

19 May 2020

Welcome to the IT Club Lockdown Newsheet!

I think we are starting the 9th week of the lockdown now but there are definitely glimmers of light at the end of the tunnel.

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

Here is a message from our office: (full message in attached PDF)

Can Age Concern Epsom & Ewell Help You During The Coronavirus?

Are you 65+ years old? Do you live in the Borough of Epsom & Ewell? Are you isolated from your family, friends and neighbours due to the Coronavirus?

We could help!

Age Concern Epsom & Ewell are offering the older residents within the borough ESSENTIAL assistance in the form of shopping and prescription deliveries and telephone befriending services. These services are designed to bridge the gap whilst residents are isolated from their daily support network.

- 1. Give us a shopping list of ESSENTIAL grocery items and we will do our best to collect and deliver them for you. Cash or card payments required*
- 2. Running low on your medication? Order your repeat prescription and we will collect them and deliver them to your door.*
- 3. Are you feeling lonely? We offer a telephone befriending service to help you through these unprecedented times.*

Get in touch: 01372 732 456
Monday - Friday 9am - 4pm

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.

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>

Photos and Pictures - Introduction

Your iPad, tablet and phone will probably have a very good camera and picture editing facilities, and now that you are identifying birds and plants (see below), being able to keep and enjoy your handiwork is paramount.

Photos (ipad, iPhone) and Google photos (Android tablets and phones)

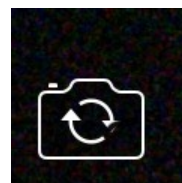
These are photo album (sometimes called a gallery) Apps are where all photos and pictures reside. They have many features and capabilities which we will look at in a future newsheet but all we need to know at the moment is this is where everything ends up.

Taking a picture.

Open the camera app to take a picture.

You can swap to the rear facing camera if you *must* take a selfie.

This is the simplest way of getting a picture into you photo album.



Download from the internet.

If, for example, you wanted to change the wallpaper on your iPad or Tablet to the Taj Mahal, unless you are going to visit the Taj Mahal (highly unlikely at the moment), you will need to get a picture from the internet:

1. Search the internet for Taj Mahal and select "Images" which displays just pictures, not links to articles, news items etc.
2. Select an image you like and select view file to make it fill the screen
3. Select the send icon then select *save image*. It doesn't mention photo album but that is where it will save it to.
4. Go to photo album and find the newly saved picture of the Taj Mahal. Select the send icon and chose *use as wallpaper* and follow instructions.



Printing from the screen.

Sometimes you cannot download a picture even though you have it on the screen. In this case you simply print the screen, which again puts an exact view of you screen into photos.

On iPads and iPhone press the home button (big round real button) and on/off button simultaneously. There is a click and an exact copy of your screen is put into the photo album.

On most Android devices the easiest way to take a screenshot is to **simultaneously press and hold down the power button and volume-down button**.

The screen will flash, and a notification will pop up pointing you to the new image in your photo album. If this doesn't work, try holding down the physical home button and volume-down simultaneously.

Editing photos

You may need to edit the picture to, eg, take out bits you don't want. Editing is another huge subject but often all you need is *cropping*.

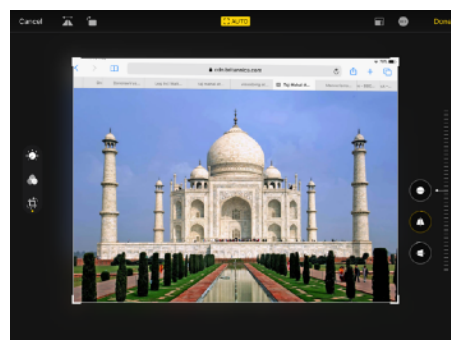
1. In your photo album select the photo then select *Edit*.



2. Select *crop*

3. move the edges in to, eg in picture, take out the top.

4. When finished select *Done*



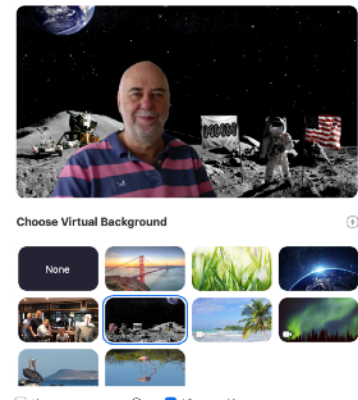
Zoom background

I know many of you use zoom and a fun feature is to change the background. Here I am on the moon:

However, the major downside is that, as far as I know, you can only do this on a PC or Laptop. On iPads and tablets there is no option in settings to set a virtual background.

So for those using Zoom on a PC or laptop:

1. In Zoom open *settings*
2. Go to Virtual backdrop and simply select the backdrop (you may have to download some software but it is done automatically)
3. If you want your own backdrop (eg Taj Mahal or a photo of your garden) go to your photo album, choose the photo then export to the desktop.
4. Go back, zoom, settings, virtual desktop select plus sign + and choose the picture from the desktop.

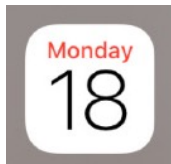


If you have any queries about any of this please email me.

