

Thera Connex newsletter 2020

Edition 9



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 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.



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:

- The new government guidelines on keeping safe
- Make your own face masks
- Gig Buddies Scotland playlists
- Online events—Event Brite
- Heart 'n' Soul at home and make a comic
- Create your own butterfly feeder
- How to press flowers
- Rainbow competition time
- Thank you to our art supplier

Did you know?

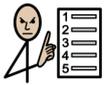
You can **click this button** on the website: www.thera.co.uk to **listen** to the newsletter:



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



New government guidelines on keeping safe



rules

As of Monday 1 June, some of the rules around staying at home have eased. The government publishes new rules regularly as the situation with coronavirus changes in England.



information

An organisation called Photosymbols has created a separate website where they publish their easy read coronavirus guides. They publish these guides as information is updated by the government: [https://](https://www.keepsafe.org.uk/)

www.keepsafe.org.uk/

You can find the most recent posters that apply from June on the next page.

Make your own face mask!



face mask

With new government guidance and some lifting of restrictions, people have been advised to wear face masks when they go out of their home. We thought it might be fun for you to try to make your own!



ideas

There are a number of ways you can make your own facemask if you haven't already done so. You can find a few ideas on the BBC website: <https://www.bbc.co.uk/news/uk-52609777>

The one with the bandana:
Folding cloth and elastic bands



Materials

2.5cm = 1 inch

Elastic bands
(or hair ties)

Bandana, handkerchief



Start

Lay the cloth out flat

Fold in half

Fold top third down, fold bottom up to meet it

12cm

Thread through two elastic bands, 12 cm apart

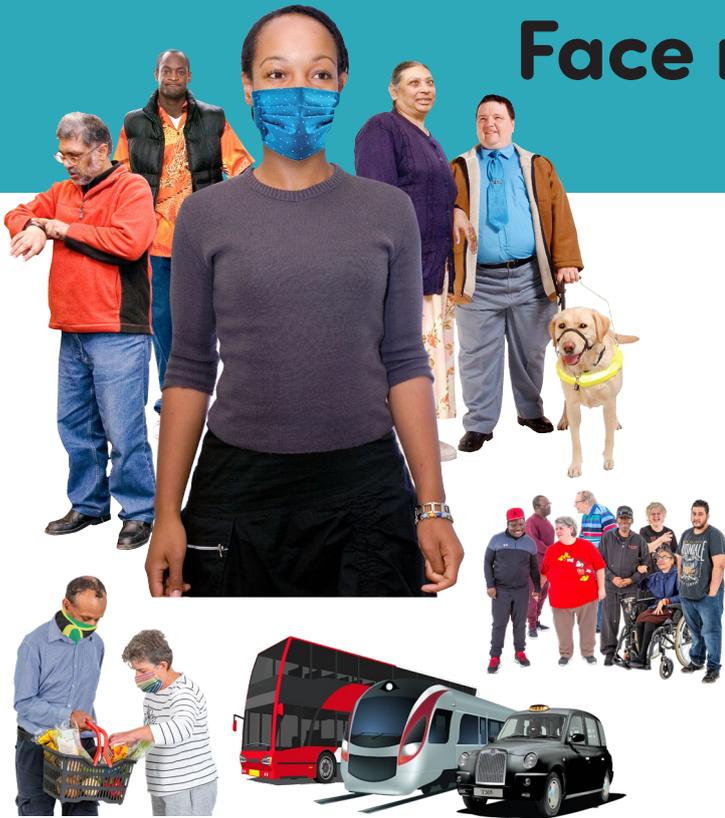
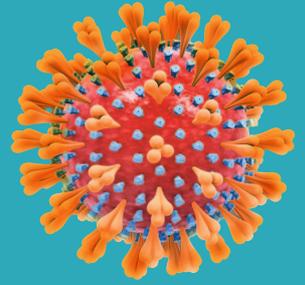
Fold each side to the middle and tuck into the folds

Source: CDC

BBC

Coronavirus

Face masks



Cover your face in these places to stop coronavirus spreading

- * **Shops**
- * **Public transport**
- * **Whenever people are close together**

