

Thera Connex newsletter 2020

Edition 10



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.

The Government has said we all still need to be very careful to keep safe due to the Coronavirus. We should still stay at home as much as possible.



safe

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.

Please send us your ideas and show us the things you have been doing. We will all keep in touch and help each other.



newsletter

In this newsletter we have information about:

- What is happening with the Coronavirus
- The new rules we have to follow
- Contact tracing
- Stories to listen to
- Some good videos to watch
- A feel good playlist
- A recipe to try
- Walking bingo

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:



What is happening with the Coronavirus



rules

There are less people getting the Coronavirus and more people are getting better. If we all follow the rules we can help make sure things keep getting better. Some countries now have no Coronavirus at all.



safe

Lots more people are being tested for COVID-19, this will help keep staff in the NHS and social care to keep safe. It will help people who aren't sure if they have COVID-19 and are feeling ill. There is information about contact tracing further in this newsletter.



rules

The information we have shared in previous newsletters have all been about England. The rules in Scotland are different. If you want to know about COVID-19 in Scotland, you can see lots of information on the government website: <https://www.gov.scot/news/route-map-for-moving-out-of-lockdown/>



information

The Scottish Government have made some easy read information. They have some plans for how Scotland will change their rules to get people back to work and seeing their family and friends.

You can see this information on our website: <https://www.thera.co.uk/contact/coronavirus/accessible-resources/>

The new rules we have to follow



rules

The Government often change the rules about how we stay safe. These are the rules we know from **Friday 13 June**:

- People who live alone can start to meet up with one other household. They can go into each others house and don't have to be 2 metres apart. This is called a 'support bubble'. For example, a grandparent can visit their grandchildren, if the grandparent lives alone and the grandchildren live in the same household. If the grandparent has grandchildren in two households, they will only be able to have a support bubble with one of the households. They can still see the other household but 2 metres apart.

The new rules we have to follow



rules

- If you have had a letter telling you to take special care, which is called 'shielding', you are advised not to make a support bubble.
- People can start to go to churches, chapels, mosques and temples for private worship. There will be no big services or celebrations, just people who want to pray on their own or with the people they live with.

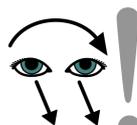
From Monday 15 June:



rules

- Lots more shops will be open, they will have to follow all of the rules for social distancing such as keeping people 2 metres apart.
- If you are going on public transport you must wear a face covering . You will be breaking the law if you fail to do so and could be fined. Some people are exempt from wearing one and to check the government guidance e for more information. We shared a guide to making your own face covering in the last newsletter.
- In all NHS England hospitals all staff, outpatients and visitors will need to wear face coverings. You can wear your own or they will be provided in emergency situations or whereby people do not have one of their own. This applies at all times.
- Some young people will start going back to school.
- Places like zoos, farm parks and drive in cinemas will be able to open soon. They will have to follow all of the rules for social distancing such as keeping people 2 metres apart.

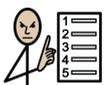
Things we still have to do



be careful

The Government have said they want to get people back to work and seeing their family and friends as quickly as possible. We have to be very careful not to do anything that might spread the Coronavirus again.

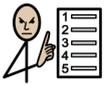
These are the rules we still have to follow:



rules

- We can meet up to 6 people outside, such as in the park. We have to stay at least 2 metres apart.

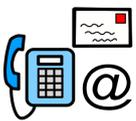
Things we still have to do



rules

- We can't go into other people's houses unless we have a 'support bubble' with them.
- Places like gyms, public swimming pools, cinemas, cafes and restaurants have to stay closed. Cafes and restaurants can do take away food.
- Outdoor gyms and playgrounds have to stay closed.
- If you feel ill and think you have COVID-19 you have to stay at home away from other people for 14 days.
- If you have a test and it shows you have COVID-19 you have to stay at home and away from other people for 14 days, even if you don't feel ill.
- If you have had a letter telling you to take special care, which is called 'shielding', you are advised not to make a support bubble.

Contact tracing



contact

The Government has launched 'contract tracing' to help stop the spread of COVID-19.

