



Using images in ChatGPT

Age UK Tech Break

9am, Friday June 6th, 2025

Every first Friday on the month

Zoom link click [here](#) (same link every month)

AgeUK Tech Break (since 2018)

Run by volunteers



Katie



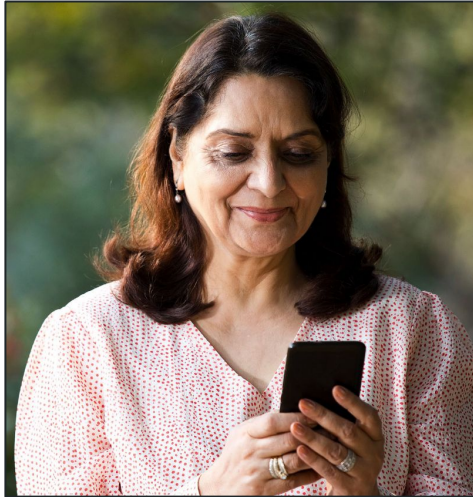
Simon

In case this is your first Age UK Tech Break

1. The Age UK Tech Break is an **informal Zoom webinar** with a **monthly theme related to technology**. The themes are shared in the AgeUK newsletter.
2. You can **suggest themes** for future sessions.
3. **Ask questions** at any time use the chat or raise your “Zoom hand” too..
4. **Every first Friday of the month** at 12pm always with the [same link](#). You can attend from a laptop or tablet or mobile but the slides will be easier to see on a bigger screen.
5. The **slides are emailed** to you after the session. This allows you to return to revisit any parts of the session at your own pace.



Agenda

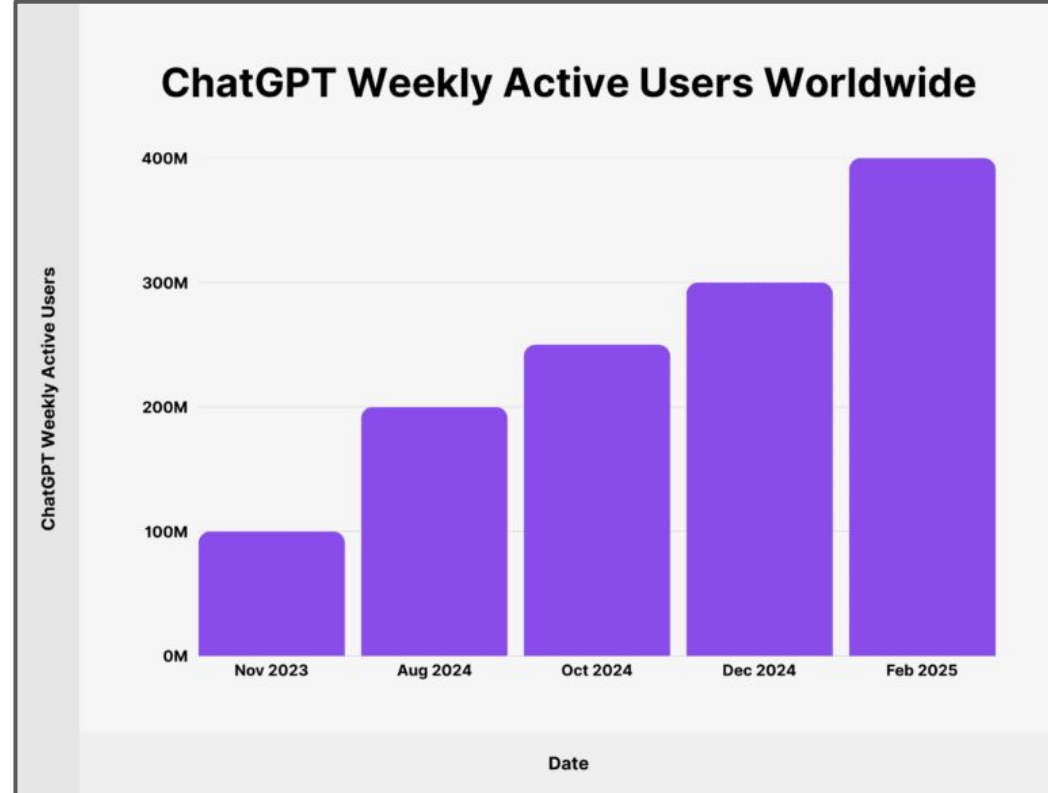


- 1 What is ChatGPT?
- 2 What can you use ChatGPT for?
- 3 What is a prompt?
- 4 Using ChatGPT to explain images
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- 6 Using ChatGPT to combine images
- 7 Staying safe and smart

