

Thera Connex newsletter 2020

Edition 7



Welcome to Thera Connex



keep in touch

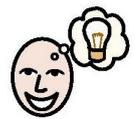
This newsletter is a way for us to stay in touch when we can't see the people we usually like to spend time with.



safe

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.

The Government has said we should still stay at home due to the Coronavirus. To keep us safe we must only go out if we really have to.



ideas

It can be difficult not going out. We miss the things we like to do and we miss our friends and family.



help

Lots more people are being tested for Coronavirus. This will help staff in the NHS and social care to keep safe. It will help people who feel poorly and don't know if they have the virus.



find out

The Government is setting up a new way to find out who has been near people who have the virus. This is called **Contact Tracing**. It has helped a lot in other countries as it will help show if they need to get tested. Then they can stay at home so they don't pass the virus on to anyone else. This will be a much easier way of knowing who can go out and who has to stay home.



important

Last week the Prime Minister went on television to tell us what is happening with the lockdown. He said things are getting better but we still have to be very careful. He said the 5 important things we need to remember is:

1. **Stay at home as much as possible.** If you had a letter telling you to stay at home and not go out you still need to do this.

Welcome to Thera Connex



important

2. **Work from home if you can.** If you can't work from home, only go back to work if it is safe.
3. **Try not to use buses and trains.** It is better to walk or go in a car. Ride your bike if you can.
4. You can go outside to **exercise more** now.
5. You can go to the **park or the beach** even if you are not exercising. You can **meet family and friends outside.**



newsletter

In this newsletter we have information about:

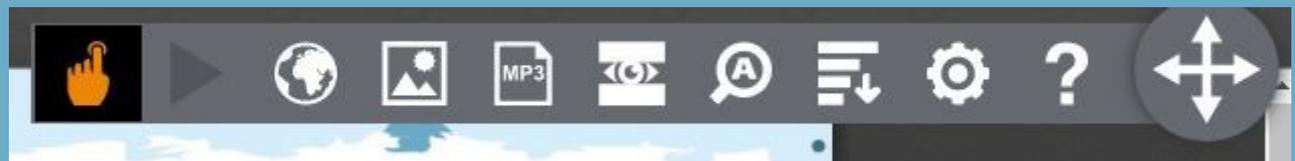
- Maintaining our sense of well-being—Mindfulness
- Andrew inspired by Captain Tom
- Word searches
- Thank you card competition winners
- Window sill herb gardens
- Fundraising for Thera Connex
- Walking bingo
- Craft boxes—what people have been doing
- Coronavirus tests—easy read guide
- Don't worry be happy—last chance to take part

Did you know?

You can **click this button** on the website: www.thera.co.uk to **listen** to the newsletter:



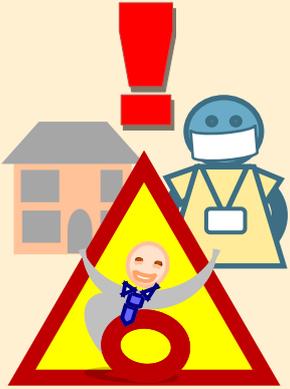
Then **open the newsletter** and it should have this open on the pdf:



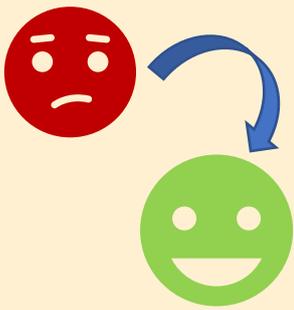


Maintaining our sense of Well-Being

Keeping on top of things with some simple tips and effective breathing exercises



During times of increased stress and anxiety, sometimes we think we are doing ok and doing our best by keeping 'soldiering on'. We are certainly all currently doing this in a fantastic way, and there is certainly nothing wrong with this type of thought process as it's part of our human make up. It is also an effective way of keeping us going and motivated during times in our lives that become more difficult or harder to deal with.



