

# Thera Connex newsletter 2020

Edition 4



## 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.



newsletter

## In this newsletter we have information about:

- VE day celebrations
- Safe and secure – planning for your future
- Mindfulness
- Healthy eating and cooking with Unity Works
- Thank you card competition
- Social Care heroes
- Craft boxes
- Archive stories – making history come alive
- Pen pals idea
- Something for fun
- Your great ideas

## Did you know?

You can **click this button** on the website: [www.thera.co.uk](http://www.thera.co.uk) to **listen** to the newsletter:



Then **open the newsletter** and it should have this open on the pdf:



## VE day celebrations



anniversary

In last week's edition we mentioned the VE day celebrations on the 8 May to mark the 75th anniversary and to celebrate the end of World War II.



safe

Due to the Coronavirus pandemic and the Governments advice there won't be any community celebrations with people who don't live in the same household this year. However we are being encouraged to celebrate this safely within our own homes!



ideas

Thera Group have come up with ways that we can mark this special day and celebrate this together as part of our virtual communities at the moment:

- **Home bakes**



baking

Have a look at these war time baking recipes and create your own fantastic baking creations ready to celebrate VE day.

<https://www.readersdigest.co.uk/food-drink/recipes/retro-recipes-10-thrifty-wartime-dishes>

<http://recipespastandpresent.org.uk/wartime2.php>

We would love to see pictures of peoples bakes and you enjoying them, please upload them on [www.thera.co.uk/contact](http://www.thera.co.uk/contact)

- **War time dance tutorials**



dance

Why not try and learn these war time dances as a way to keep active whilst staying at home.

The Jitterbug: <https://www.youtube.com/watch?v=Fs8tbzUr6cQ>

The Lindy Hop: <https://www.youtube.com/watch?v=-FvsnqL124Q>

- **VE day playlist**



music

The wonderful Sam Maggs from Gig Buddies Scotland has put together a playlist to help you get into the mood for VE day. This includes some songs from the Swing era from both the UK and America: [https://www.youtube.com/playlist?list=PLTxCuWKti\\_VukHxDKidXVuBO-aD79TJ6v](https://www.youtube.com/playlist?list=PLTxCuWKti_VukHxDKidXVuBO-aD79TJ6v)

We will also be looking to put the link to this playlist onto our Facebook page on VE Day itself so that people can join in with the fun!

- **Tea and toast at 3pm**



tea

Ansar came up with the fabulous idea of tea and toast at 3pm on VE day with people in your household. This is a perfect way to make sure that we are all safe and join together as a country at 3pm. You can come up with your own way of toasting at 3pm. Please share your pictures and stories with us at [www.thera.co.uk/contact](http://www.thera.co.uk/contact)

- **Well done Captain Tom Moore**



well done

We wanted to say a massive 'well done' to Captain Tom Moore, a hero from WW2 and very much a hero today. He has completed 100 laps of his garden to raise money for the NHS and has raised over £29 million. Have a look at the video to learn more: <https://www.youtube.com/watch?v=1L2vYx00hlc>

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Please share your  
photo's with us to  
AnsarStoriesandPictures  
@thera.co.uk

# A Tea & Toast Celebration!



Join Ansar Projects in having your own  
*Garden Party* to celebrate 75 years of  
the guns falling silent at the end of WWII.

Raise a toast to our past time hero's  
at 3pm on  
Friday 8th May 2020



## Safe and Secure – planning for your future



future

Whilst we are all in lockdown we have more time to think about what we would like to do in the future once lockdown is over. This could be a good time for you and your staff team to talk about your future and look at things on the internet that you may be interested in trying and start putting together an list of ideas.



ideas

When the Government says lockdown is nearly over you can plan some ideas ready for when you can do things outside.



information

Once we get more information about lockdown being over we will keep you updated and share some tools and resources that can help you and your staff to plan for your future, outings, days out and new things that you would like to try!



contact

If you would like to order a free Safe and Secure book please email [safeandsecure@thera.co.uk](mailto:safeandsecure@thera.co.uk) or fill out the form on [https://](https://www.thera.co.uk/projects/safe-and-secure/request/)

[www.thera.co.uk/projects/safe-and-secure/request/](https://www.thera.co.uk/projects/safe-and-secure/request/)

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## Mindfulness



mindfulness

Mindfulness can help you when you are feeling overwhelmed by things going on around you and can help you to feel better in yourselves. There are a lot of mindfulness course's that you can attend, and these can be found on the internet.



ideas

However as at the moment we are all having to stay at home to keep safe, so we cannot attend these, but there are other ways in which we can have a go at mindfulness. Things such as meditation and even a spot of Tai Chi.

## What is mediation?



Meditation is when you stay quiet and as calm as you can for an amount of time that is comfortable for you. It helps you to deal with things that you feel make you worry. It can also help you to relax if you are feeling overwhelmed. If you fancy having a try at meditation have a look at the link for the first part of three meditation tutorials and see how you get on:

<https://youtu.be/KQOAVZew5I8>.

## What is Tai Chi?



Tai Chi is a very old form of Chinese exercise. It was created many many years ago as a form of fighting art. The exercise involves small movements and thinking about how you breath when you do these movements. It's good to get you moving but can also make you feel calm and relaxed. Why not have a look at the link and see if you like the look of it and have ago: <https://youtu.be/opGwGWJg98o>

Let us know how you get on!

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## Healthy eating and cooking with Unity Works



Unity Works is part of the Thera Group and they are up to all sorts of things that they would like to share with you.



