

Thera Connex newsletter 2020

Edition 8



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.

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.



safe

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.

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



important

On Sunday 11 May 2020 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.
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**.

It is important that we all still follow these guidelines.

Welcome to Thera Connex



approach

The new approach in England says:

#StayAlert #ControlTheVirus #SaveLives

Last week there were more updates that are important for people to know:



test

- **Any person over the age of 5 years old that has symptoms of COVID19 can book to have a test.** This can be done through the government website: <https://www.gov.uk/guidance/coronavirus-covid-19-getting-tested>
- **Another symptom that's is now recognised with COVID19 is the loss of taste and smell.** This can be hard for people to recognise and sometimes express to others. Ways that we can support others around this symptom is by knowing someone well and how they react when eating or if there is a strong smell and the person doesn't appear to smell this. These symptoms would usually go along side other symptoms that the government have stated on their website as detailed above.



symptoms



newsletter

In this newsletter we have information about:

- Activities for older adults during COVID19
- Word searches
- Wildlife Trust
- Make a groovy smoothie
- Recipe time
- Random facts of the week
- Entertaining links
- Colouring picture
- Your great dream
- Ideas for outdoor activities

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:



Activities for older adults during COVID19



activities

There are lots of ideas and activities out there at the moment to help keep people happy at home. This week we have decided to include a link to give ideas to people supporting older adults and people that may have dementia, whilst they are staying at home to keep safe. It has some really good ideas to have a go at. Follow the link and see what you think: <https://www.thera.co.uk/contact/coronavirus/thera-connex/things-to-do/>

Who doesn't like a word search?



word search

This week we have included the TV show Friends word search for you to do whilst you are staying safe at home. You can find the word search on the next page.

Wildlife Trust



walk

Now that the government have said that people are allowed out more than just once a day for one hour, have you thought about going out on walks? Remember to keep to the safe social distance and look for wildlife in your areas. The Wildlife Trust have a link that you can follow to download your free Wildlife Activity Pack: <https://action.wildlifetrusts.org/page/57739/petition/1>



photographs

Remember to send us your pictures and feedback of anything that you have found when out and about! You can do this through our website at www.thera.co.uk/contact

Friends

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

WAITRESS
 GELLER
 PHOEBE
 COURTNEY COX
 FRIENDS
 CHANDLER
 LISA KUDROW
 RACHEL
 BING
 MATT LEBLANC
 ANISTON
 GUNTHER
 APARTMENT
 ROSS
 GREEN
 JOEY
 NEW YORK
 BUFFAY
 MONICA

Play this puzzle online at : <http://thewordsearch.com/puzzle/143/>

Make a groovy smoothie



summer

As summer is well on its way have you thought about making cool and refreshing drink that's healthy for you too? How about having a go at making a groovy smoothie from the link below:

Groovy smoothie recipe: <https://www.allrecipes.com/recipe/32334/groovie-smoothie>

You can even have a go at inventing your own, and give it a name!

It would be great to see your creations and even a recipe if you've made the grooviest smoothie ever, please send us your pictures through our website at: www.thera.co.uk/contact



photographs

We look forward to seeing them!

Recipe time!



recipe

For all you budding cooks out there this week as the weather has been sunny we wanted to share potato wedges and dip recipe for you to have a go at cooking.



ingredients

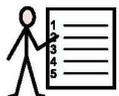
Ingredients:

- 1 large baking potato
- Olive oil-flavoured cooking spray
- 1/4 teaspoon salt
- Dash garlic salt
- Dash cayenne pepper

Bacon horseradish dip:

- 1/3 cup sour cream
- 1/2 teaspoon prepared horseradish
- 1 bacon strip, cooked and crumbled

Recipe time



instructions

Instructions:

1. Pierce potato and place on a microwave-safe plate. Microwave on high for 3 minutes or until still firm but almost tender. Cut into eight wedges; place on a baking sheet coated with cooking spray. Spritz wedges with olive oil-flavoured spray; sprinkle with salt, garlic salt and cayenne. Bake at 425° for 20-25 minutes or until golden brown.
2. In a small bowl, combine the dip ingredients. Serve with potato wedges.

Nutrition facts:



facts

1 each: 449 calories, 11g fat (7g saturated fat), 32mg cholesterol, 887mg sodium, 72g carbohydrate (11g sugars, 6g fibre), 15g protein.

