



Getting Started

Age Page March/April 2014

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.



The end of support for Windows XP – What does this mean?

After April 8, users of the Windows XP will no longer receive security patches, application updates or any kind of support from Microsoft. So what does this mean?

It means you can still use your computer with Windows XP but it will be more vulnerable to threats than before, and

users' personal and financial information will be at greater risk of identity thieves.

You can still use Window XP but here are some measures you can take to reduce the risk

1. Stop using Internet Explorer. You should switch to another browser such as Google Chrome or Firefox.

Both browsers will support XP, and continue to receive updates, beyond April.

2. Stop using Outlook Express for your email and switch to an web based email such as Google or Outlook.com

3. Install Anti-virus software. If you don't have a good anti-virus software, you should install one right away.

Free anti-virus software is fine, but paid is better. Most anti-virus software makers will support XP until 2016.

If you have **Windows Vista** you are not affected by this and Windows are continuing to support this.

If you don't know what Windows you are using you can check if it's XP by clicking on this link

<http://amirunningxp.com/>

If you have Windows XP and would like to upgrade you will need to choose between Windows 7 or Windows 8 then check if your computer has enough power to run it.

This website explains the difference between Windows 7 and 8

<http://digitalunite.com/guides/computer-basics/windows->

[8/what-are-differences-between-windows-7-and-windows-8](#)

The system requirements for running Windows 7 are similar to Windows Vista but you will need more power to run Windows 8

Windows 7 is very similar looking to Windows XP whereas Windows 8 looks very different.

Here are some answers to question about upgrading to Windows 7

<http://windows.microsoft.com/en-IE/windows7/upgrading-to-windows-7-faq>

Microsoft will continue to provide security fixes for Windows 7 for free until the end of extended support, which is January 14, 2020

You will need to backup your files before you upgrade as the easiest way to upgrade is to wipe the computer and install the new Windows programme.

If you bought your computer before 2006, the chances are it won't have enough processing speed or RAM to run Windows 7 or 8.

For more information on the end of XP see

<http://gadgets.ndtv.com/laptops/features/windows-xp-support-ends-7-things-to-know-505769>

Smartphones - Understanding how Data works?

When you pay for Data as part of your mobile phone bill, you are paying for Internet access on your phone.

This will allow you to go online and access the internet, send and receive emails, use apps etc. at any time.

If you don't pay for Data you can still go online with your smartphone via Wi-Fi. Wi-Fi is an access to the Internet via a signal so if you have Wi-Fi at home you can set your smartphone to access this Wi-Fi when you are at home but when you are out and about you won't be able to access the Internet unless you go to a Café, Hotel etc. where they have Wi-Fi and then you can access their Wi-Fi to go online. Often you will need to ask the Café or hotel for the name of their Wi-Fi and the code as many Wi-Fi services are password protected.

If you are paying for Data most packages start at about 1GB of data per month, which is more than enough for the average user. If you are worried about using more than your allowance you can get a Data Monitoring App – just go to your Play Store or App Store and search for "data monitoring app". Once you have downloaded the app you will need to enter the amount of Data you have for each month and you can track your usage

This video from Vodaphone explains how much internet usage 1GB provides

<http://www.youtube.com/watch?v=hEQio7UBE8U>

Getting Started wins an Award

Age Action's Getting Started programme recently received an award for excellence in training, from the Irish Institute of Training and Development.

The award recognises the excellent learner-centred training provided by you, our volunteer tutors, and the work of our project officers, who train the volunteers. We are deeply honoured to win the award. It could not

have been achieved without the great work of the hundreds of dedicated volunteer tutors across Ireland. Of course, the ultimate winners are the older people who are learning new IT skills. Their lives are being transformed by being able to go online and connect with the digital world.

Pictured at the awards night in Naas, Co. Kildare, on Friday, are Pauline Power, our Getting Started programme manager, and Pat Power, one of our volunteers from Waterford

https://www.facebook.com/AgeActionIreland/photos/a.312152948611.149787.311470958611/10152115386478612/?type=1&stream_ref=10

Walk or Run for Age Action – Women’s Mini Marathon

Do you fancy a 2 day luxurious hotel and spa treatment and at the same time raise funds for Age Action? We are asking women of all ages to consider taking part in this year’s Women’s Mini Marathon on Monday 2nd June. Each year over 40,000 women take part in the event, raising thousands of euro for worthy charities around the country. Please consider Age Action as your charity of choice for 2014. Places are filling up fast and the closing date to register is Friday 18 April. We will raffle the luxurious weekend for all those who register. We are grateful to The Johnstown House Hotel & Spa, Enfield, Co. Meath for the prize

