**The Tactile Times Newspaper**

Issue Number 2, The lockdown issue

Easter 2020

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Welcome to the 2nd edition of the Tactile Times!

We are Ellie, Lexy and Theo, three young braillists who thought it would be fun to put together a free biannual way for children and young people who are braillists, to share news, event information, tips, opinions and ideas. We hope you like what we have put together.

Please send us any ideas you have for sections we could add. Also, we would love to include articles from our readers in the next issue. If there is something you really enjoy doing, or a place you had a good time visiting why not write a short article about it for the Tactile Times? Or submit your favourite joke, or a puzzle.

We are really excited about the Tactile Times being a way for more and more of us braillists to keep each other up to date so if you know someone who might like to get a copy too, recommend it!

Particularly as we can't see each other at the moment, The Tactile Times is a great way to share tips and experiences.

Some navigation tips: We have put a line of 10 +’s between sections. We have put == before each article so you can search for == to find the beginning of articles and +’s to find sections. Each section heading is also numbered.

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Likely to be coming in the next edition...

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1. **News and Events**

== The Tactile Times now has a fully accessible website!

We are very excited to have launched The Tactile Times website. Some of the features of it are a subscription form which you can fill in to subscribe to the newspaper, useful links to other websites, an audio logo which we thought would be quite fun, and an issues page where we will put all published issues of the Tactile Times. Another handy feature of the website is the useful information page which will tell you copy deadlines and publishing dates, as well as when we plan to publish an issue of the Tactile Times.

The website also contains an introduction to what the Tactile Times is about (although you probably know quite a lot about us already). You can visit the website at tactiletimesnewspaper.github.io If you have any problems with the website, just get in touch and we will try our best to fix the problem.

== Free downloabable books from NBP

National Braille Press are offering free digital downloads of 5 books, 3 of them are aimed at adults and 2 of them are aimed at children. NBP are offering these downloads until 30th of April, so make sure to download the books before then if you want them. More information at info.nbp.org/digitaldownloads

=== Events

Sorry that the events section is so short this time as all physical events are cancelled due to the Covid-19 lockdown. Lots of organisations are doing online activities and events instead though, so do not despair! See below for some great events you can still take part in from home.

== Royal Albert Hall children’s opera

The Royal Albert Hall are doing children’s opera sessions. Find out more and listen at tactiletimes.page.link/OFKR

== Sight and Sound Webinar Wednesdays

Sight and Sound are doing a webinar every Wednesday. Some of these webinars cover tech for blind people but some will cover tech for people with low vision. The next Webinar (taking place on 22nd of April) is about the BrailleSense Polaris. They will post what time the next webinar is (in my experience they are at 2 PM) and what it will be about on their blog at sightandsound.co.uk/blog/Blog

They will also put the recorded versions of all their past webinars on their podcast at audioboom.com/channels/4972917

If you know what the next webinar will be about, you can submit questions that you would like to be answered during the webinar to ireland@sightandsound.co.uk

Contact them on 01604 798070 or info@sightandsound.co.uk.

== VICTA events

VICTA do not currently have any events planned but they are running a competition for ideas about apps that could help blind/VI people. The competition closes at the end of April. More information and an application form can be found at victa.org.uk/victa-calendar/science-competition

Contact them on 01908 240831 or admin@victa.org.uk

== HumanWare Webinars

HumanWare are doing webinars about their braille products on Tuesdays and Thursdays at 5PM. The website is very unclear about what the webinars will be about but sometimes they say at the end of a webinar what the next one will be about, and sometimes they don't. They say they will send an email out to their subscribers about what the webinars will be about. To join any of these webinars, use this Zoom link: https://zoom.us/j/554866992

Their website does say what was covered in previous webinars, and they give you the option to listen to these webinars. You can find the website at the following link: tactiletimes.page.link/HLWS And you can contact them on humanwarelive@humanware.com

== Braillists Foundation calls

The Braillists Foundation are running Zoom calls. They have a few different calls about different things on different days of the week.

You can see the schedule of calls at braillists.org/staysafe

You can contact them on help@braillists.org

== Look UK Online Events

Find out about their mentor scheme for young people with VI at look-uk.org/mentoring.

Also, they are holding a series of online events on Zoom including a place for blind/VI children to chat to each other and do lots of other things together tThis is called Look online forum) which happens once a week. They are also organising many other events with literary, sporting and stress-busting themes.

Find out more about their online events at: look-uk.org/meet-up or contact them on 07464 351 958 or **[events@look-uk.org](mailto:info@look-uk.org)**

== British Blind Sport “Stay In Work Out” accessible online physical activity sessions.

[British Blind sport are doin stay in workout online activity sessions. More information can be found here: https://britishblindsport.org.uk/stay-in-work-out/](https://britishblindsport.org.uk/stay-in-work-out/)

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1. **Fun things to do**

== Top tips for lockdown

Below are top tips for lockdown that we collected from braillists:

• Learn a piece of music (e.g. somewhere over the rainbow) to play during clap for carers

• Set and take part in virtual quizzes - My goalball club (Cambridge Dons) have been doing virtual quizzes using Skype conference calls and a Google form to write answers into. It is really fun so I recommend you create your own virtual quizzes.

• Read or listen to a book - Audible are offering many free titles at the moment. We advise you to ask your VI service or school to set you up a personal account on RNIB Bookshare if you don't already have one as Bookshare has lots of talking books and files you can download and read. You can also set up an account for free on Seeing Ear (www.seeingear.org) and download free accessible books from there.

• See also NBP book details in news section.

• Borrow information packs and books from Living Paintings. You can find their website at livingpaintings.org

• Borrow books from Clear Vision. You can get in touch with them on info@clearvisionproject.org and you can find their website at clearvisionproject.org

• Make things with origami (paper folding) Instructions on WikiHow

• Exercise. It's easy enough to work out at home and it keeps us moving so we don't spend our days in bed.

• Stay in contact as much as possible. Stay in physical contact with the people you're with and stay connected with others online. See the Tactile Times Guide to Zoom and Chat Apps for the different apps you could use.

• Keep doing the things that matter to you

• Play, relax, eat, chill in the garden (if you have one)

• We're all in this together so talking about how you feel to someone else might help.

• Lockdown doesn't mean no birthday. You could go for a walk, organise a group call or bake a cake.