If you wanted to visit the website here the link below:

<https://www.tasteofhome.com/recipes/potato-wedges-with-dip/>



feedback

We would love people feedback on their cooking experiences and if you would like any other types of recipes or links to recipes in other Thera Connex newsletters. Get in touch through our website at

www.thera.co.uk/contact

Random facts of the week



facts

We thought as a treat we would share some random and sometimes funny facts with you that may make life at the moment a little better and put a smile on your face or may even be a little thought provoking.

1. **Snakes can help predict earthquakes.** They can sense a coming earthquake from 75 miles away (121 km), up to five days before it happens.
2. **29 May is officially “Put a Pillow on Your Fridge Day”.** This strange holiday spans back to the early 1900’s, where families would place a piece of cloth in their larders. It’s celebrated in Europe and the U.S.A to bring luck and wealth to the household.
3. **7% of American adults believe that chocolate milk comes from brown cows.**
4. **The top six foods that make your fart are beans, corn, bell peppers, cauliflower, cabbage and milk.** It’s probably best if you avoid eating any of these if you’re going on a date.

Entertaining links



entertainment

We all need something that helps to keep us entertained during these strange times so have a look at these links and tell us what you think?

Keeping busy during lockdown

This link below is a Facebook group that are happy for people to join and gives you things to keep you busy during lockdown check it out and see what you think: www.facebook.com/groups/hellothebuzz

Wash your hands with Baby Shark

A lot of people have heard the ‘Baby Shark’ song sensation and we wanted to share with you The Wash Your Hands with Baby Shark | Baby Shark Hand Wash Challenge. Click on the link to listen to the song:

<https://youtu.be/L89nN03pBzl>

Entertaining links



entertainment

Basil Brush during lockdown

This is the one and only Basil Brush returned to entertain you in 45 seconds during the lockdown click on the link and have a giggle:

<https://www.bbc.co.uk/news/av/uk-england-hampshire-52713572/coronavirus-bin-day-is-lockdown-highlight-for-children-s-tv-star>

Calling all artists



artist

This week we have included two 'keep calm' pictures for you to choose from. You can find them on the next pages.

Why not colour them in and send us pictures of your creations by uploading them to www.thera.co.uk/contact

Your great dream



dream

It's important to take care of yourself, make sure you make time for it!

Ansar have some information about looking after your physical and emotional well-being. You can find this information on the next few pages,

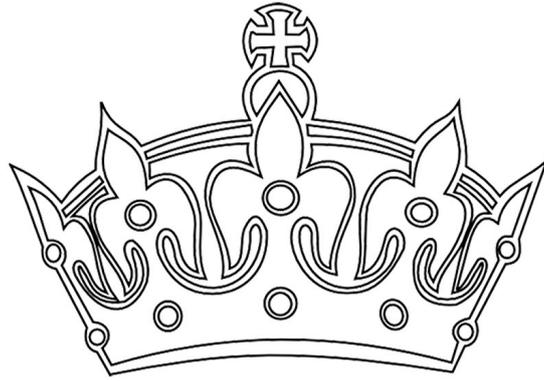
Ideas for outdoor activities



ideas

Dimensions have some ideas for outdoor activities that you can do as the lockdown restrictions begin to ease. Many of them can be incorporated into a walk.

You can find the list of outdoor activities to inspire you at the end of this newsletter.



KEEP
CALM
AND
STAY
STRONG

KEEP
CALM



AND

*Be a
Unicorn*



Your Great Dream

It is important to care for yourself – make time for it.

There are many things that we may not have been able to do due to the current situation.

So, we need to ensure we are still looking after our physical and emotional well-being.

There are five ways to well-being and we may have been deprived of some of them over the last few months.

Time to start planning the way back...

Connect

Connect with people around you, (even if you cannot physically be with them) with family, friends, colleagues and neighbours. At home, work, or in your local community. Think of these as the cornerstone of your life and invest time in developing them. Building these connections will support and enrich you every day.

Be Active

Go for a walk or run. Step outside, cycle, play a game, gardening, dance. Exercise makes you feel good. Most importantly, discover a physical activity you enjoy and one that suits your level of fitness and mobility.

Take notice

Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savour the moment, whether you are walking to work, eating lunch or talking to friends. Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you focus on what matters to you.

