Welcome to the IT Club Newsheet!

As we head into Autumn it seems the wretched Covid-19 is having another go, so its important we all stay safe, stay at home as much as possible and use our tablets, computers, iPads to keep us entertained.

You may wish to get involved with social media, in which case you may be interested in the section on Social Media - and its not all bad!

Good news is that we are starting home visits again, more about that below.

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

IT Volunteers
We are looking to restart our IT Volunteers service to clients in their own homes. We want to ensure that this service is as safe as possible during the corona virus restrictions so we have therefore produced the following guidelines for you to consider.

For the volunteer:
- Ring client prior to visit if you are feeling unwell or have any corona virus symptoms and cancel the visit.
- Ring the client prior to the visit to confirm that they are well and not experiencing coronavirus symptoms.
- Wear a face mask and visor when entering the house and throughout the visit.
- Ensure that any surfaces touched are wiped with antibacterial wipes before touching and after.
- Use hand sanitiser before and after visit.
- Where possible remain socially distanced at 1 to 2 metres apart.
- Avoid using public transport when attending support visits.

For the client:
- If they are feeling unwell or have corona virus symptoms on the day of the appointment, contact the volunteer to cancel.
- To wipe all surfaces that the volunteer may touch prior to their visit using antic bac wipes.
- Wash hand and or use hand sanitiser before and after visit.
- Wear a mask.
- Where possible remain social distanced at 1 to 2 metres apart.

For client and volunteer
- To agree that at sometimes during the visit, social distancing may not be possible, but all possible measures have been implemented to minimise the risk.
- No beverages to be allowed during the visit.

If you are happy with the guidelines, you can book a visit for a suggested donation of £10 by ringing **01372 732456**

Libraries
We looked at libraries in July when not many were open but now the situation has improved and here is the latest situation:
https://www.surreycc.gov.uk/libraries/news-and-events/news/coronavirus

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

NHS Covid 19 App

You may have heard about the NHS Covid App or even received an email, such as the example here:

After a bad start a few months ago the government adopted a new, more private, strategy and created the latest App which is now available on the Apple Store and Google Play.

It is easy to download and install. After downloading you simply enter the first 3 characters of your postcode and then you are ready.

However it will not work on Apple iPhones 6 and before or Android phones of a similar age.

There are six important features:

1. Trace.
This is the original reason for the app. When it is loaded onto your phone (it does not work on iPads) and running, it will "listen" for any other phones nearby (who must also be running it) and will then remember the other phone IF they have been in close proximity, which is based on time and distance (something like 2m for at least 15 minutes). At the same time the other phone will also take a note of your phone's identity. It uses a unique code, NOT your name.

If, subsequently the owner of the other phone gets Covid and enters that fact into their phone's NHS app, the phone will go through its

list of recent contacts and send a message warning of possible Covid and advising of 14 days isolation. It also provides a handy countdown counter until the end of isolation. No personal data is used.

So, in summary, if you get Covid, you would enter that into the app and the app would send details to a central server, which would send warnings to all people, with the app of course, who you have been in close contact with in last 14 days.

The objective is to get to possible infections quickly, before they can spread further. Also, if you have you been warned, you can get early testing and help.

2. Alert
This feature lets you know the level of risk in your area. We are currently medium in Epsom and Ewell - at risk of further restrictions.

3. Check-in
When you visit a restaurant or pub, there will be a QR code at the entrance which you scan. If the venue subsequently has a Covid outbreak, you will be notified by the app. Again, this is anonymous.
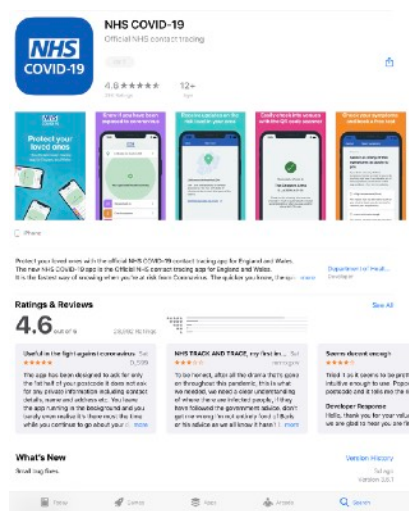

4. Symptoms
There is a checklist of symptoms and if you do unfortunately have some, you may be advised to book a test

5. Test
It will help you book a test, and the results of the test.

6. Isolate
Keeps track of your isolation time, counting down until you can resume "normal" life.
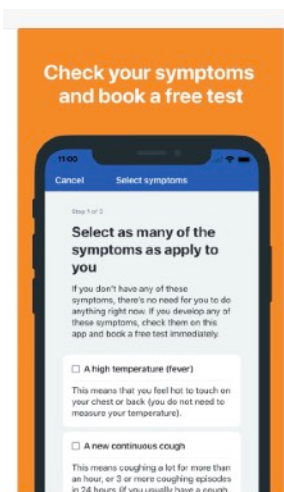
So, should you download it?

If you have a phone capable of running it, then probably yes.

Apart from the tracing, it has other useful functions.

Take it with you when you leave your house and ensure it is running (by opening it).

It will not solve the Covid problem but it may help a little.

There is more information at the website: https://covid19.nhs.uk

Entertainment

It seems we have more months of restrictions so what could you do to keep entertained?