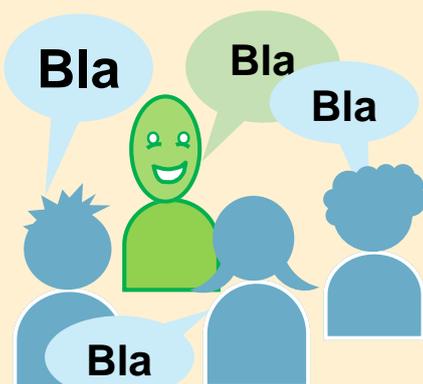
These stressors/anxiety type of feelings can have a direct detrimental effect on our bodies and brain function along with how we feel and think. So certain types of recognised therapeutic practices that can alleviate the core cause of these stressors can be extremely helpful and beneficial to the person.



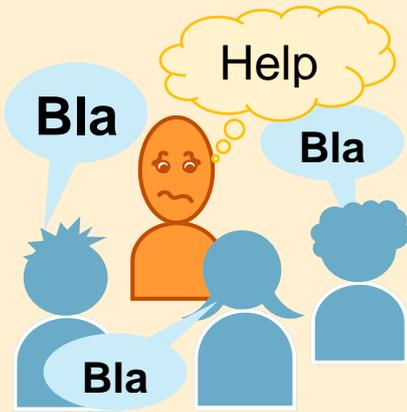
Stress/Anxiety and the Brain Function in a nutshell

Modern brain science finds that the Anterior (front) part of the brain regulates our self-control, reactions and attention, whilst irregularity in this area of the brain is also associated with Autism and ADHD.

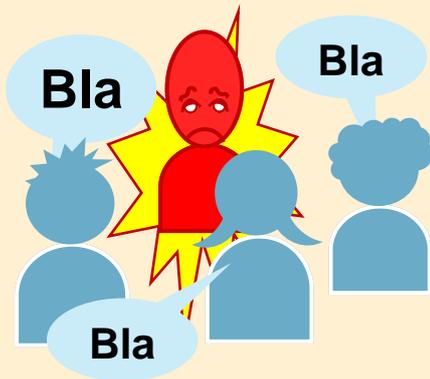
If we look at the frontal brain function in 3 zones we can see the following:



Green Zone: this is when we are in our safe mode and can socially engage etc.

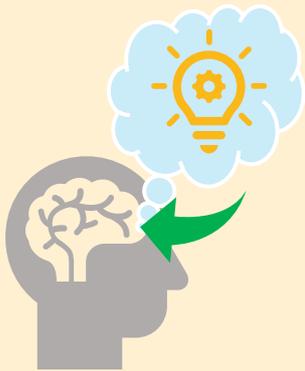


Amber Zone: this is when we start to feel under threat, more anxious or agitated and may go into 'Fight or Flight' mode. When we are in Amber, the front part of the brain can struggle to work normally. We are feeling stressed and we are unable to socially engage.

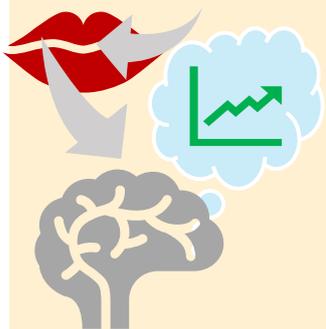


Red Zone: Here we become overwhelmed, and struggle to cope, and we may go into Freeze mode. When we are in Red, the front part of the brain can 'switch off' and other older parts of the brain will be engaged instead to keep us safe.

What can we do to help reduce these feelings?



As the front part of the brain is seen as the control centre for improving brain activity and function. With practice it is believed possible to improve the ability to control and improve your attention span and creative thinking, whilst improving your overall mental health and well-being.



Scientific studies have revealed that regular specific breathing techniques have found that the Anterior (front) brain responds positively showing enhanced brain activity.