• Listen to a podcast about something you're interested in. There are loads of podcasts out there on different topics. We recommend that you find a podcast about something you're interested in. You can listen to them on lots of different platforms (e.g. Apple Podcasts or Google Podcasts) Here are some ideas:

Stories podcast on wondery.com

Brains On, on brainson.org

David Walliams marvelous musical podcast on http://marvellousmusicalpodcast.com/

and

But Why, on www.npr.org

== Fun with Alexa - Pet Translator

Ellie has recommended a fun Alexa skill that will translate anything you say into dog language. It certainly made my dog prick up her ears. Why not try it on your dogs or cats. Check out this demo at: soundcloud.com/tactile-times-newspaper/pet-translator-demo

== Bake cookies

I have been baking cookies in lockdown. You can find the recipe I use below:

The Best Chewy Chocolate Chip Cookies,

Ingredients for 12 cookies

½ cup granulated sugar (100g)

¾ cup brown sugar, packed (165g)

½ teaspoon salt

½ cup unsalted butter, melted (115g)

1 egg

1 teaspoon vanilla extract

1 ¼ cups all-purpose flour (155g)

½ teaspoon baking soda

110g milk or semi-sweet chocolate chunks

110g dark chocolate chunk, or your preference

## Preparation

1. In a large bowl, whisk together the sugars, salt and butter until a paste forms with no lumps.
2. Whisk in the egg and vanilla, beating until light ribbons fall off the whisk and remain for a short while before falling back into the mixture.
3. Sift in the flour and baking soda, then fold the mixture with a spatula (be careful not to overmix, which would cause the gluten in the flour to toughen resulting in cakier cookies).
4. Fold in the chocolate chunks, then chill the dough for at least 30 minutes. For a more intense toffee-like flavour and deeper colour, chill the dough overnight. The longer the dough rests, the ore complex its flavour will be.
5. Preheat the oven to 180 degrees centigrade. Line a baking sheet with parchment paper.
6. Scoop the dough with an ice-cream scoop onto the parchment paper-lined baking sheet, leaving at least 10cm of space between cookies and 5cm of space from the edges of the pan so that the cookies can spread evenly.
7. Bake for 12-15 minutes at 180 degrees, or until the edges have started to barely brown.
8. Cool completely before serving.
9. Enjoy!

== Craft

Hamma beads, little plastic beads that you can make patterns with and then melt together - www.hammabeads.com

Aquabeads, small plastic beads that you arrange in a pattern and then spray with water to swell them and make a shape - www.aquabeads.comsten-uk/sp

Origami (paper folding) - Instructions on WikiHow on Alexa, for example, just ask Alexa for origami instructions for making a boat. There are also some good step by step instructions on this website:

<http://www.itsjustabitofpaper.co.uk/blog010vipfolding.html>

Make a Cane Fob, this is a decorative addition to your cane handle which helps you to identify your cane amongst others, it also adds personality and flair!

Instructions:  
- Cut a piece of thin cord or elastic twice the length of the desired, finished fob.

- Fold it in half

- Place the loop made at the halfway point behind one thickness of the cane’s elastic cord where it enters the cane handle.

- Hold it in place with your forefinger on the cord and your thumb on the elastic cane cord.

- With your other hand, bring the two loose ends of the fob cord forward, up and over your thumb, and through the loop.

- Pull until the cord is tight on your thumb

- Remove your thumb and pull tightly again

- You now have two cords hanging from your cane.

- Thread a selection of beads onto the cords. Be imaginative and use whatever you like best. We found pony beads worked well, you can get beads with Braille on them too.

- Both cords go through beads with a single hole, for beads with a double hole thread one cord through each.

- Tie off the end and trim the cord

- For tassels, leave about 2 cm of cord and fray or unravel the ends.

1. **Fun things we have done**

== Skiing for blind people

Guest contributor Hester Poole has reminded us how fun skiing for blind/VI people can be. Recently she attended the European Winter para-sports event and won a medal. Check out this link to an article she wrote about the event: tactiletimes.page.link/HPEP

== Spanish interaction day

Super Spanish surprise, A Spanish interaction day

In this article I am writing to inform you about the Spanish interaction day I took part in in year 10.

What is a Spanish interaction day?

A Spanish interaction day is where some Spanish students come to your school to meet and interact with you. Then on my Spanish interaction I went bowling with the Spanish students which was great fun.

The best moments of my Spanish interaction day

I loved meeting the Spanish students as they were very talkative, happy and kind. We got to know each other by asking each other simple questions. We spoke in each other's languages so we could practice them. I was good with my pronounciation then so we had no difficulties in understanding each other. Except one time when I mixed up a Spanish word that sounded like an english word but actually meant something quite different (these words are called false friends). I was asking for tips on my pronounciation and I used the word tipos (types) instead of consejos (tips or advice). The student I was talking to named Paula didn't understand so I switched to English. It wasn't till I got home that I realised what I'd said. It was very funny!

I loved the bit where we had to do a little speech about what we'd found out from the other person in our second languages. Although I had good pronounciation, I kept slipping through the words and I kept having to stop and start words. It was mostly when I was getting my momentum to pronounce the rolled r, my favourite sound of the Spanish language! After I asked Paula my question about pronounciation she talked about some difficult sounds of the spanish language including the rolled r which I knew how to pronounce. I practised with her and she said I pronounced it well. Me and my partner Martin won the Spanish interaction day as we worked really hard, and my Spanish teacher Señora Barnes said that we worked well together as a team.

I loved the interaction day and then it was time for bowling. I loved that too although I wasn't with the Spanish students, instead I was with a few english girls from my school. We still had fun but I wished I could have spoken more Spanish.

My recomendations

I recomend that you take the opportunity to be in a Spanish interaction day if you get invited to one. It's great to practise language skills and to make new friends. You never know, one day you might be bilingual, trilingual or even multilingual.

Thank you for reading. Lexy

By Lexy, 15.

== Microsoft Brussels trip about Project Tokyo

I went on a business trip to Brussels to talk about Project Tokyo in early March, just before the lockdown. It was really fun that I was helping to influence laws that were being made about AI. I learned how it is a difficult balance between blind people being included in the best way they can and people's privacy.

Project Tokyo is a system allowing you to discover people in your environment, even the ones who are silent. You wear a headset with cameras and speakers on it. When the cameras pick up anyone who is known to the system, I will be told who that person is and where they are.