ChatGPT is popular AI chatbot made by OpenAI



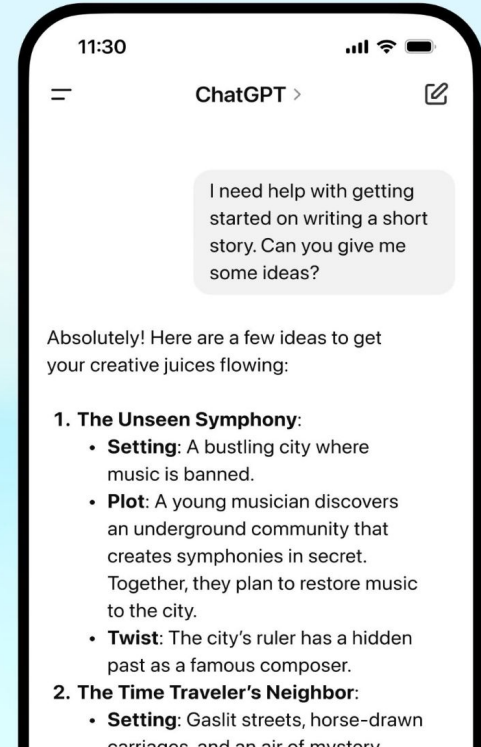
- You can download it as an app on your phone or use the website www.chatgpt.com
- Even if you don't use it, it's helpful to know about it because of how popular it has become globally (like Google).



ChatGPT has a lot of use cases

- You can use it to find information like Google
- Unlike Google you interact in a chat (like WhatsApp) so the interaction can be more personalised to your needs than Google.

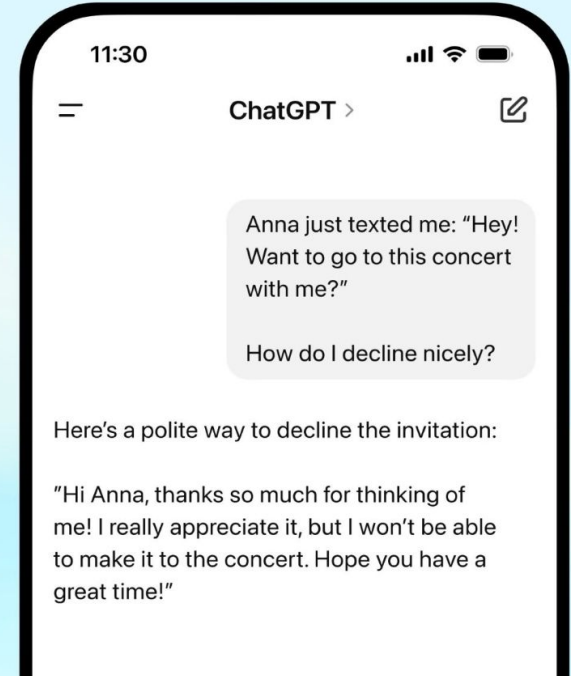
Find creative inspiration.