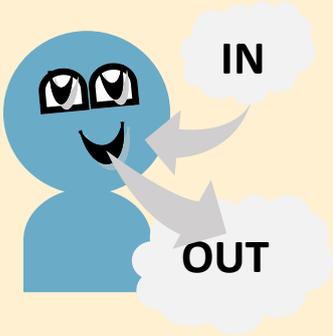
This simple breathing exercise can be carried out anytime of the day to suit a busy schedule!



1. Stretch your arms out loosely, bend your back comfortably and walk around making sure your body is loose and not holding any tension in your body.



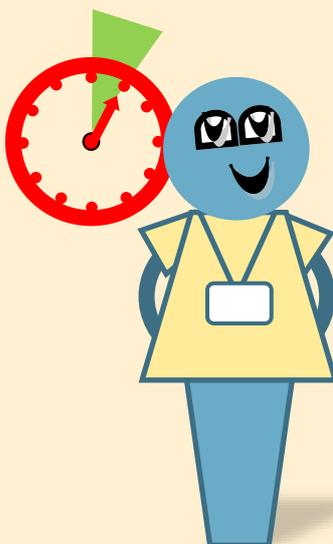
2. Find somewhere to sit comfortably which is quiet and peaceful.
3. Once sitting comfortably, take a few normal breaths and try to relax with your breathing.



4. Next when you are ready, breath in for a count of 3 or 4 seconds, and then naturally breath out a little slower, maybe around 5 seconds if you can (you can count this in your mind). Don't worry too much about the timing of this, more importantly focus on relaxing.



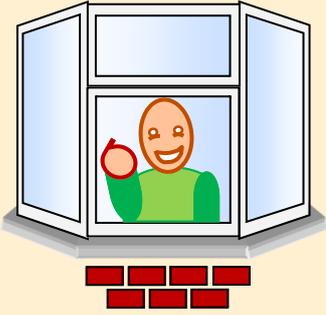
5. Whilst doing this, try to focus your attention on breathing from your lower diaphragm area instead of your chest area (this may take a little bit of practice, but will help alleviate tension in your upper back and chest area).
6. Focus on the lower diaphragm area 'expanding your lower belly area' with your IN breath, and then your lower belly 'going inwards' on the OUT breath. Closing your eyes will help you to relax and gently concentrate.



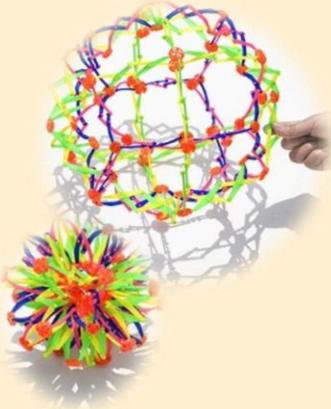
7. Carry on breathing like this naturally for a few minutes, or until you feel ready to stop.
8. When ready resume to your normal day to day work, slowly open your eyes and continue with your day with a sense of freshness!

Matt Bindon is a Qualified and Certified Teacher and Practitioner in Tai-Chi and Chinese health and well-being practices with 35 years' experience.

Anyone can try mindfulness...



It may even benefit people you support to think about their breathing and take some time out. They will be feeling anxious and stressed at all the changes to their routine.



Some people may find it harder to think about how they are breathing. You can use props that can help people to focus.

These expandable spheres which can be bought quite cheaply can be used to help a person focus. By breathing in and out as you expand and contract the sphere a person can be supported to get into the rhythm of breathing more deeply.



You can also make your own mindfulness aid by filling a plastic bottle with water and adding some glitter. Put the lid on tightly and seal with glue or tape if you think there is a risk that someone might try and drink it.



If a person wants help to focus on being calm they can shake the bottle and then watch and breath as the glitter gently settles to the bottom of the bottle again.

If you want to find out more Skills for People have developed '**Mindfulness for Life**' which is a programme designed to bring mindfulness to people with learning disability and or autism. This programme has been developed by Skills for People in partnership with people who have living experience of learning disability and/or autism and experts in mindfulness.

<https://skillsforpeople.org.uk/groups-courses/courses/mindfulness/>

Andrew inspired by Captain Tom—Go Andrew!