So, with Project Tokyo, you can turn your head round and find out who's in a room, just like a sighted person would. I also find it really fun that Project Tokyo can tell you when somebody is looking at you so even if they're not talking to you yet, you one they are looking at you.

I feel like it gives me more independence as I don't have to rely on people talking for me to be able to find them. Also, some people may choose to be silent on purpose so a blind person doesn't know they're there but were Project Tokyo you could find out that they are there.

People don't often continuously talk, so it is fun that there is now a way to track where people are going inside a room even if they're not talking, just like sighted people have been able to do for a long time.

The Journey

I went to Brussels on the Eurostar the night before the event.

It was a really fun train ride and I had a meeting with the Microsoft team on the train! Microsoft had organised a hotel for me which had super fast WiFi.

Arriving at the event

When I arrived at the event there was a receptionist giving out ID badges.

It all felt very exciting as I was handed my ID badge and was shown the room where the workshop was going to take place.

I had a look around the room before the workshop and Microsoft checked that all the technology was working. After I had done a run through with Cecily before the workshop started, it made me feel more confident that I could do it. Then, 15 minutes before the workshop was due to start the audience started to file into the big rectangular room. They sat down at tables and waited for the workshop to begin.

When it was time, Cecily and I told everyone in the room what Project Tokyo was and how it could make blind people more independent by making them not have to rely on people talking and memorizing voices.

After that, I went to one of the tables and joined in with the task that the audience were given. The tech was down for a bit, but luckily it could be fixed in time.

Then, Cecily and I answered questions from the audience. There were lots, in fact too many to fit into the time, of questions. The workshop did overrun a bit which was nice as it means that the audience were interested and engaged. There were still lots of questions that there wasn't time to answer.

After the workshop had ended, there was a Project Tokyo demo stand that anyone who was interested in trying it out for themselves could come to. People also asked more questions, which was really fun. I did have a rest after the workshop and before the demo though as everybody was hungry and wanted to eat lunch before trying out Project Tokyo.

Lunch and Quantum computing

I also had time to fit in a nice lunch after the demo and chat to an expert on Quantum computing. I also attended a talk all about Quantum computing after lunch, which I found very interesting. It was really fun that this event had people from all over the world attending it.

After that, I went back to the hotel and got my bags and they went back to England on the Eurostar. You can find the event website at tactiletimes.page.link/DSLF

== NCW Activity Break

Overview

Have you ever wondered what a summer residential activity break would be like? Everything revealed...

Back in 2019, I went on an activity break to NCW (New College Worcester) (a school for the blind in Worcester) for a Summer Activity Break, and I really enjoyed myself.

Best 5 Highlights:

• Multigym - Being able to independently use the fitness machines by myself was a great feeling. They had braille labels on the buttons and physical buttons/leavers for resistance/speed.

• Tech session - Sean (a blind IT teacher who teaches blind people) chatted with me and I showed him some of the programs I made. (You can find Sean's website at tactiletimes.page.link/SRWS)

• The Open Mike - The open mike was a success although everyone was exhausted

• Getting more comfortable sharing a room

What could have been done better

• No breaks! - There were truly no breaks. Activities were an hour and a half long, and they did two of them in a row before and after lunch.

• No quiet option in the evenings - In the evenings there was no quiet option in the evenings (the only thing was a noisy youth club).

• No braille schedules - There were no braille schedules, although I looked at it on my phone, not everybody was capable of doing this (e.g. no 4G as the WiFi code wasn't available from the beginning of the camp, and it wasn't available in braille until I brailled it up)

• A bit more lunch? - There was just one really small sandwich and crisps for lunch, although I managed to get two sandwiches on the 2nd day. The 2nd morning I hinted to the member of staff going to the supermarket in a polite way to get more food but it made no difference.

• No goalball goals! - Although goalball was played in a proper way there were no goals! I learnt that NCW students don't see goals until a tournament even though they are a big part of court orientation.

Activities that didn't go well/work for me:

• Football - 1 it was scorching hot, and 2 they ended up playing VI football although they promised a mix (it did say VI football on the schedule so I wasn't surprised)

• Boccia - In boccia they did not use the tactile grid/map of the court and I was the only person who made them get it out.

• New Age Curling - The only clue you had about where to push a plastic circle on wheels to was a clap so it was nearly impossible to win against VI children. They even asked me if I could see the target (which they didn't do to the other blind boy) even though they definitely new I was blind.

Would I go back next year? I would definitely think about it, especially if I was sure that the whole schedule would be fully-accessible to people with no vision.

Hopefully I will get to meet some of the really nice people I met this year again next time.

Written by Theo, age 13.

== LOOKFest

Lookfest 2019 was the first ever festival for blind and visually impaired people, and it was a great success.  It took place in a few fields in Herefordshire last summer.  Unfortunately the 2020 version has been cancelled because of the lockdown, but there is talk of somehow having a virtual event of some kind instead.  Anyway, here are some details of the 2019 event, just in case you or your family are considering going next year!

Everyone attending the festival was blind or VI or had a blind or VI child in their family. The staff, volunteers, masseurs, mobility instructors, musicians and even the comedian/compare were almost all Blind/VI. It felt lovely to have such a fun and knowledgeable community of blind and VI people there. Overall, I would highly recommend it. Over the whole weekend there was lots of fun, and a very relaxed atmosphere.

Arrivals

As everybody arrived they found their glamping tents or pitched their own tent further down the field. I loved my glamping tent. The first thing was that I noticed it had our name in braille and when I opened it up it was lovely and high. There was plenty of room for my buddy dog (Penny) Although I had to keep persuading her to stay on her own bed. It was just the right temperature to snuggle down in at the end of the day. Next, I went off to explore the site.

It was great fun saying hi to Daniel Kish and his team when I met them on my travels. The festival activities kicked off with a scavenger hunt with Look staff and volunteers stationed around the site. It was great fun and I just managed to finish it before the deadline. I also got to feel a tactile map of the site which helped me find my way around. Following the scavenger hunt, there was a welcome speech from the director of Look (Charlotte)

After that everybody tucked in to delicious pizzas cooked then and there served from a snack van and after this there was a fancy dress disco where DJ Tom played some great tracks (I'm hoping he has "Shake your booty" next year).

The Site

The site had 40 glamping tents and behind them loads of space to put up your own tent. There were flushing toilets and hot showers and a dirt track running the full length of the site which people used to get to the marquee, the toilets, etc...