ChatGPT has a lot of use cases

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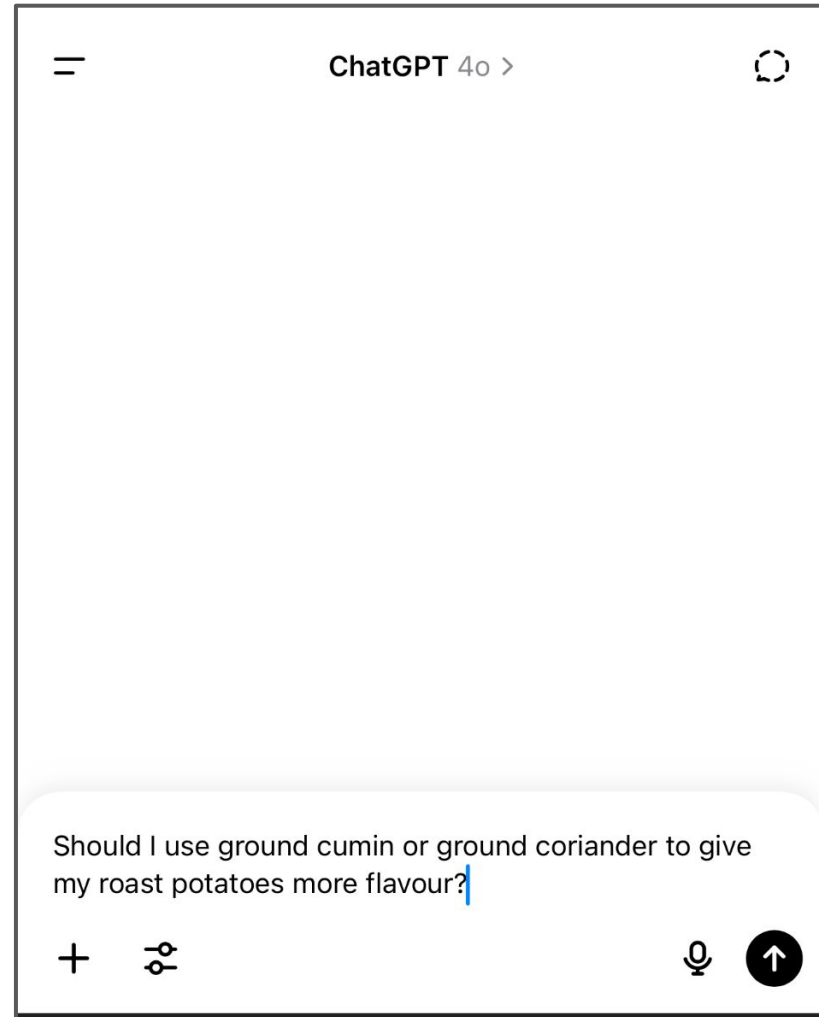
Get tailored advice.



A message or instruction to chatGPT is called a “prompt”

This is what the app looks like →

You provide prompts and chatGPT responds to each prompt →



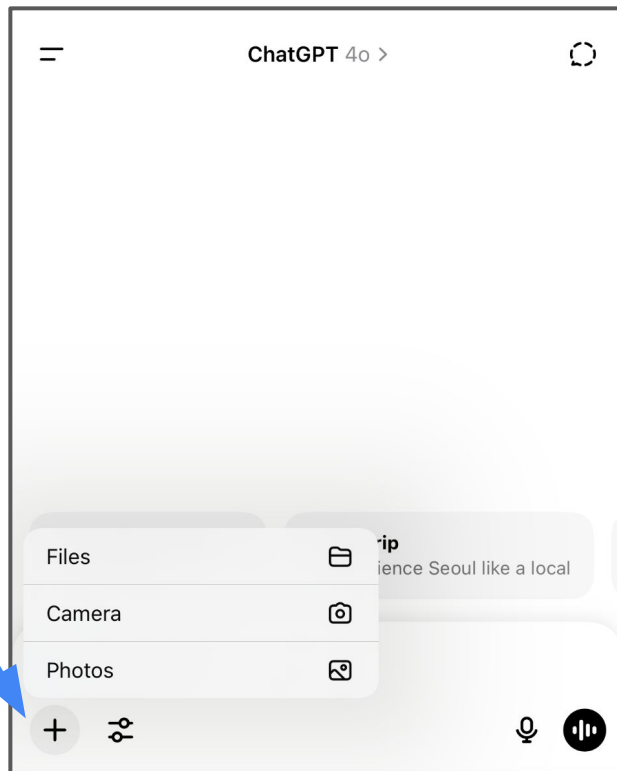
ChatGPT can understand and explain images

- Take for example this unusual hotel breakfast.
- It looks and smells delicious. I would like to know more about it but I don't know how to describe it.
- I can ask ChatGPT to tell me more about it by taking a photo and showing it to ChatGPT.

