



May – June 2021 Newsletter

I hope you are keeping fit and well and looking forward to seeing the back of this very strange period of our lives. I've had Covid myself, thankfully very mildly back in January this year, with just a slight cough, no other covid symptoms. I know how lucky I am, I know many people who have had it very badly, and at least 3 who have died. Please God we are near the end of this horrific time, and the sunshine will soon return, and life will go back to some form of new normality. I would love to hear your Covid experience, good or bad, so please email me back and tell me your story, which I can either keep between the two of us, or I can share with the other 500 or so clients that I send this newsletter out to.

Here's a roundup of the latest news;



[Apple iMac computer for sale.](#)

Have you ever wanted to own a lovely Apple iMac all in one PC, but don't want to spend over £1,200 to get one? Well, the good news is that you don't have to. I have a lovingly restored iMac 21" all in one, which I have personally been looking after and now have given it a full rebuild, so it's been restore to when it was first born back in 2013, but it's got the latest software updates and is as good as new. It's a really nice clean, pleasure to use, and a fraction of the cost of a brand new one today. It includes a wireless keyboard and mouse and is for sale for just £399, to include delivery and basic installation. One only, so first come, first served.

I'm running for Cancer Research again.



You probably know that 1 in 2 of us will get cancer in our lifetime. Cancer is currently killing about 500 people a day in the UK. I myself am a survivor of about 25 year ago when I was diagnosed. I have lost both my parents to cancer and I know of at least 4 people at the moment currently undergoing long term treatment. Over the last few years, with the help and generosity of many many friends, family and clients, I have raised well over £10,000 for Macmillan and Cancer Research UK. I'm proud to say I'm doing it again. On 5th September this year, I will be running the London Summer 10k Run on behalf of Cancer Research. I would love to raise at least £2,000 towards this vital and very worthwhile cause. If you would like to sponsor me, all donations, however big or small, would be so gratefully received. It's easy to contribute, simply click on this link and follow the simple instructions. I just hope that within my lifetime, we will see and end to this terrible disease. Thank you.

<https://www.justgiving.com/fundraising/henrymoss321>

Upgrade your hard drive to superfast SSD.

Has your computer slowed down during lockdown? Is it taking much longer than it used to before it starts up in the morning, sometimes up to 5 minutes or more? Does it sometimes freeze up just at the wrong time when you're in the middle of something important? It's probably an indicator that your old internal hard drive is coming to the end of its useful life. One day, it WILL simply just stop working. If that sounds like your computer, you must take action before it's too late. **Option 1** would be to buy a new PC or laptop, which depending upon what you want, could cost you anything from £600 to well over £1,000. I would be happy to advise you what to buy and help you get it installed properly. **Option 2** would be to keep your computer, and I could get the hard drive cloned onto a new, super-fast digital SSD (solid state drive) hard drive. This would mean your computer would start up within just a few seconds and everything you do would be really fast. No more hanging around or freezing up. The cost is from £310, including me coming and collecting your computer, laptop, or Mac, taking it to the computer hospital, the collecting it and returning it back to you, fully restored and working better than it has ever done, even when brand new.

RoboForm



Passwords are a pain for almost everyone. How many times have you gone to enter a password, only to be told it's wrong? Or you have no idea what it was. It's such a nuisance to keep remembering and changing passwords for every stupid website. Well, no more my friends, no more. For many years, I have been using a wonderful programme called RoboForm. <https://www.roboform.com/everywhere> It does two fantastic things; firstly, it remembers all your passwords, so you don't have to. Secondly, it is a great form filler, so when you open an online form that wants your name, address, email, phone number, inside leg measurement and what you had for breakfast, with the click of 1 button the form is automatically completed. Magic! There is a free version which does most things I've already mentioned, or if you have more than one computer, for a nominal annual charge, you can subscribe to RoboForm Everywhere, which means it will synchronise all your passwords across multiple devices, so all your computers will have the same passwords and form filling capability. Just so clever! Of course, if you need help installing it, and a lesson on how to use it properly, I would be happy to do so.

And finally...

I've shared this before, so sue me, but I guarantee you will never find a better dance video than this. The sheer genius of the editing and the unbelievable skill of every performer makes this a movie worthy of an Oscar for Best Short Film ever. If you disagree, you're wrong! Enjoy Uptown Funk like you've never seen it before.

<https://www.youtube.com/watch?v=M1F0lBnsnkE>

That's it for now, take care and be safe.