It was great that Daniel Kish and his team of Visioneers were at Lookfest this year inspiring people to be independent and have the option and skills to "Let go of their guides!"

Activities

There was plenty to keep you entertained at Lookfest. For me, some of the highlights were listening to Maleeka and Daniel's really interesting and inspiring talks, having a really relaxing massage, having a go at blind cricket with nice people and performing and listening to other fantastic performances at the open mike.

Activities that other children really enjoyed that I didn't manage to fit in were: den building, decoration and musical instrument making, slip and slide (although I was told that nobody could use drinking water while the slip and slide was going so they had to turn it off when somebody wanted to fill up their water bottle), and navigation workshops with Daniel.

I had a great time and I recommend that you consider attending Lookfest 2021 (if it happens, I really hope it does). I will definitely be volunteering to run a tech tent there if anyone would be interested in doing that with me. It could be the only WiFi Hotspot at the festival.

For more information about Lookfest visit lookfest.org. Also visit Maleeka's blog at meeksspeaks.com. To learn more about Daniel Kish and his work visit visioneers.org. To book your place for and get more information about LOOKFEST 2021, go to this link: tactiletimes.page.link/LFWS

LOOK-UK have published this article on their website at

tactiletimes.page.link/TLFR

Check it out!

Written by Theo, 13

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**4. Technology**

== Talking to your friends

At the moment, physically meeting with your friends is basically impossible. Because of this, we are very lucky that there are lots of different ways to chat with your friends remotely.

WhatsApp has a simple call function but this is only available for calls with 4 people or − in them. Also, Zoom doesn't work on the Touch, but it does work on the Touch + and you can screen share on it with the Touch +.

For more specific details on how you can use technology to talk to your friends, see the Tactile Times guide to Zoom and chat apps (at the end of this edition).

== App review

Soundscape

Rating: 4 stars out of 5 stars

Developer: Microsoft

What is Soundscape?

Soundscape is a free app for iOS users that Microsoft have developed for blind people. It can tell you what's around you, help navigate you to a place, help you find your way back to markers you've set and much more. If you are a blind person and have an iphone or ipad, I recommend you download this free app. I use this app in lots of different situations, but especially for finding somewhere in an area that is not familiar to me. It can distract you from your surroundings a bit, though.

To get the app, open the App store on your iPhone or iPad and search for "Soundsscape". If the app doesn't come up try searching for "Microsoft Soundscape."

Features:

Soundscape has several different features, I personally think the best feature is to be able to mark your own places (e.g. your home, your classroom at school or just a nice bench somewhere) and find your way back to them.

Another great feature is that you can set a place as a beacon and then when you turn your phone in the direction of the place it will ting to tell you that you are on the right track. When you get close to the beacon it will mute it automatically. Warning: If you unmute it the app will take you in a random direction and may take you in circles.

To use Soundscape, make sure that you have enough battery power and that your location services and mobile data or WiFi is connected and reliable. If you have no Mobile data signal, try and find somewhere with coverage or go to a WiFi hotspot at the start of your journey (this could be your home, a cafe, a shopping centre, etc...).

N.B. Some functions might not work if you only have connection at the beginning of your journey but when this happened to me it still let me set a place as a beacon so the app was still useful.

Known places:

You can only set a place as a beacon if Soundscape knows this place. You can set beacons on Nearby places by clicking the set beacon button and then clicking "Nearby places". A list of nearby places will be displayed. You can also filter these places by categories such as food and drink, shops, bus stops and cash machines.

The screen layout:

In the Soundscape app there are a few buttons at the bottom of the screen which are Nearby markers, My location, around me and ahead of me. If you put your finger at the bottom of the screen VoiceOver should read out one of these buttons. If you press any of the four buttons Soundscape will start giving you information about what's around you (although If you do not have any markers set near your current location the nearby markers button will not do anything).

Want more frequent tech updates and lots of useful app recommendations? Why don't you visit Theo’s technology blog at tactiletimes.page.link/tb

Written by Theo , 13.

==BrailleNote Touch +

Do you have a BrailleNote Touch and are you interested in new features? Then you might want to consider an upgrade.

The main changes:

You might think that the Touch to Touch + upgrade changes nothing apart from being able to get software updates again, but there are actually some quite exciting changes.

• Faster - The Touch + processes things faster than that Touch which means it supports more apps, does tasks like downloads quicker and also loads web pages faster. It also means your school work will upload quicker to apps like Google Classroom.

• Proper internal storage - Although the Touch had an SAID card inside it which was sort of internal storage space, the Touch + actually has memory like a computer and it has much more memory than the Touch (The touch had 24GB and the Touch + has 50GB).

• TeamViewer - The Touch + supports TeamViewer so sighted people can view what you're doing on it via almost any device. The size of the window on their device is only ever 5 by 8 cm, though.

The bad news:

Although the Touch + is sounding good and fun so far, there is a massive downside to it... The physical keyboard freezes at least daily if not more. On one particularly bad day for me it froze 7 times in a Physics lesson. If you have the Touch +, try the methods below to unfreeze it:

Method 1: Take it out of it's case and put it back into it's case again. This method requires a desk and it works about 90% of the time. Simply push both the switches on the underside of the device towards the middle of the device and the case will release. Slide the Touch + out and then click it back in again.

Method 2: If method 1 didn't work (this happens to me on average once a week but sometimes more), try holding down the oval power button on the left of the device until the words "Power off" are on the display. Then, press the thumb key just to the right of the middle control buttons (a triangle, a circle and a square) and "Restart" should be shown on the braille display. Now click a curser routing button above the word. The Touch + should then go through a restarting cycle but this may not help. Method 1 is much more reliable although if that doesn't work try this instead.

So it's up to you to decide whether you think the upgrade's worth it, because it is a lot of money that Humanware are charging for not so many Physical changes. I had to upgrade because the charging socket on my old Touch stopped working. Maybe we should wait and see if Humanware can fix this terrible freezing bug.

You can find out more about the BrailleNote Touch at tactiletimes.page.link/BNTW

Written by Theo, 13.

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**5. Sports**

== Blind football

What is blind football?

Blind football is a version of football that blind people can play in.

What is different about it from sighted football?

The ball makes a noise, people have to say "Voy" (I go in Spanish) when then tackle you and everyone wear a blind fold.

