

# Thera Connex newsletter 2020

Edition 5



## 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:

- Books Beyond Words
- Podcasts — have you tried them?
- Keeping fit and relaxing
- Music and entertainment for everyone
- Try new things — upcycling
- Thank you card competition update
- Share your VE Day celebrations
- Fundraising for Thera Connex

## 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:

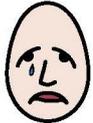


## Books Beyond Words



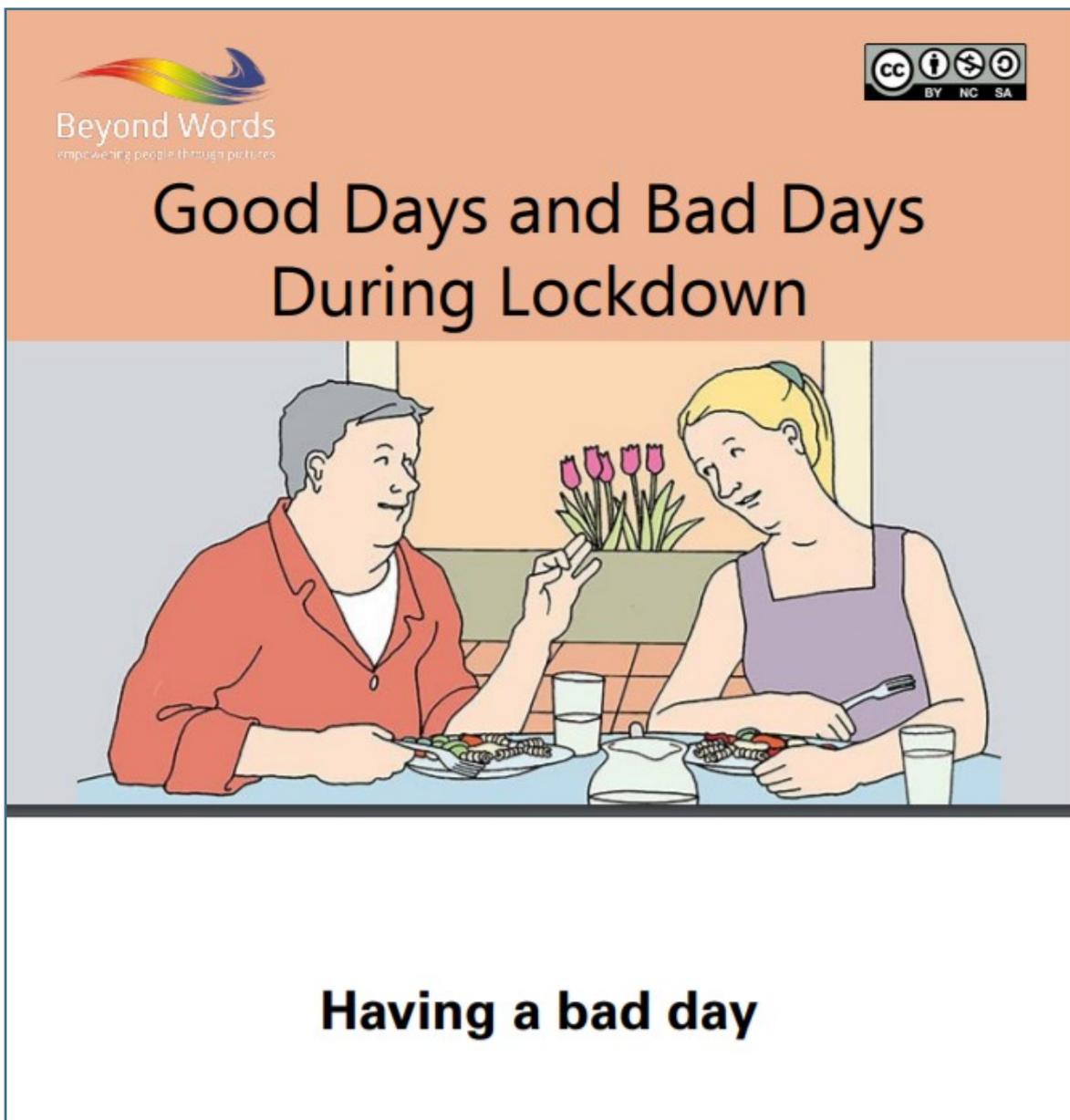
book

Books Beyond Words create picture books that tell a story, but they also help the individual tell their own story while reading it. They have published a number of free, downloadable books about dealing with staying at home during lockdown and the Coronavirus, such as “[Good days and bad days during lockdown](#)” and “[Beating the virus](#)”.