Here are some ideas:

U3A
Join the U3A (University of the 3rd Age). In more normal times there are many local activities but they have been sadly curtailed. However there are regular Zoom talks on a wide range of topics.

Here is a video about the local group:

Here is a link to the Website:
https://u3asites.org.uk/epsom-ewell/welcome

Here is what is coming up:
https://u3asites.org.uk/epsom-ewell/events

Webcams

Have a look at what is happening, **live**, around the country and world!

For the UK: https://www.webcamtaxi.com/en/united-kingdom.html

Here is what is happening at a barbers in Nottingham, should you wish to know!
https://www.webcamtaxi.com/en/england/nottinghamshire/everyman-barbers-nottingham.html

If you wish to see around the world try this one:
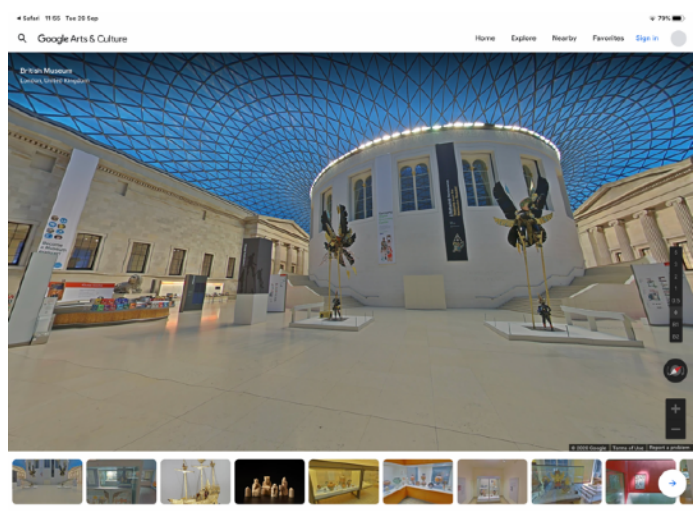https://www.earthcam.com

Here is Prague, live!
https://www.earthcam.com/world/czechrepublic/prague/?cam=grandhotel_str

Visit the British Museum

Go to https://www.britishmuseum.org and scroll down to Virtual Tour.

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.

According to Statista, in 2020, it is estimated that there are around 3.6 billion people using social media around the globe, up from 3.4 billion in 2019. The number is expected to increase to 4.41 billion in 2025.

The following list of the leading social networks shows the number of active users. Note how the list is dominated by just 2 countries.

	Network	Users	Country
1	Facebook	2,498,000,000	USA
2	YouTube	2,000,000,000	USA
3	WhatsApp	2,000,000,000	USA
4	Facebook Messenger	1,300,000,000	USA
5	WeChat	1,165,000,000	China
6	Instagram	1,000,000,000	USA
7	TikTok	800,000,000	China
8	QQ	731,000,000	China
9	Qzone	517,000,000	China
10	Sina Weibo	516,000,000	China
11	Reddit	430,000,000	USA
12	Kuaishou	400,000,000	China
13	Snapchat	398,000,000	USA
14	Twitter	386,000,000	USA
15	Pinterest	366,000,000	USA
16	Baidu Teiba	320,000,000	China
17	Linekedin	310,000,000	USA
18	Viber	260,000,000	Israel
19	Discord	250,000,000	USA

Here is a quick run through of the top networks (not all serious):

1. Facebook
We covered Facebook in detail in the 2nd June Newsheet. It is probably the most attractive of the social media sites to the older person (apparently younger people are leaving it because they think its for old people).
To recap: 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 of eg, sports events (Surrey Cricket for example, church services)
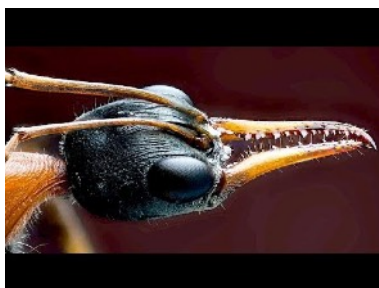
2. YouTube
Owned by Google, YouTube is a video sharing website which makes its its money by advertising and premium services (ie no adverts!).
It has a wealth of interesting, entertaining and useful videos uploaded by individuals and businesses.

Here is a pilates video:(click or touch the picture to run it).

Here is a BBC documentary:

Here is how to make a face mask which has had 52,000,000 views!

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.

WeChat

A Chinese multi-purpose messaging, social media and mobile payment app which Donald Trump has tried to ban.

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

The current Chinese app in Donald Trump's gunsight (although as of 29 September the High court has overturned his ban in America). It is primarily for young people to share short video clips and has become HUGE, hence Trump's wish to ban it. Apparently it can be add addictive, so beware.

QQ, Qzone, Sina Weibo are all Chinese and not popular here.

Reddit

A bit more serious than the others, Reddit is a bit like a bulletin board with discussions.

Kuaishou - another Chinese video sharing app.

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

Donald Trump's favourite medium, 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.

Baidu Tieba

Another Chinese communication platform.

LinekedIn

A social site for professionals. Can be annoying if they get your email address.

Viber, Discord.

Who?

Shopping

Shopping has sort of returned to normal but I noticed there was a shortage of toilet roll in Waitrose yesterday. Lets hope the stockpiling does not start again as it did 6 months ago.

The softer side of Bjorn the Bloodthirsty

Finally

For those of you planning wild parties, beware!

I don't care how magnificent you are, the law says six......   1:52 pm

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

See you next month!