Andrew who is supported by Thera East Anglia in Fakenham has been walking at least 1 and a half miles per day, possibly inspired by Colonel Tom Moore, to show support as well as exercise. His aim is to make it to 50 miles.



With assistance from our central fundraising team he has set up a page with any donations going to Thera East Anglia. Andrew is very excited about sharing his efforts and having a fundraising page.



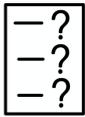
Andrew does not have a target amount in mind and did not start this endeavour to raise money, however the amount of sponsors is the goal. Money is not important in terms of the fundraising page, but the recognition of what he wants to achieve and support from as many people as possible will absolutely make his day!

This is the link to his page: <https://cafdonate.cafonline.org/13113>



Word searches

Do you enjoy doing word searches?



word search

There is a word search on the next page that you can do yourself about the famous programme 'The Simpsons'.

If you enjoy doing this one perhaps you might like to look at this free website to do some more: <https://thewordsearch.com/>



Thank you card competition winners

thank you We had lots of colourful, creative and fun thank you card entries.



enjoyed

We hope you enjoyed taking part.

The Simpsons Characters

A	M	E	L	A	P	A	L	E	N	N	Y	N	O
T	P	W	I	L	L	I	E	C	C	O	T	E	R
T	I	U	D	T	L	L	O	M	L	A	O	L	B
R	M	S	M	H	Y	R	T	C	M	A	H	S	K
L	E	R	W	P	S	A	T	L	N	M	O	O	R
S	Y	E	T	A	A	C	O	E	M	L	M	N	U
K	R	H	I	T	I	B	O	T	H	E	E	T	S
R	B	T	Y	T	T	T	Y	U	P	S	R	O	T
B	A	I	S	Y	E	E	G	S	L	T	E	I	Y
O	R	M	I	S	N	R	B	I	A	Y	A	T	R
I	T	S	L	R	A	D	E	U	R	H	R	E	T
E	O	M	A	M	R	E	I	I	S	I	T	T	R
A	N	B	P	T	L	N	C	M	A	R	G	E	O
Y	E	A	B	O	B	W	O	H	S	E	D	I	S

NELSON
 RALPH
 OTTO
 PATTY
 BART
 SIDESHOW BOB
 LENNY
 HOMER
 KRUSTY
 WILLIE
 NED
 SMITHERS
 CLETUS
 GRAMPA
 SELMA
 MOE
 MARGE
 BARNEY
 APU
 CARL

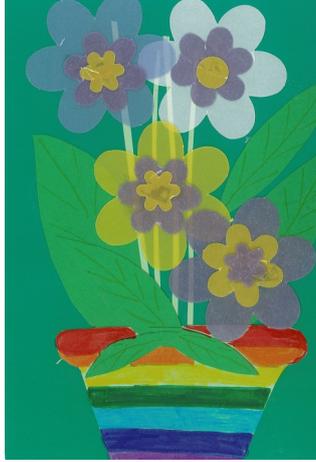
Play this puzzle online at : <http://thewordsearch.com/puzzle/13/>