upset

If you are feeling anxious or upset about staying at home, take a look at these and talk through them with someone: <https://booksbeyondwords.co.uk/coping-with-coronavirus>



## Have you thought of listening to podcasts?



listen

### What is a podcast?

A **Podcast** is a sound recording that you can listen to whenever you like.



about

### What are they about?

They can be about anything. Whatever you are interested in, there is likely to be a Podcast about it. For example, history, films, TV, music or famous people you like.



interesting

Listening to people talk about things you like can be relaxing and interesting.



free

### Does it cost anything?

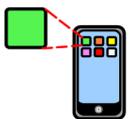
A lot of podcasts are free to listen to you.



internet

### What do I need?

You need to connect to the internet. You can use a computer, tablet or smartphone.



app

You can then get podcasts direct from places like **Audible** or the **BBC**.

You can also download a Podcast app, such as '**Podcast Republic**', which can help you search for and download podcasts.



ideas

### Can you suggest any podcasts?

- **The Empire Film Podcast** – a weekly chat about film news with interviews.
- **30 Animals That Made Us Smarter** – amazing things humans learned from animals.
- **The Kitchen Cabinet** – a cooking podcast with interesting ideas about food.
- **We are History** – a funny podcast about things that happened in history.

## Keeping fit and relaxing



If you are looking for gentle exercises whilst staying at home, you can visit the NHS website for ideas. They even have picture cards that you can print for yourself:



- Here are some exercises that you can do whilst sitting down:

<https://www.nhs.uk/live-well/exercise/sitting-exercises/>

- Some exercises with gentle stretching:

<https://www.nhs.uk/live-well/exercise/flexibility-exercises/>

- Some exercises to help with your balance:

<https://www.nhs.uk/live-well/exercise/balance-exercises/>

- And some exercises to make you stronger:

<https://www.nhs.uk/live-well/exercise/strength-exercises/>

**Sitting** 

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### CHEST STRETCH



**A**



**B**

**This stretch is good for posture.**

**A.** Sit upright and away from the back of the chair. Pull your shoulders back and down. Extend arms out to the side.

**B.** Gently push your chest forwards and up until you feel a stretch across your chest.

Hold for five to 10 seconds and repeat five times.

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### UPPER BODY TWIST



**A**



**B**

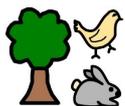
**This will develop and maintain flexibility in the upper back.**

**A.** Sit upright with feet flat on the floor, cross your arms and reach for your shoulders.

**B.** Without moving your hips, turn your upper body to the left as far as is comfortable.

Hold for five seconds. Repeat going right. Do five of each.

## Keeping fit and relaxing



nature

If you prefer to spend time in nature to relax and want to try something different, Cambridge University are posting 'virtual wellness wander' videos on their YouTube Channel. Each wellness wander is about 10-15 minutes long and is aimed at helping people in lockdown to connect with nature: <https://www.youtube.com/user/CUBotanicGarden/videos>

CUBotanicGarden Subscribe 623

Home **Videos** Playlists Channels Discussion About

Uploads Date added (newest) Grid

Bitesize Botanics - the month of May - sights and sounds from ... 10 views • 2 hours ago

Gardening Club - week 6: how to attract moths, butterflies and ... 37 views • 2 days ago

A virtual 'Wellness Wander' - along the Fairway, Woodland & ... 555 views • 5 days ago

Bitesize Botanics - reflections along the Stream Garden, 27 April... 153 views • 1 week ago

Gardening Club - Week 5: growing tender veg, tips for ... 121 views • 1 week ago

A virtual 'Wellness Wander' - a bright, breezy springtime walk ... 694 views • 1 week ago

Gardening Club - Week 4: what and how to sow seeds outdoors 165 views • 2 weeks ago

Bitesize Botanics - around the Lake & Rock Garden, 20 April ... 74 views • 2 weeks ago

How does one plant species become two? Prof Beverley ... 73 views • 2 weeks ago

Gardening Club - Week 3: how to encourage wildlife into your back... 177 views • 2 weeks ago