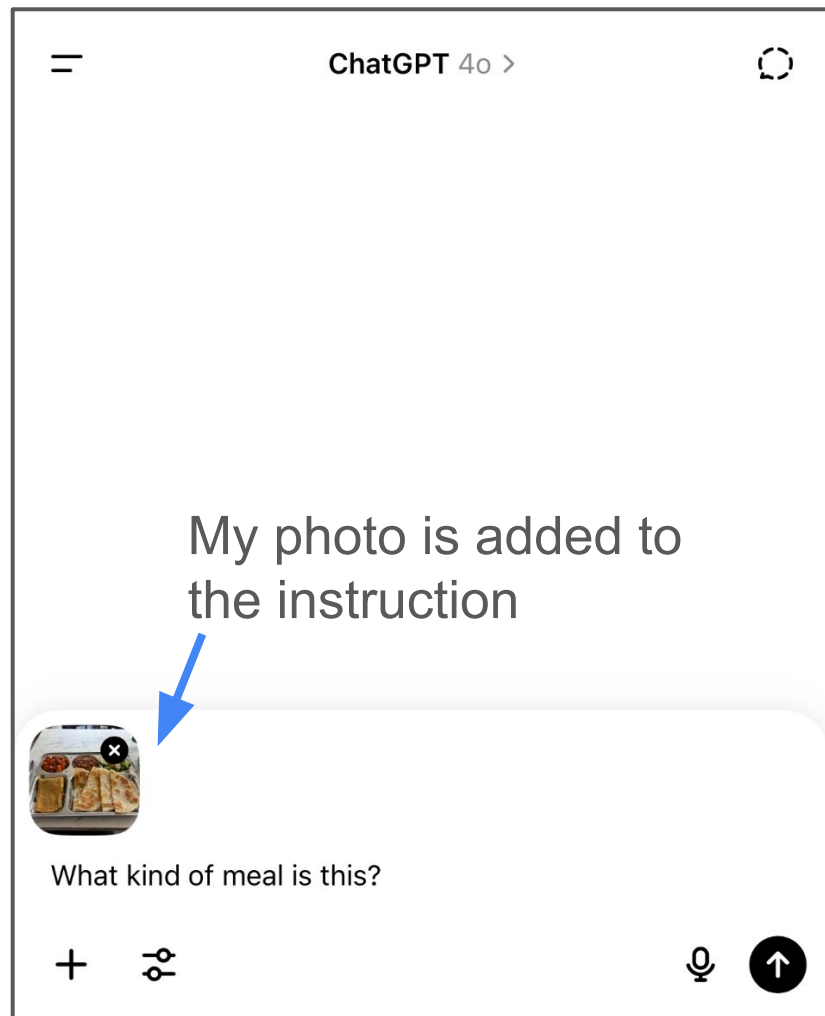


ChatGPT prompts can contain both text and images

Click the +
to add a
photo



My photo is added to
the instruction





ChatGPT 4o >



What kind of meal is this?

This meal appears to be an Indian-style thali (a tray-based meal), likely vegetarian. Here's what's on the tray, starting from the bottom left and moving clockwise:

1. **Stuffed Paratha or Dosa (Bottom Left)** – A folded flatbread or thin pancake, possibly filled with spiced potatoes or lentils.
2. **Fresh Salad (Top Left)** – Lettuce, cucumber, red onion, and what looks like a falafel or fried item on top, drizzled with yogurt or raita.

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3. **Chana Masala (Top Center)** – A spiced chickpea curry, garnished with coriander.
4. **Paneer Tikka or Tandoori Paneer (Top Right)** – Chunks of marinated and grilled paneer (Indian cheese) in a reddish spice mix, often tandoori style.
5. **Paratha or Naan (Bottom Right)** – Flaky, buttery Indian flatbread, possibly paratha, cut into quarters.

This meal combines protein (chickpeas and paneer), fiber (salad and legumes), and carbohydrates (flatbreads), making it a well-balanced vegetarian lunch or dinner plate with North Indian influences.