When was it first played?

Blind football was first played in 1974.

A blind football court is 18 metres long. You normally play blind football on an outdoor astro turf/grass pitch, although it is possible to play it inside and you can practice in smaller areas. There are 2 teams of 5 and you try and get as many goals as you can by working together in your team.

I used to go to a blind football training session about every 3 weeks and normally I trained along with the other child/children there (but sometimes there was nobody apart from me) but sadly all sessions have been cancelled until further notice because of lockdown.

How to play blind football

In blind football there are 5 positions on each team that you can be in. When the other team kicks the ball to either another member of their team or the goal you try and intercept their shot/pass to get the ball for your team. You need to listen to know which direction the ball is coming from as all players (apart from the goalkeepers) wear blind folds. If you get it off the other team, you then have to run towards the goal and then shoot (or pass to another member of your team if you think that would be better).

Games last for 25 minutes with a 10 minute break although I have never played an actual blind football game because there are never enough people.

I really enjoy playing blind football, especially scoring goals and tackling people. It is great to play on a team with other people and work together with them. Blind football can be a bit crazy, but that is part of the fun!

To get involved near Cambridge contact phil.mullen@cambridge-united.co.uk

Written by Theo, 13

== Fantasy Football league

If you like football you might be interested in joining an online Fantasy Football league we set up for tactile times readers in the Summer. You would need to set up your own team for this year’s Premier league to join (we hope that the league will re-start after lockdown).

You can do this using a free, accessible app and website. To join the Tactile Times Newspaper league you would need to register your interest at tactiletimes.page.link/TTFF or just keep a finger out on the website at tactiletimesnewspaper.github.io. For more details about this league visit our website or get in touch.

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**6. Joke section**

Why did the toilet paper roll down the hill?

... because it wanted to get to the bottom.

What kind of tree fits in your hand?

… a palm tree.

How do we know that the ocean is friendly?

… It waves.

Why couldn’t the pony sing a lullaby?

… She was a little horse.

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**7. Flying Pupders**

== Flying Pupders festival

sweeping: sweeping is when you clean up as a team after the festivel. This shos that we will always help each other and serve each other after the triles that the candidate is conpeeting in. This admits them to the team.

In my list: in my list is what the judges say at the start of the ceremoni in christn-christning to do. This shos formal serspence.

b m loopilemy: b m loopilemy is the name given to the team. When one member of the team goes the triles happen again so that new flying puppders can take there place in puppder mine.

To log on: to log on is what people say at the festivel if you are not consentrating. It is ofen used in the changing room if you are taking to long or if you are waiting for a cubical.

Your sutch a cheese: your sutch a cheese is the only bad word that is used as swearing is not allowed in the cerimoni.

getting dressed: getting dressed is what you do before and after the cerimoni. It shos respect to switch over the feast of feasts. It is also so you are clean and fresh before you come downstairs to the dinning hall. You will be fitted provided with white clothes and an appron so food doesn't go down your clothes and you will get dressed back into your clothes after the cerimoni.

good morning sceen is the sceen at the start of the feest. It is called that because it welcomes you to the start of the cerimoni like the early hours of the morning.

project projecter torch: project projecter torch is a project from tighten-lusenings that will prove us werthy of the team. It also reminds us that you can learn and have fun at the same time. It is to make a projecter torch and if you want to find out more about projecter torches will can serch projecter torch.

18: 18 is the teams lucky number.

Boots: boots are what you where in the puppder mine all day.

put: put is what they call it when they put everything in place. They score everyone when they are being helpful and kind by jumping in the air and hi five and shout put!

jack in the box: jack in the box is what the flying puppders it when you get something right. Its a bit like balls eye. Jack in the box!

camera: cameras are what we use to film tighten-lusenings because its so happy. They say you can almost feel the joy whilst your watching it.

On your head: on your head is a special trick that all the dogs do to start the merry making.

turn on: turn on is when you turn all the lights on after eating by candle light. You do this because it shos that you can coap in the wild and you are just fine and you don't need modern technolagy.

This alert: this alert is when you pass secret mesages to each other on paper.

Christn-christning to do: christn-christning to do is when the judges call out your name to join the puppder mine.

Switch over: switch over is the big feast. This cymbelises that you can join the puppder mine and is a celebbration for candidates who sucesfully joined the puppder mine.

Star jumps: star jumps is an exercise that you do after the feast to keep you fit and healthy but not sweaty.

Tighten-lusenings is the name of the festivel.

Ty tybacks is the name of the triles.

Written by Ellie (aka Lelafa Foofeter Pupsicle), 9.

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**8. Games**

== Google Form quiz

The Tactile Times have put together a Google Form quiz that you can try out.

The quiz will be open until the end of May when all scores will be announced.

You can play the quiz at ttnquiz.page.link/1

== Wordsearch

(hard copies of the wordsearch will be sent out to you if you get this electronically. You need to make sure we have your address though)

== C-race

This is a game using a Perkins brailler where the aim is to see how quickly you can do a line of c’s across a portrait page of A4 (32 braille cells). You do three attempts and take an average of your time. The current record is 6.4 seconds. If you beat the record, send your time in and you will become the champion….until someone beats you!

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**9. Get in touch and website**

If you would like to send in a short article, joke or game, or if you have not subscribed yet and would like to subscribe, please do get in touch using the details below.

Email: Tactiletimesnewspaper@gmail.com

Website: tactiletimesnewspaper.github.io

We would love you to give us some feedback on this issue. Just go to tactiletimes.page.link/fb and fill in the feedback form.

We are thinking of creating a WhatsApp Group so readers can communicate with each other and get to know each other a bit. Tell us whether you think this is a good idea or not at tactiletimes.page.link/TTWG

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Appendix 1. The Tactile Times guide to Zoom and chat apps:

Navigation tips in this guide: To jump to the next app in this guide, search for <<

There are many different ways to talk to your friends remotely during lockdown, this guide covers the following 5 platforms that you could use:

• Skype

• WhatsApp

• Padlet

• Email

• Zoom

We have put this guide together to help blind people chat to their friends remotely in lockdown. We will tell you how to download each app/program, how to sign up for it (if required) and use the basic functions of it to chat to your friends.