Mask life



Find something comfortable



Make sure you can breathe ok



Don't keep touching it



Wash your hands when you put it on and take it off

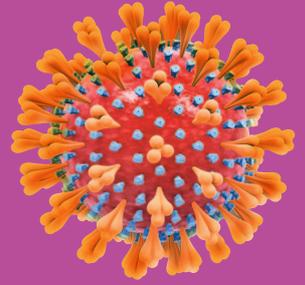


Find out more at keepsafe.org.uk/mask

A face mask
does not protect you
We wear a face mask
to protect other people

Coronavirus

Stay safe in June



STAY ALERT CONTROL THE VIRUS SAVE LIVES

The Government has updated rules for people in England. We can see more people but must still be careful.



6 people can meet up - as long as it is outdoors



in a park or a public place



or as guests in your garden



But you **MUST** still keep a safe distance



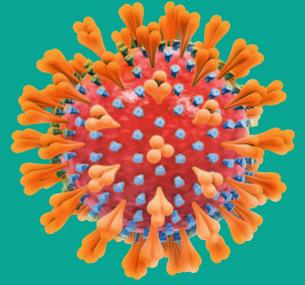
And clean bathrooms and hands carefully



Stay safe. The virus is still spreading
Talk to someone you trust for advice

Coronavirus

Shielding Update



Two million people are **vulnerable** because coronavirus could kill them

The NHS sent letters to these people about **shielding**

Rules from 1st June



You can now go outside once a day with people you live with



If you live on your own you can meet one other person



Only do this if you feel safe and always keep your distance



If you feel ill stay home and phone your GP or get advice from 111
In an emergency call 999

Gig Buddies Scotland playlist



DJ

Gig Buddies Scotland have recently started creating Spotify playlists! These are a mix of playlists made by their DJs, members and staff teams. They will also be making playlists of all the tracks that are played at their DJ nights that happen every other week.

This way, people can still enjoy them even if they missed the event.

To find the Gig Buddies playlists visit the Gig Buddies Scotland Facebook page: www.facebook.com/gigbuddiesscotland



Online events – Event Brite



events

If you enjoy going to free online events, then you will definitely enjoy browsing through Event Brite. They have a huge variety of online events that are free to join, such as seminars, gigs, how-to's, talks, exercise sessions and lots more. Check it out! <https://www.eventbrite.co.uk/>

Connect through
online events

Browse events →



Heart 'n' Soul at home



creative

Heart 'n' Soul are a creative arts company and charity who believe in the power and talents of people with a learning disability. During lockdown they have taken most of their activities online and called them "Heart 'n' Soul at home". You can join in through their accessible website: <https://www.heartnsoul.co.uk/stayhome>

They have



activities

- Weekly choir videos that you can sing along to
- Their own radio where you can listen back to their old shows
- A Sound Lab (temporarily renamed Lockdown Lab) where artists are able to experiment with music online
- Creative packs every two weeks that you can print and fill out, including the "Make a comic" on the next page.



MAKE A COMIC

Make a comic! It can be from your imagination or based on real life!

You will need:

CHARACTERS



These could be human, animal, an object, a superhero...use your imagination!

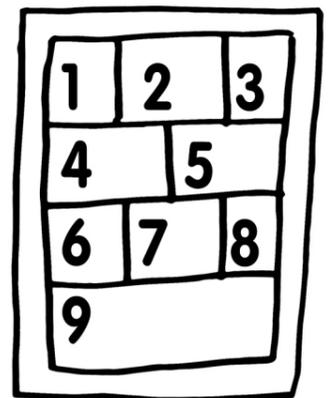
STORY



What's your story about? Use the Piggie Planner to help you plan it.

COMIC TEMPLATE

Comics go in boxes from the left to the right of the page, from the top to the bottom.



Use your comic templates to make your comic.

TOOLS



Speech
Bubble



Thought
Bubble



Sound
Effect



narrator's
voice

HAVE FUN!

