Uses of ChatGPT
https://chatgpt.com/

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What is ChatGPT?

- A tool you can chat with on your phone, tablet, or computer
- It answers questions, explains things, and helps with tasks
- Think of it as a helpful digital assistant

Use it to ask everyday questions

Examples:

- 'What's the weather like this week in Mendlesham?'

- 'Explain how pensions work in the UK'

- 'What does the medical term tonsillectomy mean?'

Help With Technology

ChatGPT can help you:

- Understand smartphones and apps
- Fix common computer problems
- Learn how to use online services safely

Plan Travel and Days Out

Ask for:

- Day trip ideas
- Museum and attraction suggestions
- Packing lists for holidays

Health and Wellbeing Ideas

You can ask for:

- Gentle exercise ideas

- Healthy meal suggestions

- Ways to improve sleep

(Always confirm medical advice with a doctor.)

Writing Help

ChatGPT can help write:

- Emails to family or organisations

- Letters to councils or companies

- Birthday messages and speeches

Learning and Hobbies

Use ChatGPT to:

- Learn about history or science

- Get gardening tips

- Find recipes and cooking advice

Fixing up photos

- Drag and drop the photo into ChatGPT and ask it to fix the photo up.
- If its black and white you can get it coloured
- There are also options to create a short animation on some photos
- It is also good at transcribing handwritten text, upload a scan and ask it to transcribe.

What is it not good at?

- It can only translate documents one page at a time, better to use Google Translate
- It cannot do anything with heavily damaged photos, especially if they are very noisy
- It is slow on big documents or photos.

Safety Tips

- Don't share personal details e.g. bank details or passwords

- It is often wrong, double-check important information

- Use it as a helper, not the final authority

Questions