A virtual 'Wellness Wander' ... 8:44

Bitesize Botanics - in the ... 0:38

A virtual 'Wellness Wander' ... 7:54

Bitesize Botanics - the Lake and ... 0:35

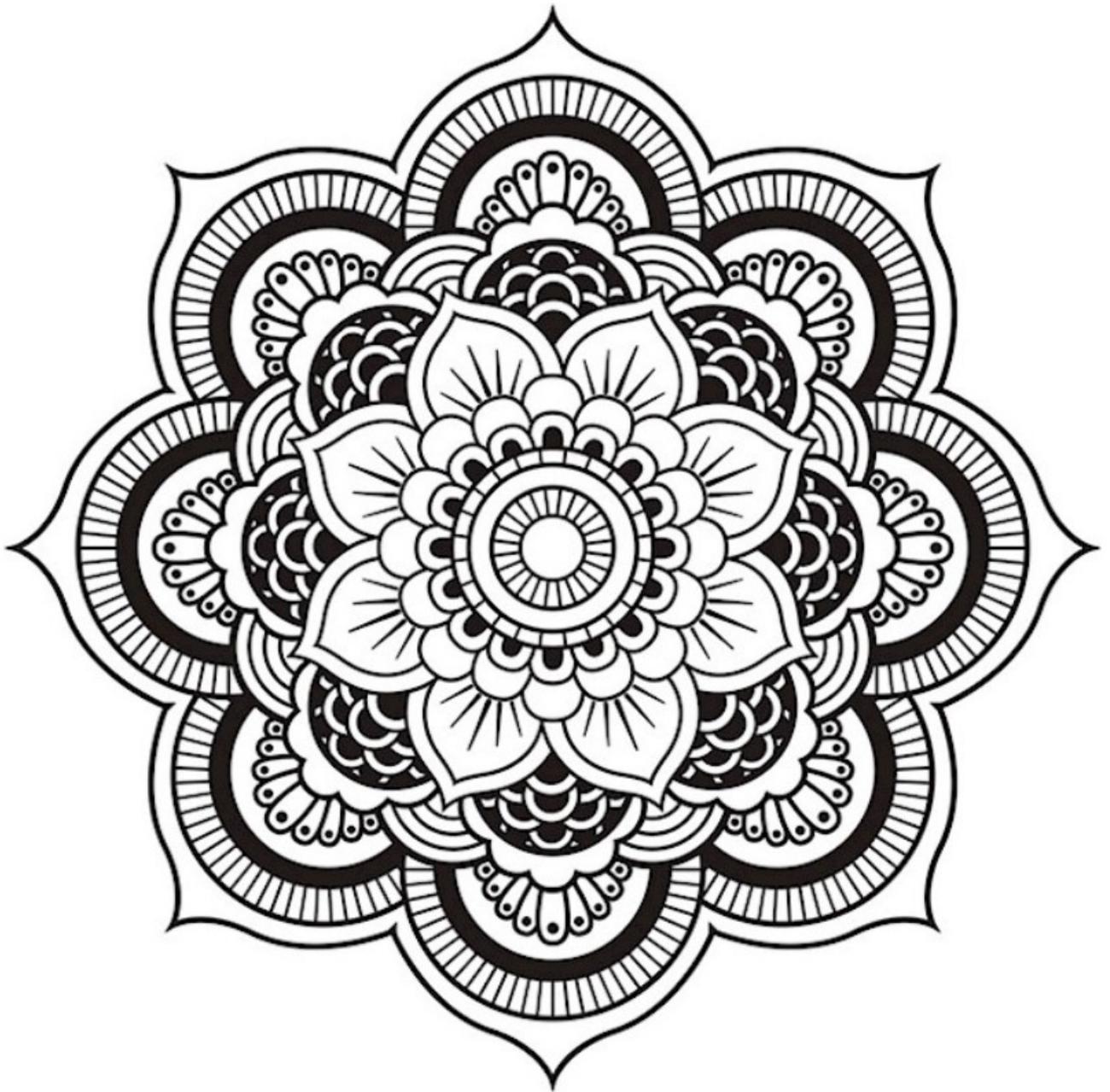
Bitesize Botanics - Blossom and ... 0:41



print

You can also relax by listening to some nice music and refocusing your attention by colouring. Mandalas are great for this! Mandalas are circular or square shaped patterns that have a centre point. You can find an example on the next page that you can print and colour in.

You can find more printable mandalas here: <https://www.thesprucecrafts.com/free-mandala-coloring-pages-4027232>



## Music and entertainment for everyone



Soundabout is a charity that does music making, particularly with people with more complex needs. They have some online music sessions on Tuesdays and Saturdays at 2:00pm through Facebook. However, you can find previous sessions on their YouTube Channel.

