



Getting Started

Age Page Jan. / Feb. 2015

Welcome to the *Getting Started* Age Page.

This newsletter will keep you up to date on the activities of the Getting Started Programme and provide information on interesting websites, new technology and news.

Getting Started is a programme for older people to help them gain confidence and basic skills in computers and the internet. Training is provided by volunteer tutors in small classes, with an emphasis on encouragement and support for older learners.

Age Action on the move in Dublin

In January Age Action moved from their offices in Lower Abbey Street to 10 Grattan Crescent, Inchicore, Dublin 8.

We run computer classes in Inchicore as well as having our Friday drop-in and free technical support services. Our offices in Camden Street are located at 30/31 Lower Camden Street, Dublin 2.

To contact us phone 01 475 6989 or email gettingstarted@ageaction.ie

Computer Classes

If you got a new computer for Christmas and need some help with it, Age Action runs computer class in Dublin, Kildare, Cork, Waterford, Galway, Mayo, Leitrim and Roscommon.

- **Dublin & Kildare** - 01 475 6989
- **Cork & Waterford** - 021 453 6556
- **Galway / Mayo / Roscommon / Leitrim** - 091 527831

We have also partnered with other organisations that run classes

DCU Intergenerational Project

Dublin www.facebook.com/DCU.ILP

IRD Duhallow - North Cork - www.irdduhallow.com

121 Digital – Wicklow, Dublin, Kerry and Meath
www.121digital.ie

Learn some new skills in 2015

The GCF Learn website has lots of useful tutorials on computer basics, tablets, smartphones as well as Word, Excel and other MS Office programmes

www.gcflearnfree.org/popular

Windows 10

Just when you thought you were getting used to Windows 8, Microsoft has announced they will launch Windows 10 later this year. If you have Windows 7 or Windows 8 you will be able to get a free upgrade to Windows 10 and it seems like it will be easier to use than Windows 8 with the return to the standard Desktop.

Blogs

Blogs are like an online diary where you can write about something you are interested in such as history, sport or photography or just your day to day life. They are easy to set up and free.

This video show how to set up a free blog with Wordpress
<https://www.youtube.com/watch?v=Skk1wibcPb4>

Many people read blog on a regular basis and here is a list of some of the more popular ones

Irish History Blogs

<http://enniskerryhistory.org/home/index.php/archives/1784>

Irish Sport Blogs

<http://sportforbusiness.com/best-irish-sporting-blogs/>

Irish Food Blogs

<http://www.irishfoodbloggers.com/>

Popular Travel Blogs

<http://travel.ninemsn.com.au/holidaytype/culture/8417179/the-20-best-travel-blogs>

Internet Scams

Many people are still receiving phone calls telling them they have a virus on their computer – these calls are scams – here is some advice from the Gardaí www.garda.ie/Documents/User/Computer%20Fraud%20Advice.pdf

This website has lots of information on how to keep safe online <http://makeitsecure.org/en/cold-calling.html>

Learn how to pay your motor tax online

The Government have set up a demonstration motor tax website where you can practice how to apply for your motor tax online at www.dcenr.gov.ie/omt

You will need to enter the following
Username: omt and Password: *omt*

This YouTube video will show you also how to pay your motor tax online.

www.youtube.com/watch?v=OB0T1iKeDwQ

Websites of Interest

Advice from the HSE about the Flu

<http://www.hse.ie/eng/health/immunisation/pubinfo/fluvaaccine/flupublic/Flu.html#Who>

Also for more health advice see <http://undertheweather.ie/>

Art on the Big Screen

EXHIBITION ON SCREEN brings blockbuster art exhibitions from galleries around the world to a cinema near you, in stunning high definition.

www.exhibitiononscreen.com/

For the trailer see
www.youtube.com/watch?v=BN7izwESLh8

New Banking Demo.

If you are a customer of permanent TSB they have a new series of videos on their website to explain about online and mobile banking

www.open24.ie

Apps of Interest

Beats Medical for people with Parkinson's - A new smartphone app which restores mobility to Parkinson's patients, created by Dubliner Ciara Clancy. Patients use the app to perform a short physical assessment every day, by moving for two minutes with their smartphone in their pocket.

Using the data gathered, the app prescribes a beat which the patient must listen to for ten minutes twice a day.

