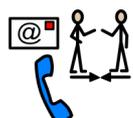


Thera Connex newsletter 2020

Edition 1



Welcome to Thera Connex



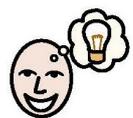
keep in touch

This newsletter is a way for us to stay in touch when we can't see the people we usually like to spend time with.



safe

The Government has said we all need to stay at home due to the Coronavirus. To keep us safe we must only go out if we really have to. It can be difficult not going out. We miss the things we like to do and we miss our friends and family.



ideas

In Thera Connex we will share good ideas and things to do. We will tell you about things we hope will make it easier to stay at home.

In this newsletter we have information about:



newsletter

- Thera guides to social media and keeping in touch
- Keeping fit and having fun at home
- Amazon wish lists
- Good links on the internet
- An Easter egg hunt you can do at home
- A great idea for family and friends of our wonderful staff
- How to make your broadband as good as possible

Thera Guides to Social Media



social media

There are lots of ways to keep in touch with people when you can't meet up with them. Social media can be a really good way to keep in touch. Examples of social media are Facebook and Twitter.



talk

There are apps you can also use on your computer or mobile phone to see people when you talk to them or to have a phone call with.

These include: Facebook, WhatsApp, FaceTime, Zoom and Skype.

The Communications Team have made some guides for you to get started with the apps. You can get these guides from

www.thera.co.uk/contact/coronavirus/thera-connex

Keeping fit and having fun at home



exercise

When we can't go out it is important to make sure we do some exercise and keep fit. What ways do you like to keep fit? Can you do them at home, or in the garden?



online

One good way is to join in with a workout you can see online. That is like going to an exercise class, but you see the class on the screen of your computer or phone. Don't worry if you can't do all the exercises, just do what works for you.

- **Joe Wicks does a class every morning at 9:00am. You can join in at 9:00am or do it later. This is the link:**

<https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ>

- **If you want to try a class planned for people who need some help to move around, this might be a good one:**

<https://www.youtube.com/user/lvanaExercise>

- **A 15 minute chair Zumba exercise that's a gentle approach.**

https://youtu.be/GdHFxAeC_Ys

- **Give this 10 minute workout a try, just do what works for you.**

<https://youtu.be/zTBBVJsksal>

Amazon Wish Lists



gift

During the lockdown, it might be nice to buy a gift for someone to enjoy at home – or perhaps receive one in return.

An **Amazon Wishlist** is a list of ideas you can buy a person that will cheer them up.

To make a Wishlist, you need to sign in to www.smile.amazon.co.uk



charity

If you use the Smile webpage, then Amazon gives money to a charity, like Thera.

You can then look on Amazon for things that you like – as normal.

When you see something you like, click on it.

You shop. Amazon gives.

Amazon donates 0.5% of the net purchase price (excluding VAT, returns and shipping fees) of eligible purchases to the charitable organisation of your choice.

AmazonSmile is the same Amazon you know. Same products, same prices, same service.

Support your charitable organisation by starting your shopping at smile.amazon.co.uk

E-mail (phone for mobile accounts)

Continue

By signing-in you agree to Amazon's [Conditions of Use & Sale](#), [Privacy Notice](#), our [Cookies Notice](#) and our [Interest-Based Ads Notice](#).



list

Below the part where you can pay is a grey box that says “Add to List”. Use that to add it to your Wish List.

If you choose things that are under £10 then they are more affordable for people to buy.

✓prime
FREE Delivery by **Saturday**
If you order within 12 hrs 39 mins.
[Details](#)

Extended delivery time: We're temporarily prioritizing the delivery of some items in order to serve our customers in need and ensure the safety of our associates. As a result, some delivery times are longer than usual. [Learn more](#)

In stock.
Dispatched from and sold by Amazon.
Eligible for [smile.amazon.co.uk](#) donation.

Quantity: 1

Deliver to Daniel - Keyworth NG12 5FE

Buy Used
£3.78



check

You can check what is on a Wish List by going to the bottom of the page and choosing Your Lists

From this page, you can use this to send a link to your list so that others can see it.



gift

Maybe you can buy a gift and cheer someone up – or someone may do it for you.

Or maybe you can think about things you can look forward to.

Hello, Daniel
Account & Lists

Your Account

- Your Account
- Your Orders
- Your Dash Buttons
- Your Lists

Good links on the internet



information

There are loads of great things on the internet to help us keep in touch. There are websites with useful information about the Coronavirus and there are websites with ideas for things to do at home.

The Development Team have found some good ones:

- **NWTDT provides regular easy read/video updates on the Coronavirus.**

<http://pathwaysassociates.co.uk/self-advocates-and-families/news/coronavirus---daily-video-updates.html>

- **Paradigm have supported people to video connect with others as part of 'The Gr8 chat and brew'.**

<https://paradigm-uk.org/2020/03/20/the-gr8-chat-brew>

- **About with Friends live stream almost daily videos with fitness, cooking and a range of other activities and chat.**

<https://www.facebook.com/aboutwithfriends>

- **NANSA are producing stay at home activities and quizzes.**

<https://www.facebook.com/NansaNorfolk>

- **Jigsaw have made a special part of their website with activities, puzzles, word searches and other fun things to do.**

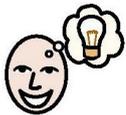
<https://www.jigsawevents.org/>

An Easter egg hunt you can do at home



Easter

Home Farm Trust have designed an Easter egg hunt for people to enjoy at home. It includes things to get from their website and print at home. Things like Eggs to hide, Egg hunt leaflet, Egg hunt activities, Egg hunt poster.



ideas

They also have some other ideas for Easter fun. Things like decorating your house, Easter crafts and some great ideas for games and having an Easter bonnet competition. You can find all these things here:

https://www.hft.org.uk/get-involved/fundraising-ideas/the-great-hft-easter-egg-hunt/?_sf_s=easter+egg

A great idea for family and friends of our wonderful staff

The Development Team have heard about a lovely idea.



picture

The daughter of a woman who works to support people decided to make a picture. On the picture she wrote that she was proud of her mum because she works in social care.

Each week on Thursdays at 8:00pm in the evening, people all across the country clap for carers.



social media

Now lots of people are making pictures and sending messages on social media. They are saying they are proud of the person in their family who works on social care. The messages are all linked by using the hashtag **#socialcareheroes**



message

Please tell your staff to see if anyone in their family wants to send a message about them. Maybe you will see a message about staff you know.

How to make your broadband as good as possible



home

At the moment most of the people in the country are staying at home. Some people are working at home. Some people are enjoying films and videos online. Some people are using social media to keep in touch.



internet

This means there are loads more people using the internet than usual. Your internet might not be working as well as usual. Most of the ideas in our newsletter are about things on the internet.

If your internet is slow or not working very well, these guides might help:

<https://www.moneysavingexpert.com/utilities/boost-broadband-speed/>

<https://www.broadband.co.uk/help/speed-up-your-broadband/>



newsletter

Keep an eye out for our next edition which will include contact details for you to be able to send your ideas in.

In the next newsletter we will have information about:

- Buddy systems and good neighbours
- Good things to look at on YouTube and good podcasts to listen to
- Easy read information about the virus and how to keep yourself safe
- A thank you card competition