Thank you card competition winners

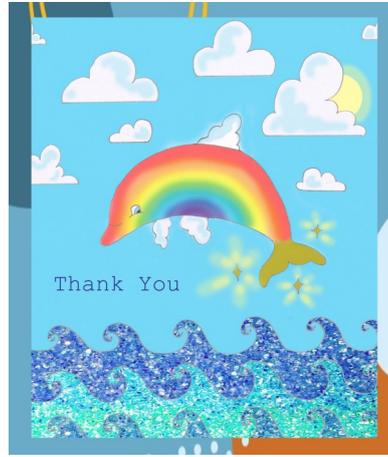


winners

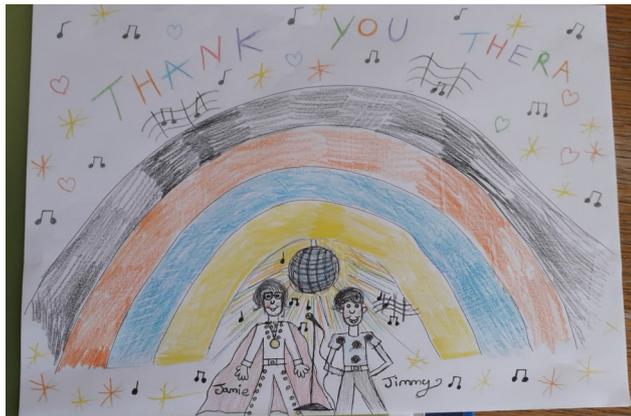
The judging panel found it very difficult to make a decision and could not agree on one winner and so they decided to have 4 equal winners!



Anna Clark



Sarah Mills



Jimmy and Jamie



Mark Crutchfield



proud

We hope you enjoy spending your vouchers and proudly display your certificate.



well done

We are sure that you will join us all in congratulating them.

Well done everyone!

Window Sill Herb Gardens

Have you ever thought of growing your own herb garden?



garden

Growing herbs can be really easy and enjoyable. They fill your home or garden with lovely smells. Some have beautiful colourful flowers and of course you can use them to cook with and make delicious tasty meals.



tips

If this is something you might like to try here are 9 simple tips and steps:

1. Choose a sunny windowsill or space in your garden. At least 6 hours of sunshine.
2. Select your containers with plenty of drainage holes.
3. If you are doing this in your house use a saucer to avoid marking your windowsill.
4. Put a layer of potting mix in the bottom of your container.
5. Gently remove the herb plant from its original container loosening the roots.
6. Finish with potting mix firmly gently around the plant leaving space for watering.
7. Water immediately.
8. Drain excess water.
9. Cut your herbs regularly.



information

More information can be found here: <https://www.perrywood.co.uk/gardening-tips/create-windowsill-herb-garden/>

Fundraising for Thera Connex



fundraising

The fundraising campaign for Thera Connex is still running! 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



donate

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

Walking bingo



bingo

While you are out getting some exercise and some fresh air, which is so important at this time for our mental and physical health, why not complete the walking bingo cards which are on our website: [https://](https://www.thera.co.uk/contact/coronavirus/thera-connex/things-to-do/)

www.thera.co.uk/contact/coronavirus/thera-connex/things-to-do/



find

Get searching for all the objects on your cards and see who sees them all first. Happy hunting!