<< Skype - Available on BrailleNote Touch, BrailleNote Touch +, iPhones, iPads and laptops

Skype is an app that you can use to call people and chat with them. You can have Skype chats and calls with just one person or multiple people. You can join a Skype group that someone else created as a guest but your access will expire after 24 hours and you will have to join the group again so we recommend that you sign up or log in to a Microsoft account to have unlimited access to the group. That way, your written conversations will not expire/.appear after 24 hours, you can use the direct message feature and you can create your own groups and calls.

Downloading Skype:

Skype is available for laptops, iOS devices, The BrailleNote Touch and BrailleNote Touch + and also other Android devices.

How to download Skype (for computers):

1. Go to skype.com/en/get-skype/download-skype-for-desktop

2. Click the Download button for your operating system.

3. Skype should download automatically. On a Mac, you may need to enter your password to install it.

How to download Skype (for iOS devices):

1. Open the App Store on your device.

2. Search for "Skype"

3. When the app comes up, click Get/Install

4. You may need to enter your Apple ID password, do Touch ID or get parental consent if you're a child based on how your Apple ID is set up.

5. When it says "Downloading" Skype will now download and install automatically.

How to Download Skype (for Touch and Touch +):

1. Open the Play Store app from Main Menu.

2. Find the search box by pressing the letter S until it says Search for apps and games.

3. Type in Skype and press enter.

4. When the app comes up, Click Install. You may need to accept permissions so if an App permissions window appears, click Accept. On Touch +, you may need to accept these permissions (e.g. microphone and camera) once the app opens instead of before you thownload it.

Accessibility of Skype:

Skype is a tiny bit less accessible than Zoom, but still quite accessible. When you search for people on an iOS device, VoiceOver will keep announcing the number of people that match your search and I find this very tedious.

How is Skype different to Zoom?

The main difference between Skype and Zoom is that on Skype you can call people and on Zoom you need to give them a Meeting ID. Also, Skype needs you to sign up if you want to stop written messages expiring, to create groups and to use private messaging and with Zoom you can access lots of features without an account.

Calling people with Skype:

Skype may request access to your contacts when you open the app/program. It is important to say Yes to this as you will then be able to see who in your contacts is on Skype and very quickly call them. But, if you'd prefer to keep your contact private and say No, you can still use skype but you have to manually search for the people.

To find out which of your contacts are on Skype, click the Contacts tab and then look at the list of people that appears. These people are all your contacts who are on Skype. To call one of them, click on their name and then click Start call.

You can also click Send message to send a private message to them or click Create group with (name of contact) to quickly create a group with them.

Group calls:

Skype is a great free way to do group calls.

You first need to create a Skype group with the people you want to call.

To do this, Go to the chats tab in Skype, select the New conversation option and enter a group name and optionally set a profile picture for the group.

You can then click next and add people to your group. After that, click Create and the group will be created. After this, you can sent a link to people so they can join the group using the link. To do this, tap on the group's name, select Share via link and turn on the Share group via link option that appears. Then, Copy the link or share it using another app like email, WhatsApp or Padlet.

After that, you can click start group call to call everyone in the group. People can also join the call once it has started by clicking the "Join call" option that will appear near the top of the Group page.

You can also send messages using Skype groups but I think WhatsApp is a better messaging platform as more people are on WhatsApp and WhatsApp more reliably notifies people of new messages so that people can respond quickly.

A big advantage of Skype calls is that you can do group calls with more than 4 people and that's why my goalball club use it for their virtual quizzes every Sunday evening.

<< WhatsApp - Available only on phones

WhatsApp is another popular app a bit like Skype.

You have probably heard of WhatsApp groups. There are often lots of WhatsApp groups that friends use to chat to each other. At my school, there is even one called "Almost every Year 7" that has pretty much all Year 7's who are on WhatsApp.

To use any features in WhatsApp, you must have an account. It is easy to create an account if you have a phone. If you don't have a phone, you sadly cannot use WhatsApp at the moment and might as well skip to the next app in this guide. WhatsApp for iPad is on the way though. You can get WhatsApp on the Touch or Touch + but remember that you can only have one device linked to a WhatsApp account so if your WhatsApp account is linked to a phone this will disccnect your phone from your account and delete all WhatsApp messages stored on your phone. Once you have connected your Touch or Touch + to your account, there is no going back.

You will have to verify a phone number to create an account so if you're thinking that you might be able to just sign up for a 2nd account on a Touch +, that will not work unless you have two different phone numbers that can both receive text messages.

Downloading WhatsApp:

Whatsapp is available for iPhones and Android devices (including Touch/Touch +). See download instructions below:

How to download WhatsApp (for iOS devices):

1. Open the App Store on your iOS device

2. Search for WhatsApp.

3. The app will come up as WhatsApp Messenger. Click Get/Install. You may need to enter your Apple ID password, touch ID oq get consent from a parent if you're a child based on how your Apple ID is set up.

5. Nnce it says "Downloading", WhatsApp will download and install automatically.

How to Download WhatsApp (for Touch and Touch +):

1. Open the Play Store app from Main Menu.

2. Find the search box by pressing the letter S until it says Search for apps and games.

3. Type in WhatsApp and press enter.

4. The app will appear as WhatsApp Messenger. When the app comes up, Click Install. You may need to accept permissions (e.g. microphone and camera) so if an App permissions window appears, click Accept. If you are using the Touch +, you may need to accept these permissions when the app opens instead so don't worry if you have not been asked to accept them yet.

Accessibility of WhatsApp:

WhatsApp is very accessible at the moment but there have been various bugs in some older versions of WhatsApp. Currently, I suggest the latest version of WhatsApp is the best out of the latest few versions for accessibility. This advice can change very quickly though, so I will put a "DO NOT UPDATE" message on my tech blog at tactiletimes.page.link/tb if there is a significant accessibility bug I have noticed in the latest release. You can subscribe to my tech blog and that way you will get an email as soon as I have posted this message.

Setting up WhatsApp:

When you open WhatsApp for the first time, you will be asked to agree to the Terms and Conditions. Click Agree and then enter your phone number.

2. A verification code will be sent to this number via text message. Enter the code in the app.

3. Complete the rest of the registration process. This may involve entering a name, optionally selecting a profile picture, etc...

4. You are now registered!

On some devices, the next steps of the set-up may be automatically completed, but if they're not, see below:

5. The next screen will be an alert saying WhatsApp needs access to your contacts to work properly. WhatsApp needs this access for you to be able to chat with people, so click Allow. If you click Deny, many features of WhatsApp will not be available to you. Don't worry if you clicked Deny by mistake as you can change this in Settings.