Keep learning

Try something new. Rediscover an old interest. Sign up for that course. Take on a different responsibility at work. Fix a bike. Learn to play an instrument or how to cook. Set a challenge you will enjoy achieving. Learning new things will make you more confident as well as being fun.

Give

Do something nice for a friend, colleague or even a stranger. Thank someone, smile, volunteer your time. Join a community group. Look out as well as in. Seeing yourself and your happiness linked to the wider community can be incredibly rewarding and creates connections with the people around you.

Your Great Dream

There are ten keys to happier living. Find them, enjoy them and hold on to how they make you feel.

		What can you do?		What will you/did you do and how did it make you feel?
G	GIVING	Do things for others		
R	RELATING	Connect with people		
E	EXERCISING	Take care of your body		
A	AWARENESS	Live life mindfully		
T	TRYING OUT	Keep learning new things		
D	DIRECTION	Have goals to look forward to		
R	RESILIANCE	Find ways to bounce back		
E	EMOTIONS	Look for what's good		
A	ACCEPTANCE	Be comfortable with who you are		
M	MEANING	Be part of something bigger		

Remember. If you are finding life hard, talk to a friend, colleague, manager or Mental Health First Aider. Or call the Employee helpline on 0800 068 6729
Asking for help when you need it is a strength, not a weakness. You have that strength.

Ideas for outdoor activities

As the lockdown restrictions begin to ease, here is a list of outdoor activities to inspire you. Many of them can be incorporated into a walk.

Things to remember....

Walks and other outdoor activities should only be planned where you are confident that you and the person you are supporting can maintain social distance from other members of the general public.

Sun protection: sun screen, hats and sunglasses.

Public toilets in most areas are closed so it may make sense to keep your outings short and close to home.

Adding interest to a walk

Enjoy nature by seeing how many different birds, flowers, trees or butterflies you can spot.

Everyone can take part in the Big Butterfly Count which takes place 17 July – 9 August. You can find more information and a handy chart for identifying butterflies at <https://www.bigbutterflycount.org/>

Play 'I spy...'

Pick leaves and common wild flowers, like buttercups and daisies, and other items from nature. These can be pressed to make cards or collages. To press flowers place them between 2 sheets of absorbent paper, such as kitchen roll. Put them inside a book and weigh it down; then leave them undisturbed for 7-10 days. When all the moisture has gone from the flowers they can be used for craft projects.

Spot clouds – see how many different shapes you can spot. You can find out more about cloud shapes at <https://www.thoughtco.com/types-of-clouds-recognize-in-the-sky-4025569>

Create your own scavenger hunt, by making a list of objects to spot and cross them off as you walk. Your list can be based on a single colour, the colours of the rainbow, numbers of objects or the objects themselves, depending on where you are walking and people's interests. (For instance, spot 10 red things, or how many different animals, motorbikes, etc, can you spot?)

Sign up for the geocaching app at www.geocaching.com

Collect shells on the beach. You can use these to make decorative flower pots. A tile adhesive is good for attaching the shells to a pot.

Collect pebbles. Take them home to paint and on your next walk leave them for others to find.

Collect dandelion heads to make dandelion honey. This is a syrup made from flowers and sugar and tastes very much like honey. You can find a recipe at <https://www.thespruceeats.com/dandelion-honey-recipe-1806823>

Collect elderflowers to make cordial. You can find a recipe at <https://www.bbcgoodfood.com/recipes/homemade-elderflower-cordial>

Pick wild garlic to add to your soups and stews.

Getting more active

Depending on the facilities in your local park, you may be able to:

- Practice taking football penalties
- Practice scoring goals in a basketball hoop
- Play Frisbee
- Have a game of tennis. You can make this more accessible by using Velcro bats and balls

Cycling

Running - use a step counter app on your phone to set targets

Fishing

Other outdoor activities

Have a picnic

Find a spot without too much light pollution and look at the moon and stars

Find a windy spot and fly a kite

Take a series of photos on a theme; these could be used to make a slideshow, a collage or cards or just put a favourite one in a frame.

Take a sketch book and some pencils out and sit and draw what you can see.

Grow herbs or flowers on a verge or small patch of land that is otherwise unused and unloved by the Council.

Last but not least

Ask the people you support what they would like to do outdoors and be creative in making it happen, at least the parts that are permissible. If the current restrictions mean you can't support people to do what they would most like to do, explain why and make a wish list of everything they want to do as soon as it is safe.

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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