If a person gets ill and they think they have COVID-19 they should get tested. If the test shows they have COVID-19 they will be asked about the places they have recently been and the people they have met in the 48 hours before they started to feel ill. They will be asked about the places they have been and people they have met in the week after they started to feel ill.

This includes the people they live with and anyone they have met for more than 15 minutes, where they were 1 metre or less apart. This could include people in shops and on public transport, where it is hard to stay at least 2 metres apart.

The contact tracer will then get in touch with as many of the people as possible, that you have spent time with.

Contact tracing



contact

The contact tracer will say that someone they have met has COVID-19, but not give them your name.

Contact tracers will ask people to self isolate for 14 days. This means you can't go out at all and stay away from other people as much as possible. This is even if you don't feel ill.

If a contact tracer calls you to say you have met someone with COVID-19 and you can ask to get tested.

The contact tracers **will not** ask for any bank details or ask you to set up a password or pin number. They **will not** ask you to call another phone number that starts with 09 or 087. If anyone calls and says they are a contact tracer and they ask you for information like this, don't tell them anything.

Contact tracers will only call from this number: 0300 0135 000

You can find more information on our website: <https://www.thera.co.uk/contact/coronavirus/about/>

Stories to listen to



stories

Because we have to stay at home a lot of the time we can get bored of the books, videos and music we have in the house. There are some great stories on the internet we can listen to. Listening to a good story can help if we are feeling cross or worried.



listen

Jarvis Cocker has put some good stories on YouTube. He has a lovely voice and a great Yorkshire accent, so he is good to listen to. You can find the stories here: <https://www.youtube.com/watch?v=bT1a-ISMuCU&list=PLRwOsRNUpa3bATLAFqPNpaSXglqTIs9&index=9&t=0s>

Lots of people love the Adrian Mole books. You can hear them on YouTube here: <https://www.youtube.com/watch?v=BI6ERjumAww>

Stories to listen to



stories

Have a look to see what other good stories you can find. Please let us know the best ones and we will share them with everyone. You can let us know through our website at: www.thera.co.uk/contact

Some good videos to watch



video

We have found some good videos for you to watch. This person calls themselves Mr Chicken. He makes videos of songs you might know, but he uses a chicken: <https://youtu.be/uDrdZM1iGrc>

The Nirvana one is very good: <https://youtu.be/hHbfmMQtGm0>

Why not have a look at the Ukulele Orchestra: <https://www.youtube.com/user/UkuleleOrchestra> they do songs you might know, on ukuleles.

Please send us links to the best videos you have found:

www.thera.co.uk/contact

A feel good playlist



music

Gig Buddies bring people together to enjoy live music. While we are all staying at home, they have found lots of ways to share music that will help to keep us going. They have a feel good playlist with over 5 hours of music.

You can find the playlist here: https://open.spotify.com/playlist/11sZO1jMJVkcqOJRDH4isu?si=QlzoDa3YSyO8e9Phu1xWaA&fbclid=IwAR18EcWLB5u5sGJqvZ0p6kXGftaEtYJ92skFEqPuNrEOnYOso_hePCLDtAg

We have shared information about Gig Buddies and the things they are doing during the lockdown in the newsletter before. Have a look at older newsletters to find out more and enjoy the things they are doing.



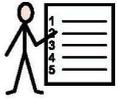
information



recipe

A recipe to try

There is lots of lovely summer fruit in the shops now. This recipe is for a wonderful pudding you can make with summer fruits.



instructions

1. Get a bowl that holds at least 1 litre of water. Grease the bowl with vegetable oil and put a piece of cling film that covers the inside of the bowl. Make sure there is lots of cling film hanging outside of the bowl.



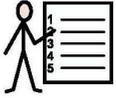
2. Put 750g mixed summer berries, such as raspberries, blackberries, blueberries, redcurrants, blackcurrants or pitted cherries in a large pan. Add 125g golden caster sugar and the zest and juice of half an orange. Cook over a low heat for 5 minutes until the sugar has dissolved. The juice will come out of the berries to make a sauce. Take the pan off the heat to cool. Stir as little as possible to stop the berries going mushy.