Unity Works is running an online healthy eating course via Zoom and are looking for participants to take part from across the Thera Group.



Cook Together, Eat Together is a beginner healthy eating course that will teach people the positive benefits of healthy food and how to add good habits and improve their diet.

They will also be preparing and cooking healthy food together online for which participants will be sent the ingredients a week in advance.



To find out how you can take part in this course, contact **Milly Wheeler** at [Milly.Wheeler@unityworks.org.uk](mailto:Milly.Wheeler@unityworks.org.uk).

**UNITY WORKS**

## Competition time!



thank you

We want to thank our staff and other people who have done amazing things by sending them a thank you card. We already know about some people who deserve a big 'thank you'.

We need your help to design a new thank you card!

- Can you draw, paint or use crafts to make a good picture?
- Can you take a great photograph?
- Can you make pictures on your tablet or iPad?



rainbow

Your pictures should have a rainbow in them. That is the picture people are drawing all over the country to say thank you.



prize

This is your last chance to win a prize and see your picture on cards we send to fantastic people. We will tell everyone who has won the competition on **Friday 8 May 2020** and put the winning pictures in the newsletter.



contact

You can upload your entry via our website by visiting: [www.thera.co.uk/contact/](http://www.thera.co.uk/contact/)



post

If you want to post it to us, please email [stories@thera.co.uk](mailto:stories@thera.co.uk) and we will send you a free post envelope.

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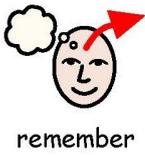
## Social care heroes



In the last newsletter we told you about a lovely idea called #socialcareheroes. This is where people are putting pictures and messages on social media to show they are proud of the people they know who work in social care.



We asked you to tell your staff to see if anyone in their family wants to send a message about them. Lots of people have sent us their #socialcareheroes messages and pictures.



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.



## Craft packs



crafts

We know that lots of people enjoy drawing, painting and lots of other arts and crafts. This can be a great way to enjoy yourself when you can't go out as much as usual.

People are also using their art to make others happy by displaying happy pictures in their windows for others to see.

It would be great if people can share their art and craft masterpieces with us so we can share the love far and wide and put more smiles on more faces through our newsletter and on our social media!

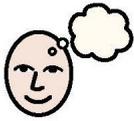


photograph

Please upload your pictures of your crafts on [www.thera.co.uk/contact](http://www.thera.co.uk/contact).



## Archive stories – making history come alive



thoughts

### Calling Younger family members or friends aged 11-16!

Do you have any younger family members or know people aged between 11 – 16 years old? Would they love to write their thoughts and feelings about lockdown on paper for children in the future to read.



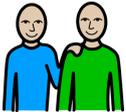
history

Becoming a part of History: <https://www.chu.cam.ac.uk/news/2020/apr/16/be-part-history-churchill-archives-centre/>

This can be found on our social media pages.

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## Pen pals

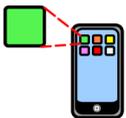


friend

Have you ever had a pen pal? Or thought about finding a pen pal?

If you have a friend that you are missing right now because you can't meet up with them due to self-isolating. Have you thought about writing them a post card or a letter or maybe sending them a picture in the post.

Things like this can help you keep in contact with people that are important to you.



app

There are also apps you can use if you have a smart phone and that are available in either the app store on an iPhone or the play store on any Android phones. For example, Facetime, WhatsApp, Skype and Facebook. You can find some guides on how to use these: [https://www.thera.co.uk/contact/coronavirus/thera-connex/easy-read-](https://www.thera.co.uk/contact/coronavirus/thera-connex/easy-read-resources/)

[resources/](https://www.thera.co.uk/contact/coronavirus/thera-connex/easy-read-resources/)



write

Get writing and keep in touch to make somebody you knows day!

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## Something for fun



ideas

The Development Team are always looking for good ideas that you might want to try. We will include some of these things in each newsletter, this week it is rainbow rocks painting and rock choir.

### Rainbow rocks



rainbow

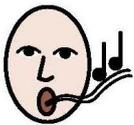
People in Derbyshire have enjoyed painting rainbows on the rocks in their Garden. This links with the rainbow theme that the nation are following to brighten up everyone's days and to say thank you to all the wonderful people.



garden

If you have a garden and want to get involved please send us a picture of your paintings by uploading them on [www.thera.co.uk/contact](http://www.thera.co.uk/contact)

### Rock Choir



singing

Keeping in the theme of rocks we have found a rock choir for people who love to sing.

Every day at 3pm The Rock Choir put a live link on their Facebook page so that people that love to sing can join in and become a part of a National Rock Choir.

<https://www.facebook.com/TheRockChoir/videos/225600762048814/>

#KeepBritainSinging

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## Your great ideas



information

We want to make this newsletter every week until the lockdown ends and we can go out again.

We will keep looking for interesting information and good things for you to try. We know you have great ideas and know lots of interesting things.

Please show us what you have been doing by sending your ideas and pictures to [www.thera.co.uk/contact](http://www.thera.co.uk/contact)



ideas

We will share these with everyone else.

A big shout out to Ansar! For sending us fab pictures showing us all the things they are doing.



## Get involved



contact

Visit our website to find out more about Thera Connex:

<https://www.thera.co.uk/contact/coronavirus/thera-connex/>

You can get in touch with us through our social media pages.



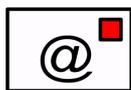
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