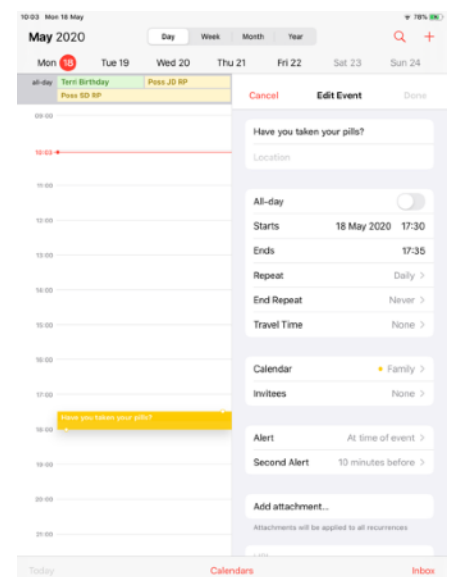
How to

Set daily reminders using your iPad or tablet.

This was prompted by a local need to have a reminder to take tablets at 5.30pm every day (The instructions below are for the iPad but Android instructions will be very similar).



1. Open up the Calendar app and add an entry by touching the plus sign (+) or add
2. In *Title* enter something like “Have you taken your pills”?
3. Ensure All Day is OFF and in *Starts* enter today’s date and the time you want reminding (unless that time has passed in which case enter tomorrow’s date). The end date will be entered automatically and you do not need to change it.
4. In *Repeat* enter Daily (you will see how these can be used for any period - if you had another pill to be taken weekly you could set up another entry with a weekly repeat)
5. Finally in *Alert* set to when the alarm should go off. Set a second alert if you wish.
6. Select *Done* and you should see an entry in your calendar for every day and for ever!



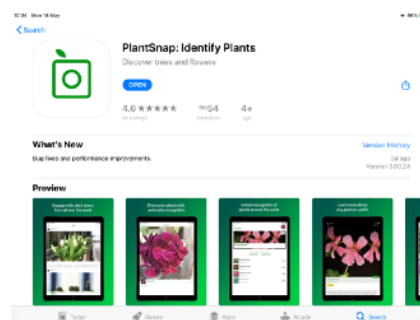
If you have Alexa you can ask her to remind you by saying “Alexa set reminder Take Tablets every day at 5.30pm”

Apps

PlantSnap.

After Apps identifying birds last week, here is an app which does an extraordinary job of identifying plant and flowers.

Its called PlantSnap (available in Apple App Store and in Google Play) and is free. You get a limited number of identifications free per day (25 I think) and adverts. You can pay £19.99 for no adverts and unlimited identifications.



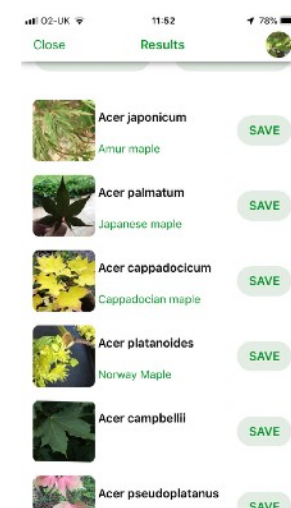
How it works.

1. Open Plant snap and a camera view appears.
2. Circles will appear round plants it recognises. Touch the circled plant you want to identify.



3. The picture is sent off to be analysed and in seconds you will get a list of close matches.
4. You can then make the final identification.

Its free, fun and quite useful!

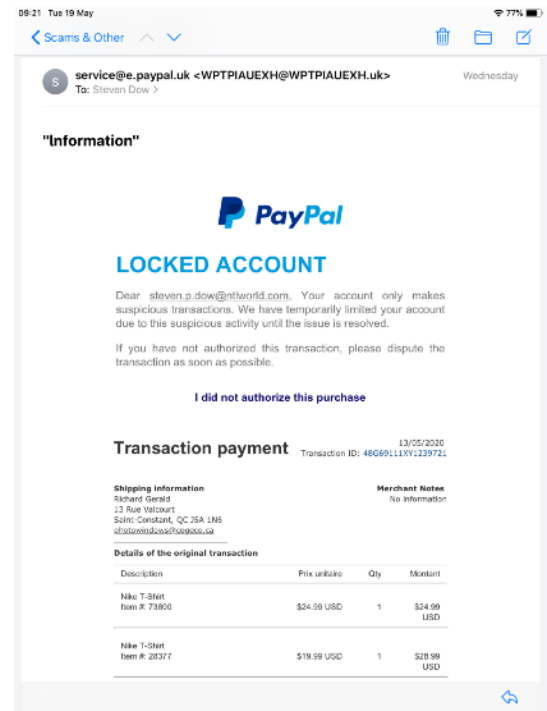


If you have a favourite App you would like to share, just let me know at steven.p.dow@me.com

Scams

Another badly done phishing scam arrived this week.

I am starting to feel affronted that they would think that I could possibly fall for this one!



Shopping

Waitrose

I have noticed that Waitrose has more delivery slots available and I did not have to wait until midnight to get one next Monday!

Age Concern and Amazon

Remember I, 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>



Puzzle

What is this animal? Hint - its not a bird!



Finally



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

See you next week!