3. When the berries are cool, stir in more fruit—150g raspberries and 150g sliced strawberries. Strain through a sieve to separate the fruit from the juices. Keep the fruit in a bowl and pour the juice into a large shallow dish.



Instructions



instructions

4. Cut the crusts off 8 slices of white bread. Cut a circle from one slice to fit the bottom of the pudding bowl. Then cut the other 7 slices in half to make triangles. Keep 4 triangles for the top. Dip one side of the bread circle in the juice then put in the bottom of the pudding bowl, juice-side down. Repeat with the bread triangles, pressing them juice-side outwards, around the sides of the bowl. Overlap the bread to make sure there are no gaps. If there are any gaps just push a small piece of bread into the hole to fill it up.



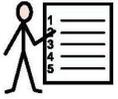
5. Put the fruit into the bread-lined bowl. Make sure you fill it to the top. Cut off any bits of bread sticking up at the edges.



6. Put the 4 bread triangles to cover the top. Use a spoon to put the rest of the berry juices all over the top of the bread.



Instructions:



instructions

7. Fold over the cling film to cover the top. Put a small plate (just smaller than the top of the bowl) on top of the pudding. Put something heavy on top to weigh it down – a heavy book or a bowl filled with water. Chill in the fridge overnight so that the bread can soak up all the juices from the fruit.



8. When you are ready to eat the pudding, lift off the weight and unwrap the cling film on top. Place a large serving plate over the top of the bowl. Hold it tight to the bowl then carefully turn it over so the pudding is on the serving plate. Use the cling film to help lift the bowl off the pudding. Take off the cling film. Cut the pudding into slices. You can add some extra fresh berries if you want. You can have the pudding with whipped cream or crème fraiche.



Walking bingo



1	88	X	X
4	X	25	X
X	X	11	X

bingo



win

We have made some special bingo cards you can use when you go for a walk. Print the cards and take one each when you go out. Every time you see one of the things on your card mark it off.

You can decide if you win when you get a line or if you have to finish the card. Maybe you can choose a prize for the winner – maybe the others can make them a cuppa when you get home. You can find the bingo cards on the next pages.

Thera Connex newsletter



newsletter

Because everyone is getting used to the lockdown now, we will start to make this newsletter a bit less often. Lots of people have found good ways to look after themselves. We know you enjoy the newsletter so it won't stop.



month

The next newsletter will be at the end of June!

After that we will make one newsletter each month, at the end of the month.



ideas

It would be great if you could help us by sending us ideas for things to put in the newsletter. Send us links to good things on the internet and tell us about things people are doing in your area. You can do this through the website at: www.thera.co.uk/contact

Walking Bingo



Cat



Bicycle



Glasses



Rainbow picture



Tree



A pub



Green door



Dandelion



Dog



Metal gate



Blue car



Post box

Walking Bingo



Tree



Dandelion



Metal gate



Cat



Dog



A bee



Blue car



Post box



Bicycle



Glasses



Rainbow picture



Green door

Walking Bingo

 <p>Glasses</p>	 <p>Tree</p>		 <p>Dog</p>	
 <p>Bicycle</p>	 <p>Green door</p>	 <p>Blue car</p>		
 <p>A pub</p>			 <p>Cat</p>	 <p>Post box</p>
	 <p>Dandelion</p>	 <p>A bee</p>		 <p>Rainbow picture</p>

Walking Bingo



Green door



Post box



A pub



Glasses



Tree



Dog



Blue car



Cat



Metal gate



A bee



Dandelion



Rainbow picture

Walking Bingo



Rainbow picture



Dandelion



Bicycle



A bee



Metal gate



Green door



A pub



Post box



Tree



Dog



Blue car



Glasses

Walking Bingo

 <p>A bee</p>		 <p>Green door</p>	 <p>Metal gate</p>	
	 <p>Rainbow picture</p>		 <p>Tree</p>	 <p>Blue car</p>
 <p>Glasses</p>	 <p>Dog</p>		 <p>Bicycle</p>	
 <p>Post box</p>		 <p>Cat</p>		 <p>A pub</p>

Your great ideas



information

As the lockdown restrictions are easing and we can go out more, we want to make this newsletter every two weeks.

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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