Known as metronome treatment, this auditory stimulation overrides dysfunction in the brain and cues the body to move. www.beatsmedical.com

YouTube Videos

Google's new robot dog
www.youtube.com/watch?v=M8YjvHYbZ9w

An Astronaut's View of Earth
www.youtube.com/watch?v=6YOz9Pxnzho#t=12

Snow doesn't stop the trains in Canada
www.youtube.com/watch?v=Yja2VmZOfdA

Cleaning tips with Vinegar

www.youtube.com/watch?v=RCgIdfuQAD4

Keeping Warm this winter

A guide for those using oil fired central heating

www.oftec.org/Media/Default/DocGalleries/Marketing/OFT-EC-Keeping-Warm-This-Winter-Ireland-Pub74.pdf

Rural Broadband

Communications Minister Alex White released a national broadband coverage map in November showing the areas where it was expected that commercial companies will deliver high-speed broadband to by the end of 2016. That network covers some 1.6 million premises or 68% of the total homes and businesses across the country.

The remaining areas, just below a third of the total, have been earmarked as needing state intervention in the National Broadband Plan – which it likened to “rural electrification in the last century”.

The counties most in need of broadband aid, based on the share of premises included in the state rollout plan are:

- Roscommon, where 24,856, or 64% of all premises
 - Mayo, 50,831 (60%)
 - Leitrim, 13,326 (60%)
- Monaghan, 19,551 (58%)
 - Kerry, 51,180 (57%)
 - Cavan, 24,197 (57%)

The government said it didn’t expect to start the network’s “physical build” until late 2016. The map will be put out for consultation first, followed by an estimated 6-month wait while the contract to deliver the infrastructure is put together. It then has to be put out to tender.

To see the map go to <http://www.broadband.gov.ie/>

St Patrick's Day Shamrock Campaign

Join us at shopping centres in Dublin, Cork and Galway as we host our St. Patrick's Day Flag Day. This year Age Action hopes to raise funds to keep our services running by holding a bucket collection on Friday 13th & Saturday 14th March 2015.

We will be holding collections in the following locations:

Blanchardstown Shopping Centre, Dublin 15

Nutgrove Shopping Centre, Dublin 14

Stillorgan Village Shopping Centre, Stillorgan, Co Dublin

Dun Laoghaire Shopping Centre, Marine Road, Dun Laoghaire, Co. Dublin

Ashleaf Shopping Centre, Crumlin, Dublin 12

Eyre Square Shopping Centre, Galway

Wilton Shopping Centre, Wilton, Cork

We are looking for volunteers for two hour shifts to help with the collection. We will be selling small hand-knitted shamrocks with an Age Action Pin for €2.

If you are free and able to give a couple of hours of your time, that would make a big difference. Please contact Sheila in Fundraising on 01 – 4756989 or email:

fundraising@ageaction.ie

Fundraising Trek

Would you like a walking holiday to THE ISLANDS OF SARDINIA AND CORSICA IN ITALY & FRANCE *1st to 8th October 2015* and raise much needed funds for Age Action at the same time?

We need a group of 25 likeminded people to raise €2,900 each to cover flights, accommodation, meals and transfers

Contact Daragh at businessdevelopment@ageaction.ie or 01 4756989 for more information

For all the details please click [here](#)

The latest edition of Age Action's Ageing Matters magazine is now out at

www.ageaction.ie/sites/default/files/pdf/86522_PRI86522_%20Ageing%20Matter%20Booklet_1.pdf

Age Action's Facebook & Twitter

We have 3,619 likes on Facebook and over 5,264 followers on Twitter. Age Action's Facebook & Twitter are a great way to follow what's going on in the charity—so if you are on Facebook please find the Age Action page click "Like" and "Share" the page with your friends and ask them to "Like" us too. If you "Like" and "Share" our postings you can greatly help us to spread our message far and wide.

www.facebook.com/AgeActionIreland

<https://twitter.com/ageaction>

Thanks.



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Attention Volunteer Tutors

If your students would like to receive this monthly email newsletter just ask them to email gettingstarted@ageaction.ie and we will include them in the mailing. Please could you also ask students to include their location in the email. Thanks

Contribute to this Newsletter

If you know of an interesting website or have information on technology that you would like to share, or if you would like to write a short story about your experience as a learner or tutor please contact Pauline Power at gettingstarted@ageaction.ie

**Getting Started, Age Action Ireland,
30/31 Lower Camden Street, Dublin 2
Phone: 01 475 6989**

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