You can access these through their webpage: <https://www.soundabout.org.uk/tv/>



If you love the theatre or ballet, then you will enjoy the Culture at Home Facebook page: <https://www.facebook.com/CultureAtHome/>

They stream a number of different performances every week that are available from 48 hours up to one or two weeks at a time. Take a look!



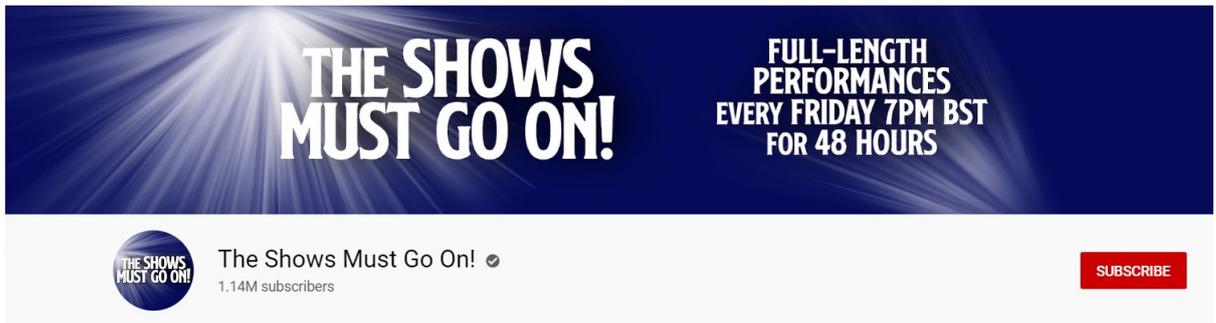
## Music and entertainment for everyone



show

If musicals are more for you, why don't you try **The Show Must Go On!** YouTube Channel. They publish full **West End shows** every Friday at 7pm, which you can watch for 48 hours.

<https://www.youtube.com/channel/UCdmPjhKMaXNNeCr1FjuMvag/videos>



The Shows Must Go On! ✓  
1.14M subscribers

SUBSCRIBE



remember

Do you remember **Sweep from the Sooty Show**?

Did you know he has his own YouTube Channel? You can watch him sing many popular classics here: [https://www.youtube.com/channel/UCWdbGD5ZGWHJiES0eBB6\\_kg](https://www.youtube.com/channel/UCWdbGD5ZGWHJiES0eBB6_kg)



Sweep Sings  
2.03K subscribers

SUBSCRIBE

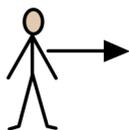
## Music and entertainment for everyone



newsletter

In the second edition of our newsletter, we told you about Gig Buddies.

Gig Buddies is a project that matches people with volunteers to become their buddies so that they can go to gigs together. Thera runs Gig Buddies in Scotland.



join

Since the lockdown, they have created a newsletter and have taken their socials online. They would love for more people supported by Thera around the country to join their online socials!

Visit their Facebook page to see the new edition of their bi-weekly newsletter called Virtual Insanity and to find out how to join in: <https://www.facebook.com/gigbuddiesscotland/>



## Try new things—upcycling



recycling

Upcycling is about making something new and useful from your unwanted things, including things that you would normally throw in to the recycling bin.



ideas

You can find lots of ideas for this on the internet. However, we have also shared some easy ideas here for you to try to make from things you will definitely have at home:

- Why don't you make hanging planters from you empty shampoo and shower gel bottles? You can put them in your garden or inside your home.

<http://almostmakesperfect.com/2017/04/12/diy-upcycled-plant-hangers/>

- Jam jars are one of the easiest things to upcycle! You can make vases, kitchen utensil holders or even plant pots out of them.

<https://housefulofhandmade.com/ways-to-upcycle-glass-jars-bottles/>

- Did you know you can make gift boxes from toilet rolls? How about a bird feeder?

<https://www.frugalandthriving.com.au/ideas-for-upcycling-toilet-rolls/>



## Thank you card competition

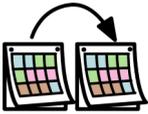


thank you

Thank you to everyone who sent us an entry for the thank you card competition. Watch this space for the winning design!

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## Share your 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

We would love for you to tell us about what you have to done for VE day! We would also love to share your pictures in this newsletter. Please send us your stories and photographs through the website at [www.thera.co.uk/contact](http://www.thera.co.uk/contact) and help us connect everyone around Thera on this special occasion!