6. The final set up screen will say that WhatsApp needs to send you notifications. This is needed to receiving WhatsApp calls and for getting notified of new messages so we recommend you click Allow. If you click Deny you will still be able to use WhatsApp but will not be notified about calls or messages.

WhatsApp is now fully set up on your device.

If you are new to WhatsApp and your friends have a group you would like to join, ask them to send you an invite link or alternatively give them your phone number so they can add you to the group. We recommend you ask them which of these methods they profer as for some groups the admin will say links are a security risk and not allowed.

Chats and calls:

WhatsApp has two main features. One is that you can send messages, voice messages, photos, contacts, documents, links and even your live location to people and they can reply back to you and the other main feature is group calls (up to 4 participants only)

On WhatsApp, people will need your phone number to be able to message you, and if you have other people's phone numbers who are on WhatsApp in your contacts, you can chat to them.

You can easily create a new group. Just click the New group button, select people you want to be in the group (you can add more people and/or create an invite link later). Then, enter a subject (name) for your group, optionally select a group icon and click "Create". WhatsApp groups have a limit of about 260 participants per group but groups will probably get too busy if you have loads of participants.

<< Padlet

App Available on BrailleNote Touch, BrailleNote Touch +, iPhones

and iPads and also the website (padlet.com) is available on all the above devices plus laptop and desktop computers.

Padlet is another accessible chat app. You can write written messages, record voice messages and attach lots of other things to messages (e.g. links and documentss)

To properly use Padlet, you need to sign up for a Padlet account. You can quickly do this with your existing Google, Microsoft or Apple account or you can choose to sign up with an email address instead. You may be able to view and use a Padlet without an account but you need an account so that your name comes up when you send a message to someone, you are able to create your own Padlets and you can chat in private Padlets.

It is quick and easy to sign up for an account.

Downloading Padlet:

Padlet is available on the web and there is an app for iOS and Android. Padlet works on the Touch and the Touch + as well and there is no limit on the number of devices you can have connected to your account at one time so this is an app you can easily use on the Touch and Touch + without being frightened of disccnecting your phone from your account and deleting all your old messages.

How to download Padlet (for iOS devices):

1. Open the App store on your device.

2. Find the search tab and search for Padlet

3. When the app comes up, click Get/Install.

4. Depending on how your Apple ID is set up, you may need to enter your Apple ID password, do Touch ID or get consent from a parent if you're a child.

5. Once it says "Downloading" the app will download and install automatically.

How to download Padlet (for Touch and Touch +):

1. Find the Play store in the Main Menu.

2. once in the Play store press S until it says "Search for apps and games."

3. Enter Padlet in the search box and bress enter.

4. When the app comes up, click Install. You may need to accept permissions so if an app permissions window comes up click Accept. On the Touch +, you may need to accept permissions after the app opens instead of before you download it.

Accessibility of Padlet:

Padlet is for accessible but some buttons are called long names (e.g. the button to go back on iOS is back\_ios and the button to attach a link to a message is Editor.link and than attach link)

Setting up a Padlet account:

As mentioned above, you need a Padlet account to access most features of Padlet. To create one, open the app (or padlet.com) and click Sign up with email, Sign up with Google, Sign up with Apple or Sign up with Microsoft.

Then, enter your details (if you chose to sign in with Apple, Google or Microsoft sign in to that account) and click Continue. You will then have a Padlet account and can start using Padlet. Padlet does not support calls. If you want to voice call/video call your friends, take a look at Skype, Zoom or WhatsApp.

Tip: If you signed up to Skype, you can quickly sign up for a Padlet account using the Sign up with Microsoft button and we remmomend this as it will mean you can use 1 account for 2 apps.

Chatting using Padlet:

Padlet allows you to create things called Padlets. They are basically a space where you can add posts and your friends can as well (if you invite them). To start chatting, you need to create a Padlet with your friends in it or get invited to a Padlet. To create a Padlet, click "'Create" on the Padlet app or website. (N.B. This option will only appear if you 5 signed in).

Then, select the type of visual layout for your Padlet. If you are blind, this step doesn't really matter.

Finally, once you have created the Padlet, click Settings and change the name of the Padlet so you and your friends can find it easily later.

You are now ready to invite people to your Padlet. You can send them a link, add them yourself from the People menu (only if you know their Padlet username or email address) or you can give them a QR Code to scan but I think a link is much easier as they would need to scan the code on your iPad screen and you cannot physicalls see friends at the moment.

Once you have invited friends to your Padlet and they have joined, you're all ready to start chatting.

Some tips about chatting:

• To send a message you will sometimes need to click "Add post" at the bottom of the screen or in some types of Padlets you may just be able to enter a message without clicking this button.

Once you find the message box, write in your message. Sometimes, there is an option to add a title to your message (a bit like adding a subject to an email) so friends can find it easily.

<< Email - Available on all devices that can connect to the internet.

Email is very accessible as there are so many programmes you can use to access it. Examples of programmes/websites can found below for different types of devices:

* BrailleNote Touch/Braiollenote Touch + - KeyMail (fully accessible), Gmail (mostly accessible but takes some getting used to if you usually use KeyMail), Outlook (not very accessible but can be used as an emergency temporary solution for a few days)
* iPhone - Apple Mail (fully accessible), Gmail (more complicated interface but still very accessible)
* Windows computers - Outlook (fully accessible - I use this on my computer but you have to pay for it. If you have Microsoft Office already, you may already be able to use it.), Thunderbird (I have not used this but lots of blind people tell me it is a free accessible email program for Windows) and Webmail (Accessibility depends on the webmail service you're using. Webmail normally has too many things on screen to be properly accessible)

Email is also very good because it is available on all devices that can connect to the internet. You probably already know how to use email, so I won't put instructions here but I will give you a few tips about using it:

When setting up Gmail email accounts on the Touch or Touch +, you may get a message saying Incorrect username or password even if your username and password are correct. To solve this, check your emails on another device and find the email from Google titled "Critical Security Alert". Once you find that email Click "Check activity" in the email and then click Yes, this was me. If you are asked for your Gmail password, enter it and click Next. After that, go to myaccount.google.com, click Security and then turn on less secure app access. Now, go back to the Touch or Touch + and try and set up the email account again.

