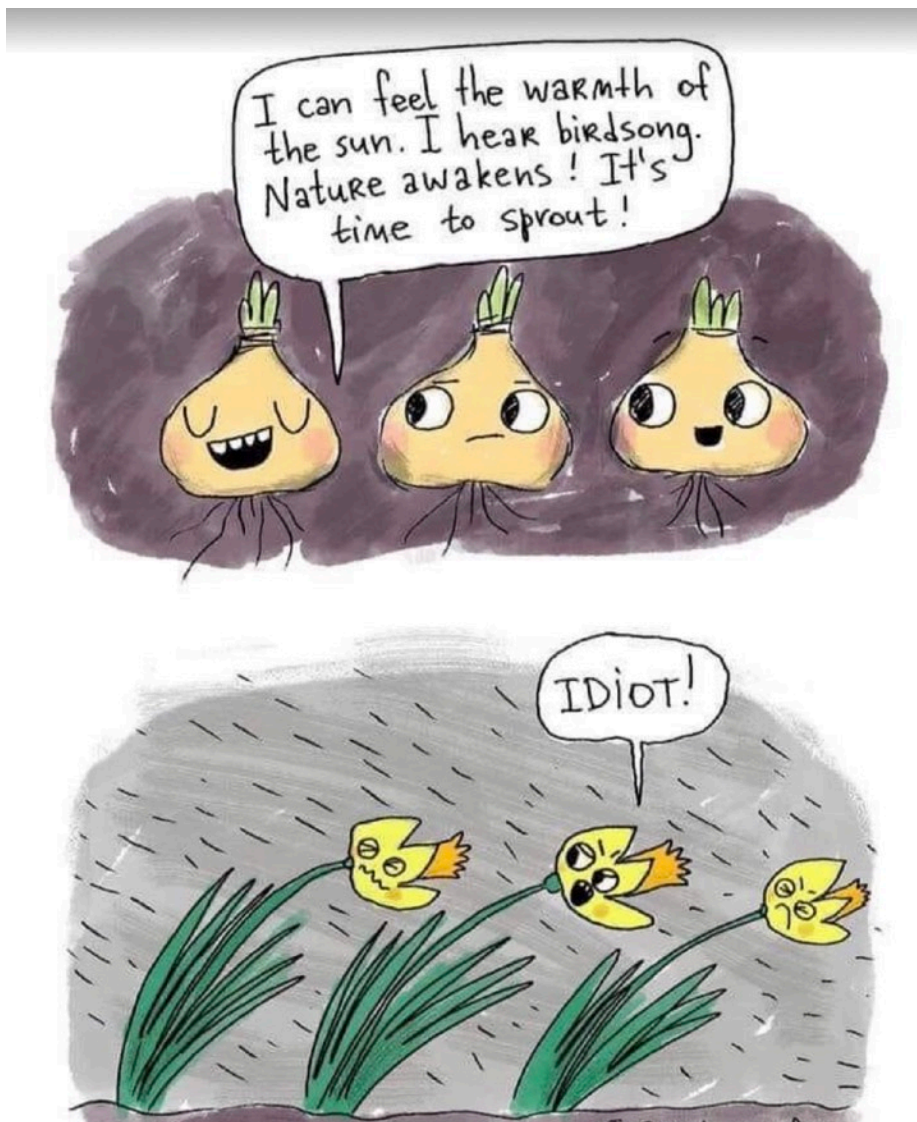
We visited this website last month and if you like art and photography it is worth a visit.

From their website:

My Modern Met was formed in May, 2008 to create one big city that celebrates creativity. Our mission is to promote a positive culture by spotlighting the best sides of humanity—from the lighthearted and fun to the thought-provoking and enlightening. Today, we receive over 10 million visitors coming to our site each month, looking for articles on art, design, photography, architecture, science, technology, environmental issues, and more.

Click here: <https://mymodernmet.com>

Finally



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

See you next month!