



Your Local Technology Update – July 2026

Friendly, patient home-visit IT support



🌻 July Tech Newsletter for the Over-60s

Keeping Your Tech Cool, Calm & Collected This Summer

Hello everyone,

As we roll into July — and as I celebrate yet another birthday — I'm putting the finishing touches on something exciting: a *24-hour version of myself* that will be available on my new website later this month. You'll be able to try it, shape it, and tell me what you think before it goes fully live.

Also, we are talking HEAT! Lots of it and how to avoid the consequences. Password control how to start wagging the tail again... includes how to easily remember your passwords even when you are distracted.

Some good stuff from ZDNet

Way back before the “Apocyclypse” (you choose which one) we used to advertise our bespoke built computer systems in Ziff Davis Magazines Oooo about 1994 to 1999. That was when we used to mail order or PC's around the country and at £3000 a PC there were plenty of takers. Including some famous names. Anyway what eventually became ZDNet were looking after our global presence in those days and I am pleased to see we are both still around in the maelstrom today.. Older iPhones have an unfixable security flaw - why it can't be patched and the models affected | ZDNET [click this link from ZDNet and find out more...](#)The 10-step phone security tune-up you should run every year - and why | ZDNET

Consider always changing these 7 phone privacy settings on every new device - here's why | ZDNET



But first... let's talk about **heat**.

🔥 Why Heat Is the Silent Enemy of Your Tech

Most people think computers slow down because they're "getting old".
In summer, the real culprit is often **temperature**.

Here's what heat does:

- **Slows your computer** as it tries to protect itself
- **Shortens battery life** on laptops, tablets and phones
- **Causes random shutdowns** when components overheat
- **Makes fans run loudly** (your PC's version of panting)
- **Can permanently damage hard drives and SSDs** if ignored

The good news: a few simple habits can keep everything running smoothly.

❄️ Five Easy Ways to Keep Your Tech Cool

- **Give your computer space** — don't push it against a wall or radiator
- **Avoid soft surfaces** like beds and sofas (they block air vents)
- **Clean the vents** with a soft brush or a quick puff of air
- **Shut down when not in use** — sleep mode still generates heat
- **Keep your router cool** — they overheat too, causing slow Wi-Fi

These tiny changes make a *big* difference.

📦 **New for July: "Keep Your Tech Cool" Essentials**



CDoS NEWSLETTER July 2026 Edition

OUR HELPFUL SECURITY HINTS AND TIPS THAT ANSWER
SOME OF OUR SUPPORT CONTRACT CLIENT'S QUESTIONS
THAT KEEP COMING UP...

A few of you have asked for simple, practical accessories that help with heat. So this month I'm introducing a small range of **basic cooling merch**:

- **Laptop cooling stands** — lifts your laptop and improves airflow
- **USB desk fans** — quiet, low-power, perfect for hot afternoons
- **Large mouse mats** — keeps your desk tidy and reduces heat transfer
- **Mini PC coolers** — ideal for desktops tucked under desks

Nothing fancy — just sensible, affordable tools that make summer easier.

If you'd like early access before they go on the website, reply to this email and I'll put your name on the list.

A Personal Note

As I step into another year, I'm reminded how much I enjoy helping you all stay confident with your tech stuff and with the new 24-hour version of me launching soon, you'll have support whenever you need it — day or night.

Stay cool, stay safe, and enjoy the sunshine.

Nick Bache

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🌞 July Tech Update — Heat, Hardware & Helping Shape the Future

Hello everyone,

July has arrived, the temperatures are climbing, and as I step into another birthday, I'm putting the finishing touches on something rather special — a *24-hour version of myself* that will soon be available on my new website. More on that shortly.

But first, let's talk about something ZDNET has been highlighting recently:
heat is the number-one silent killer of computers during summer.

🔥 Heatwave Season: What It Really Does to Your Tech

Warm weather doesn't just make *you* uncomfortable — it puts real stress on your devices.

Here's what typically happens:

- **Performance drops** as processors slow themselves down
- **Batteries degrade faster** when exposed to heat
- **Routers overheat**, causing sluggish Wi-Fi
- **Random shutdowns** become more common
- **Hard drives and SSDs** suffer long-term wear

Many people assume their computer is "getting old".
In July, it's usually just **too hot**.

❄️ Five ZDNET-Approved Ways to Keep Your Tech Cool

- Keep your PC or laptop **away from walls and radiators**
- Avoid using devices on **beds, cushions or laps**
- Clean vents with a **soft brush or air puffer**



- Shut down fully — sleep mode still generates heat
- Give your **router** some breathing room too. Shoving it at the back of your television will not improve its wi-fi capability. Remember the higher the better.

Small habits, big impact.

New for July: Practical Cooling Gear

Several of you have asked for simple, sensible accessories to help keep things cool — nothing flashy, nothing gimmicky, just tools that work.

So this month I'm introducing a recommended small range of **"Keep Your Tech Cool" essentials**:

- Laptop cooling stands
- Quiet USB desk fans
- Large mouse mats
- Mini PC coolers

If you'd like early access before they appear on the website, reply and I'll reserve one for you.

Now... About That 24-Hour Version of Me

Later this month, I'll be launching something new:

a **fully conversational digital version of myself**, available on our website

<https://www.cdospcdoctor.co.uk>, ready to help you with your tech any time of day.

This isn't a chatbot.

It's not a gimmick.

It's a genuine extension of the support I've provided for years — just available 24/7. Free to support contract clients but also available on a paid basis for those have not dipped their toes into our premium services yet.



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OUR HELPFUL SECURITY HINTS AND TIPS THAT ANSWER
SOME OF OUR SUPPORT CONTRACT CLIENT'S QUESTIONS
THAT KEEP COMING UP...

And here's where *you* come in. **I'd like your help shaping it.**

Before it goes fully live, you'll be able to:

- Try it
- Ask it questions
- Spot anything that needs improving
- Suggest features
- Tell me what feels natural — and what doesn't

Your feedback will directly influence the final version.

This is your chance to help build something new — something that could support thousands of people who struggle with tech confidence.

A Personal Note

As I celebrate another birthday, I'm reminded how much I value the trust you've placed in me over the years. This next chapter — the 24-hour version of me — is designed to continue that support long into the future.

Thank you for being part of the journey. Stay cool, stay safe, and enjoy the sunshine.

Nick Bache

CDoS PCDoctor for Personal IT Management



How we at CDoS PCDoctor Can Help (At Home or in your business)

- PC safety and security checks, virus cleaning, and safer online banking setup (often best on iPhone/iPad). Avoid accepting cookies on risky sites.
- Landline-to-fibre upgrades, reconnecting devices, and fixing Wi-Fi dead spots (home, garden, or workplace).
- Scam protection and recovery support. If you've been conned, tell us—we'll help secure things, reduce the risk of repeat scams, and work with your bank. Fixed-fee help; no judgement.
- NHS App and phone help and training.
- CCTV Doorbell installations
- Friendly one-to-one home training visits
- We examine your current pay TV offer to see if we can suggest alternatives or a price cut – serious savings can be made just by looking objectively at what you are spending.
- Load Balancing - Home or business networking solutions and usage balancing so one user doesn't hog the internet leaving you waiting.

To Book a Home Visit

Landline: 0121 3084394 (9am–1pm, Mon–Fri—try this first as Nick is usually out on calls)

Mobile: 07838 199007 (emergencies and out-of-hours support)

Website: www.cdospcdoctor.co.uk

Nick Bache – CDoS PCDoctor

Local, reliable IT help for homes and small businesses for 35 years