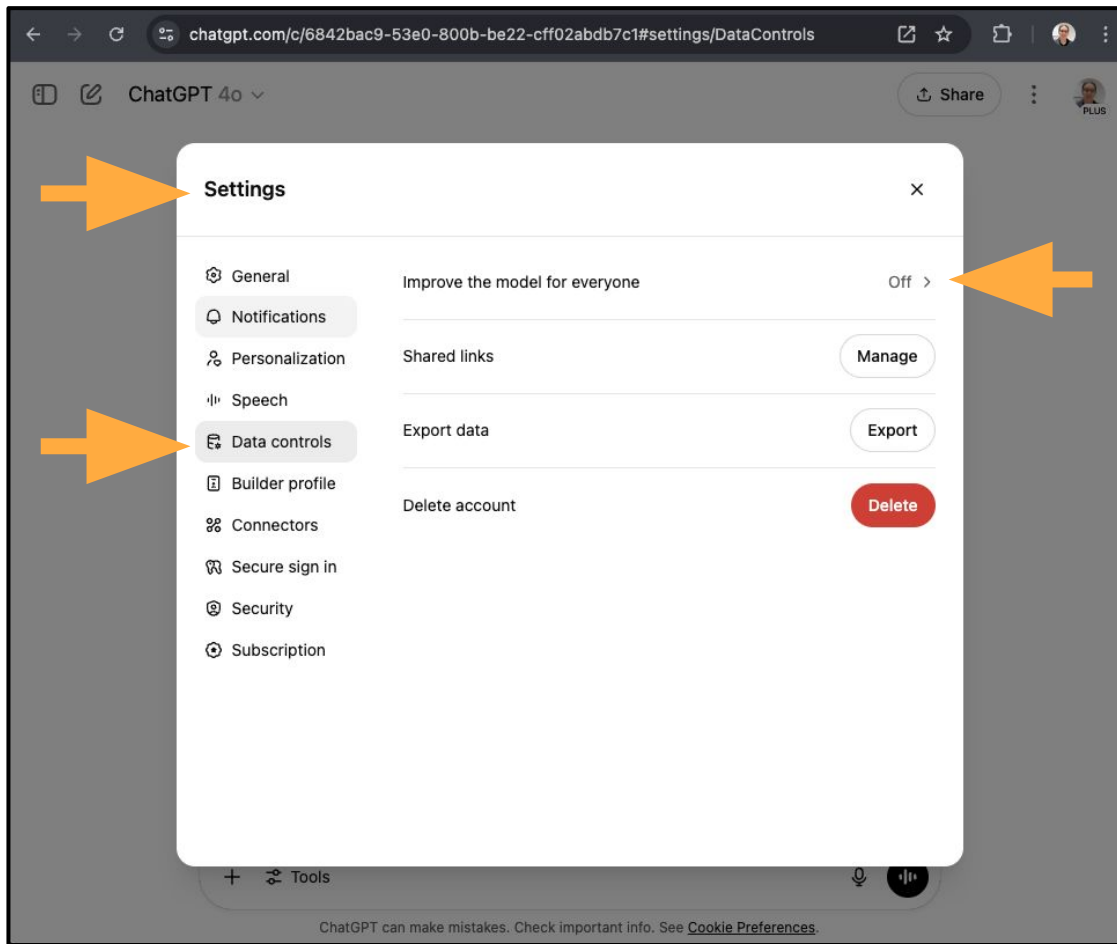


Ask anything



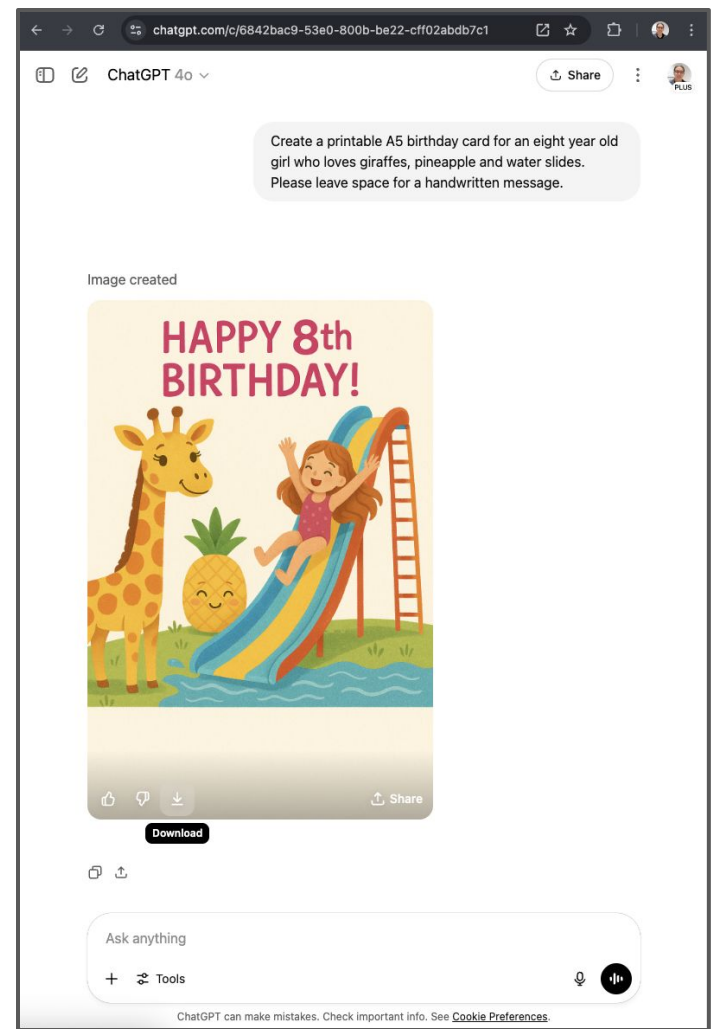
Manage your privacy

- In ChatGPT settings you can turn off “Improve the model for everyone” if you don’t want to be used by OpenAI in the future.