Registration for the mini marathon is now open, to register please visit www.florawomensminimarathon.ie

RTE Archives

Over the years a number of amateur film collections have been deposited at RTÉ Archives. These films cover a range of subjects, often photographed before the arrival of television in Ireland. This website highlights some of the collections that were shot on 8mm and 16mm film

www.rte.ie/archives/exhibitions/1916-amateur-films/

RTÉ Commemorations 2014: Cumann na mBan - Forgotten Women of Revolution

www.rte.ie/news/2014/0328/605079-cumann-na-mban-centenary/

Family History

Clan Search – Learn how to make a Family Tree

Free Family Tree Maker Workshop in Mitchelstown Library

Sat April 26th @10 am

For more information on this workshop, or their free assessment service, contact Seamus Fox on 087 358 9734

or email foxseamus@gmail.com

www.facebook.com/pages/Clan-Search/116942381810047

**Irish Genealogy Summer School, University College
Cork, June 29- July 6, 2014**

Non residential: €575.00

Concession - Non Residential (Historical & cultural groups, students, Over 55's, retired) non residential
€488.75

Concession Residential - Accommodation, Half- board at Victoria Lodge, tuition, fieldtrips, excursions and conference: €658.75

Day rates - €95.00 **concession rate** - € 80.75
(Historical & cultural groups, students, Over 55's)

www.ucc.ie/en/ace-genealogy

Survey on Smartphones for Beginners

A Dublin based start-up company is looking at ways to improve the design of smartphones for beginners. They are looking for people to take part in a short online survey at

https://docs.google.com/forms/d/1sUnTOPzPsRxO_83d78_2ADFusCJf1FSuN095f4XeCXk/viewform

The survey is anonymous

Google Maps – For those who love maps

This website has a collection of old maps from around the world

Here are the old Irish maps with maps going back to 1790
<http://maps.google.com/gallery/search?hl=en&q=ireland>

Websites and Apps of Interest

The Jet Stream

The jetstream plays a large role when it comes to the weather across Ireland, from this website you can view the latest jetstream forecast right out to 16 days in 3 hour timesteps. Just click the arrow buttons or drag the slider to view the forecasts for different times, or click the animate button to view an animation of the current forecast.

www.netweather.tv/index.cgi?action=jetstream;ses=

Life after a Stroke

Advice for rehabilitation

[www.stroke.ie/iopen24/stroke-rehabilitation-t-483 495 508.html](http://www.stroke.ie/iopen24/stroke-rehabilitation-t-483_495_508.html)

Dave Henshaw's story of life after a stroke

[http://www.stroke.ie/iopen24/-t-483 770 1132 1135.html](http://www.stroke.ie/iopen24/-t-483_770_1132_1135.html)

Photos of Dublin past/present

<https://www.facebook.com/photosofdublin>

In Case of Emergency Apps

<http://www.qdinformation.com/iphone/5-emergency-apps-for-your-iphone>

Free online courses from the worlds top universities

<https://www.coursera.org/>

Plant App

goBramble is a plant exploration app – bringing plants to life! Take a photo of any plant to find out relevant information about it and discover where else it grows and what it can do for you!

<http://gobramble.com/>

Suggested Apps for Older people

This article looks at 5 of the best kinds of apps for older people, and provides options for both iPhone and Android users.

<http://appyie.com/5-of-the-best-apps-for-older-people/>

YouTube Videos

Well trained dog

www.youtube.com/watch?v=Zr3_mXJeP1g

Still works at 100

<https://www.youtube.com/watch?v=F4BL9NfJYes>

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The March edition of Ageing Matters is now out and is online.

Contents include:

- Our Getting Started computer training tutors win a national award – page 3;
- How Ireland can benefit from greater cultural diversity, page 2;
- Run the Flora Women’s Mini Marathon for Age Action to be in with a chance of winning a fabulous weekend break – page 5;
- Find out what Trinity College engineering students learnt when they turned to older “experts” - pages 6 & 7;

- Age Action joins European elder abuse prevention project – pages 8 &9;
- Workshop highlights steps towards a new convention on the rights of older people – pages 10 & 11;
- An update on progress being made by Age Action in southern region – pages 12 & 13;

To read these articles and more
click <http://bit.ly/1h6PNLZ>

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Age Action's Facebook & Twitter

We have passed two social media milestones recently. We received our 2,000th like on Facebook and got our 3,000th follower 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

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