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## Fundraising for Thera Connex



fundraising

We have started a fundraising campaign for Thera Connex! We want to use the money we raise to buy more things for people supported by Thera to use whilst staying safe at home such as craft boxes, IT equipment and other things. To do this we need your help to tell people that Thera Connex is useful for you and you enjoy receiving it.



crafts

Please send us pictures and stories of how you have used Thera Connex. This can be anything you found useful such as the social media guides or if you have tried something new like meditation, yoga, or upcycling. We would also love pictures of how you have used your craft box! Please send your photos and stories to us through the website at



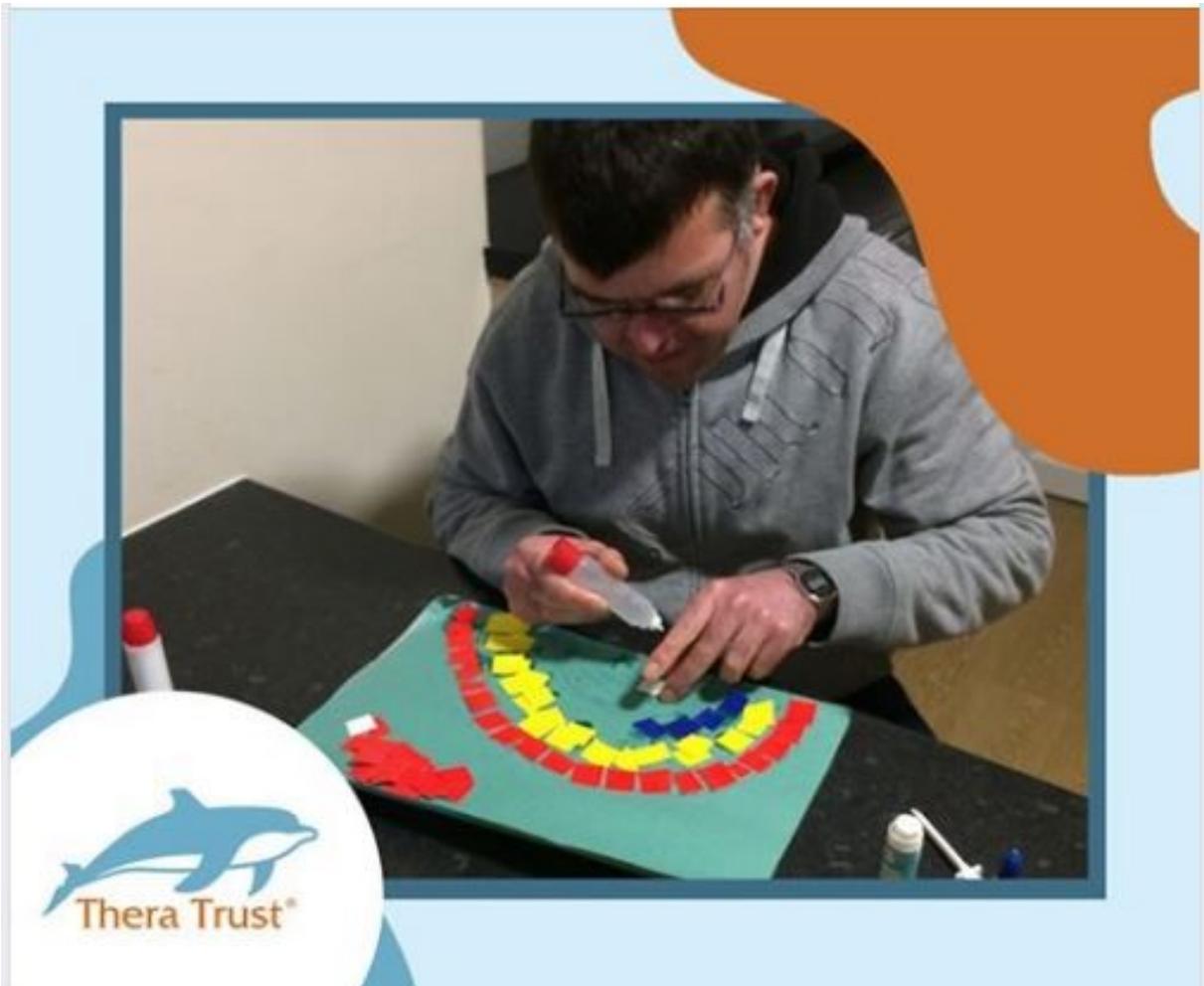
stories

[www.thera.co.uk/contact](http://www.thera.co.uk/contact).



donate

If you know someone who would like to make a donation, they can do so by clicking <https://cafdonate.cafonline.org/12911#!/DonationDetails>.



## 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.

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## 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.



@TheraTrust



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email

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