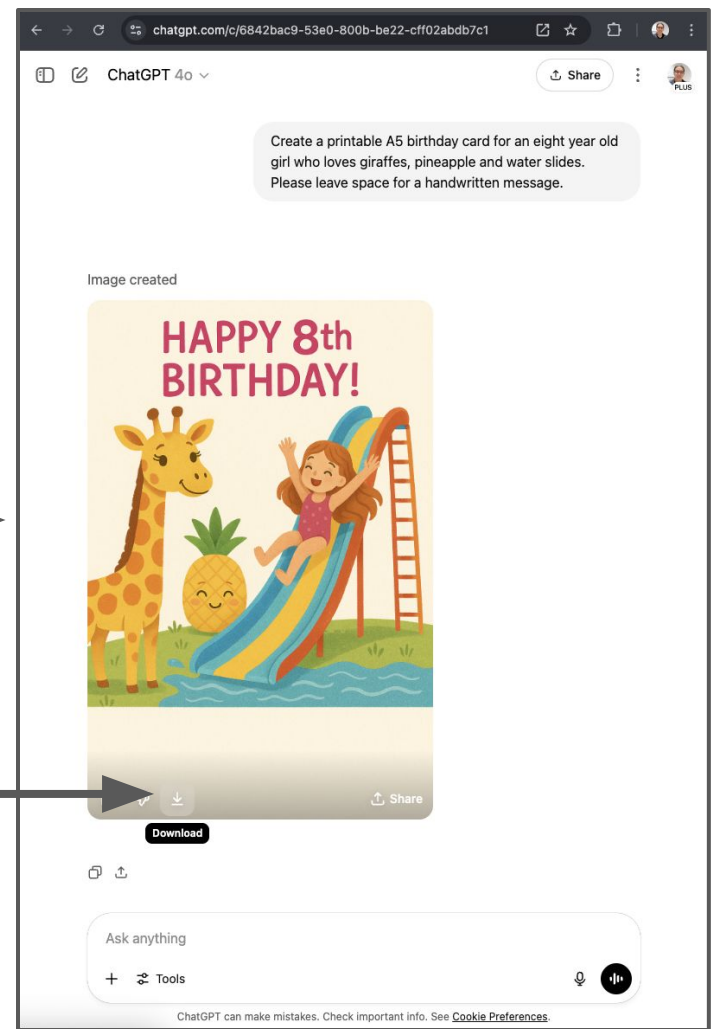
ChatGPT can create images and bring your ideas to life

- “Create a printable A5 birthday card for an eight-year-old girl who loves giraffes, pineapple and waterslides. Please leave space for a handwritten message.”



This is what the website looks like

Hover with your mouse over the image to bring up the download link



ChatGPT can combine images

- I would saw a set of table and chairs in B&Q but I wasn't sure how it would look in my own garden.
- I can ask ChatGPT to show what it **might** look like.