Craft boxes

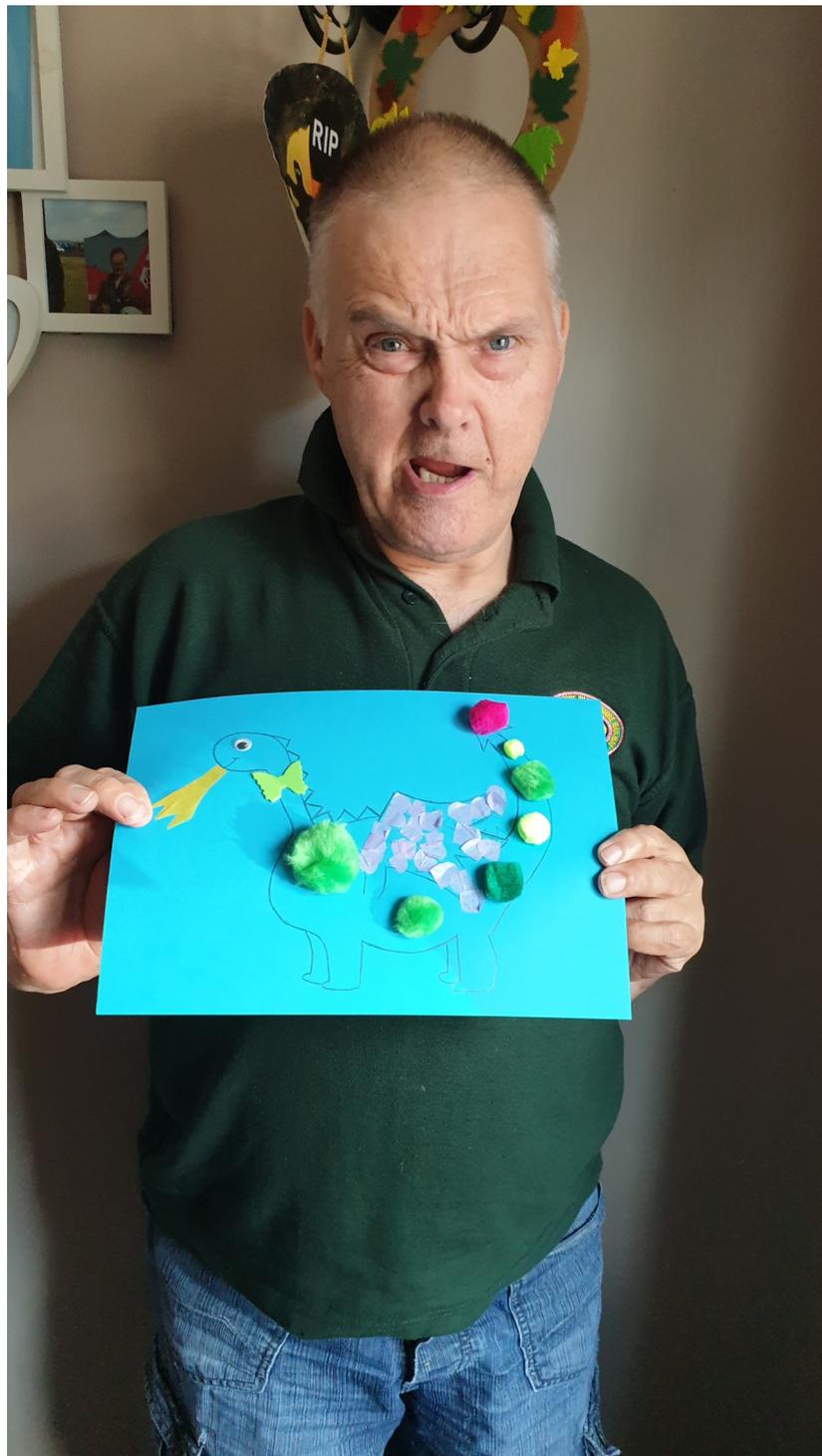


crafts

Most people have received their craft boxes now and we love seeing what everyone has been making with them.

There are some very talented and creative people out there.

Here is just a small selection of what people have been making and creating.



Coronavirus testing

We hope you are all keeping safe and feeling well.



worried

We hope that you will not need to go for a coronavirus test. However, if you are worried or have any of these symptoms you may need to go for a test:



symptoms

- A high temperature, this means you feel hot to touch on your chest or back.
- A new or continuous cough, this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours.
- Loss of or change in smell or taste.

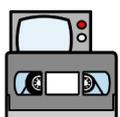


Easy Read

If you are asked to go for a test this easy read guide to what happens will help you understand everything a little better and put you at ease.

You can find the easy read guide on our website at: <https://www.thera.co.uk/contact/coronavirus/thera-connex/health-and-wellbeing/>

Stay safe and alert everyone!



video

Help us spread some positivity

Watch this space for the Don't Worry Be Happy Video. This will be a video of lots of people dancing, singing or signing to the song 'Don't Worry be Happy'. People who didn't want to be videoed have made pictures and had their photograph taken or sent a silly selfie in.



photograph



Help us spread the positivity!

Join us and sing, dance or sign along to

'Don't Worry, Be Happy'

Thera Group®

Although you don't have time to take a video of yourself now, if you would still like to join in you do have time to send in a picture. Please upload your photos, with your consent, to the website at www.thera.co.uk/contact by **Monday 25 May**.

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.



ideas

Please show us what you have been doing by sending your ideas and pictures to www.thera.co.uk/contact

We will share these with everyone else.

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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email

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