Although school IT people might say just use Gmail on the Touch/Touch + this is because it is less work for them and I personally think KeyMail much more accessible so do push your school to set you up on it if you think it would be helpful. If they say something like that they cannot set it up because the Gmail accounts at school have two factor authentication, tell them they can set up an app password for KeyMail and that this shouldn't take long.

On an iPhone, you can sync a Gmail account to it in Settings > Passwords and accounts > Add account. You just click Google account and sign in to Google as you usually would when asked to Sign in.

<< Zoom (Zoom Cloud meetings)

Everybody is suddenly using Zoom, how do I use it and how accessible is it?

Zoom Cloud Meetings - Available on iPhones, iPads, BrailleNote Touch +, Android devices and laptops

Since lockdown started, many people have started to use Zoom, a platform for audio and video meetings. You probably haven't heard of Zoom before lockdown started, but lots of the events listed in the Events section are Zoom meetings.

Below we have put together a guide on the basics of setting up Zoom.

In summary, it is a really accessible meeting platform but if you just want to quickly call your friend for a chat it might not be the best way as it requires you and your friend to know a Meeting ID.

Downloading Zoom:

Zoom is available for lots of operating systems, but sadly not the old BrailleNote Touch. There are apps for iOS, the Touch + and Android devices and programs for Mac and Windows. Zoom is quite easy to download and if you don't need to create meetings, you don't need to sign up either. Just remember to enter a name when asked as if you don't, you might be given a default name like iPhone and may be refused access to some meetings as people may think that name belongs to a robot.

How to download Zoom (for computers):

1. Open a web browser on the computer you want to Download Zoom onto.

2. Type in zoom.us/download into the address bar

3. Click the Download client for meetings button.

4. Zoom should now download automatically. On a Mac, you may have to enter your password for the download to start/when you install Zoom.

How to download Zoom (for Apple Devices):

1. Open the App store on your device.

2. Locate the Search tab and click on it. Then search for "Zoom Cloud Meetings"

3. When the app comes up, click Install.

4. Depending on the way your Apple ID is set up, you may need to enter a password, use Touch ID or get consent for a parent if you're a child.

5. Once it says Downloading Zoom will download and install automatically. Then, simply open it to Join a meeting.

How to Download Skype (for Touch and Touch +):

1. Open the Play Store app from Main Menu.

2. Find the search box by pressing the letter S until it says Search for apps and games.

3. Type in Zoom Cloud Meetings and press enter.

4. When the app comes up, Click Install. You may need to accept permissions so if an App permissions window appears, click Accept. On the Touch +, you may need to Accept the permissions once you open the app.

Accessibility of Zoom:

Zoom is quite accessible. I can join Zoom meetings without needing to ask anyone to help as all the buttons are clearly labelled and I can navigate the program and app independently.

It is one of the most accessible conference call services I have come across. I have even heard of blind people using it to share their computer audio on a webinar when they are demonstrating something. I have seen this on the Sight and Sound webinar on Wednesdays.

Joining a meeting:

To join a meeting, you first need a meeting ID (and sometimes password) or a Zoom meeting link. The easiest way to join a meeting is to simply click the meeting link you have been sent and click Open if you are asked to open the page in Zoom. Zoom will then launch and automatically log you in to the meeting.

Another way to join a meeting is by typing a meeting ID (and sometimes password) into the app/program. To use this method, navigate to the "Join a meeting" option and enter the Meeting ID you have been sent. Then, customise the other settings on the screen and click Join. If asked for the Meeting password, enter the password you have been sent.

If you have joined the meeting successfully, the meeting screen will appear.

N.B You may need to click Join audio and then Call using internet audio before you can hear people. If the host hasn't arrived yet, it might say "Waiting for the host to start this meeting,” or if you need to be admitted it might say "Please wait. The meeting host will let you in soon."

The final option for joining a meeting is by telephone. This is not available for all meetings, so check with your meeting host or see if your invite lists phone numbers before trying to do this. I recommend you use the app/program instead.

You can join a Zoom meeting by phone by calling +44 203 481 5240 and entering your meeting ID when asked. If it asks for a participant ID and you don't have one, just press the hash key or wait a few seconds.

The only disadvantages of joining by phone are that your name will come up as your phone number, so nobody will know who you are until you introduce yourself (N.B. Some Look calls require you to have an identifiable name so for this you would need the Zoom app/program), you cannot use the chat area where you can write messages and it is more difficult to raise your hand and mute/unmute yourself as you need to know the specific commands rather than just finding the buttons on the screen.

Signing up so you can create a meeting:

To create a meeting, you first need a Zoom account. You can get a basic type of one by simply clicking "Sign up" in the app or program and entering your Email.

Then, just click the link in the email, set a password and you will now have an account.

This type of account will only let you create meetings of up to 40 minutes long though. If you are at a school that has closed because of Covid-19, you can request to be able to create longer meetings for fre on Zoom's website at zoom.us. If you are not a part of a closed school, you would need to pay if you wanted to create longer meetings. Personally, I think the request thing may not work as I requested to be able to do unlimited calls and nothing happened.

Creating a meeting:

Once you have a Zoom account, you can start a meeting by clicking the "New meeting" button. This will immediately create a new Zoom meeting with an ID (and maybe password) which you can send to other people so they can join the meeting.

To schedule a meeting for a time and date, click the "Schedule" button and enter a meeting name, select the time and date from drop-down lists and optionally specify a calendar for the meeting to sync with.

Then, select the settings you want for this meeting (Tip: Here is where you can activate security features like a password or a waiting room) and then click Schedule.

You will then be given a Meeting ID and password which you can use for the meeting when it's time. I have been able to join meetings before the Scheduled time so if you start the meeting a couple of minutes early, that shouldn't matter.

<< Alexa calling and messaging (aka Alexa communication) - One more way to chat to your friends that is not covered in this guide

Another method of chatting to your friends is Alexa calls. We didn't have time to write about these but as you use only your voice to call people, they are quite accessible. You cannot do group calls with Alexa communications though. Set up includes verifying a phone number and requires an Alexa device. You can find set up and how to use guides on the Amazon Alexa website.

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Likely to be included in the next edition...

• Braille displays vs BrailleNote Touch

• JAWS vs NVDA

• How to listen to some bits of a Kindle book and read other bits.

• RNIB Magazines that you can subscribe to

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