B&Q



My garden





ChatGPT 4o >



Show me how this wooden outdoor table set would look on the decking in my garden

Image created



Image created

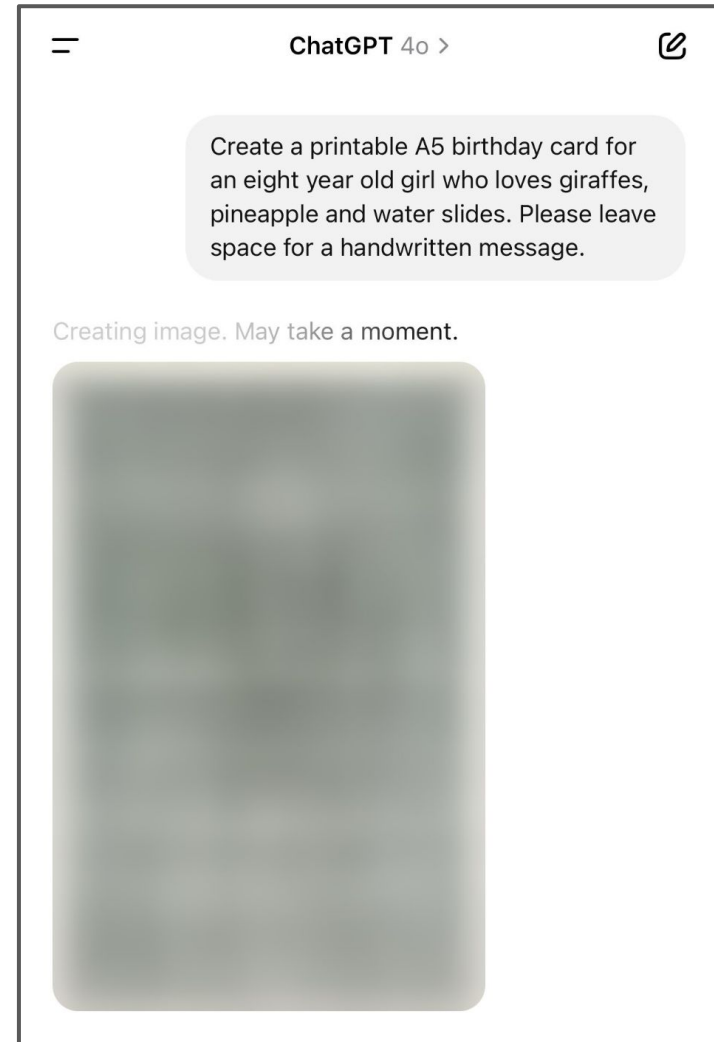


Ask anything



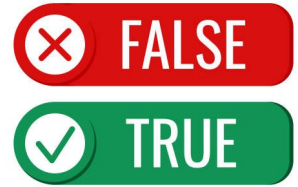
ChatGPT has user limits

- The free service slows down when a lot of people are using it.
- There are daily limits for image generation.

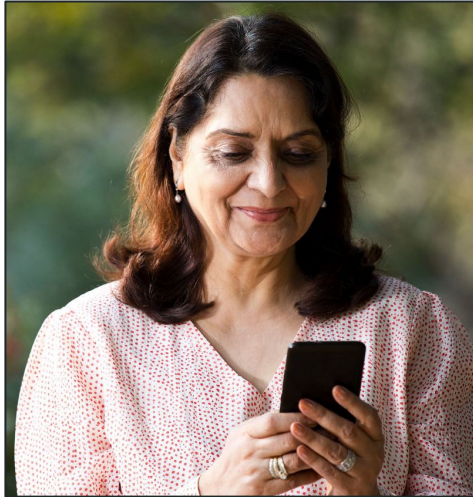


Staying safe and smart: A few things to remember

- It's not real: The images produced are brand new and computer-generated. They look real but that they are not.
- Think about privacy: Do not upload photos with personal information or photos with other people without their permission
- It's not perfect: Sometimes the images might look a little odd or not quite right. This is normal because it's AI, it's not human.



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Q&A



Next Session:

Managing data, security and privacy in your Google Account



12pm, July 4th 2025

Every first Friday on the month

Zoom link click [here](#) (same link every month):



Appendix (older slides)

Sending images to ChatGPT

- For your hobbies or creative projects
 - Generate patterns for quilting or needlework
 - Design recipe cards with appealing food images
 - Create visual garden plans
 - "Show me a beautiful watercolour painting of a kingfisher by a river."
- Quick tour of the Download / Save buttons

Bringing your ideas to life

- For fun
 - "Generate an image of what my dream garden shed would look like, with a comfy chair and lots of plants."
- Quick tour of the Download / Save buttons

How access images from chatGPT

- Nostalgic seaside postcard of Blackpool in the 1960s

Reading, Describing and Enlarging

- "Can you read this label for me and tell me the cooking instructions?"
- Identify unfamiliar flowers in the garden
- "What is this warning light on my car dashboard?"
- "What is the name of this plant?"
- "Can you tell me about the history of this landmark?"
- Identifying birds or wildlife in your photos

Redecorating and placing furniture

-

Freshening up old photos

- Colourise black-and-white wedding pictures
- Remove creases or “red-eye” from scanned prints

Saving and downloading images from chatGPT

- Colourise black-and-white wedding pictures
- Remove creases or “red-eye” from scanned prints