CHARACTER DESIGN

Draw Your Character Here

Name _____

Age _____

What are they like?

Appearance

They love to....

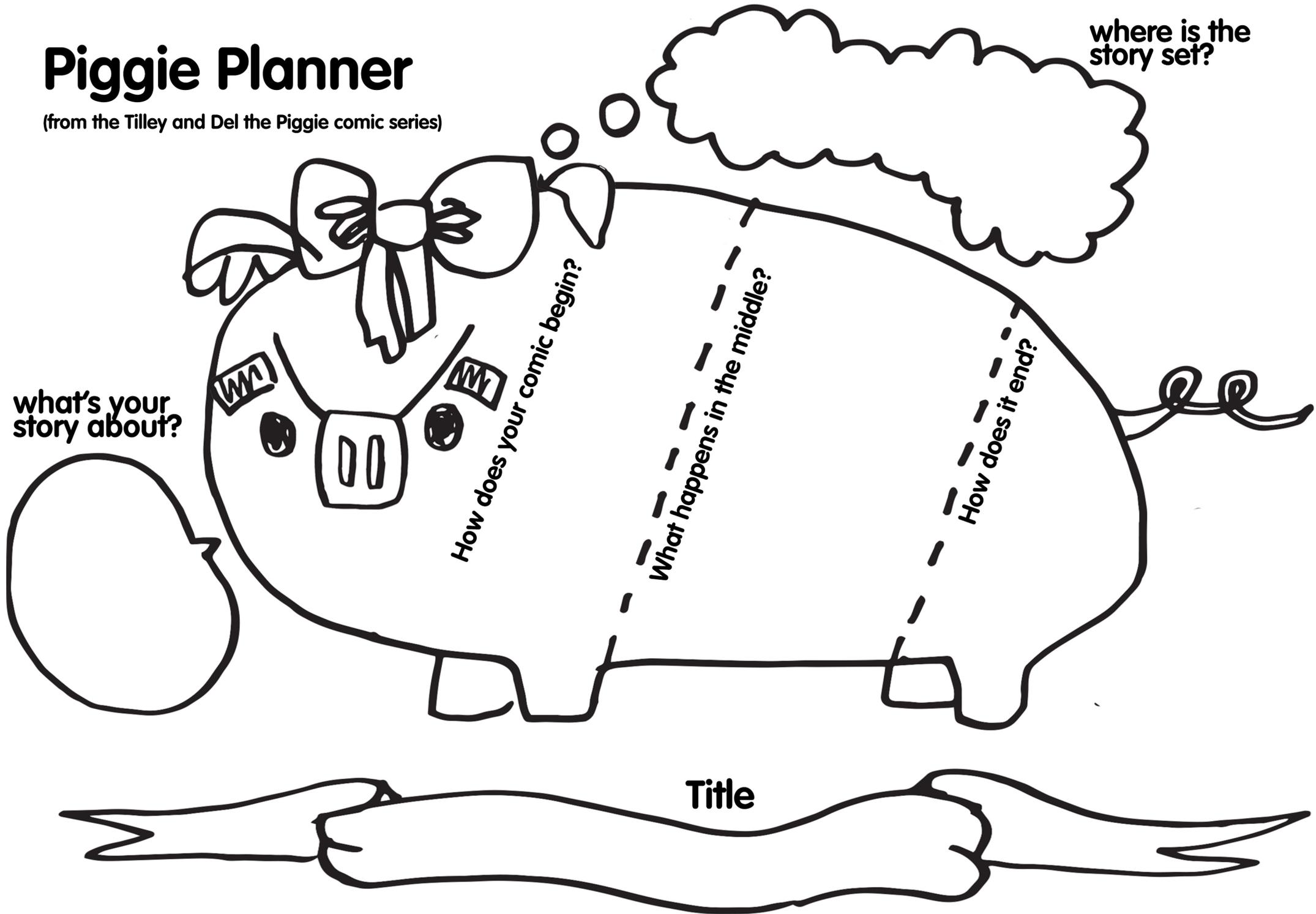
Places they go...

What do they do?

Anything else? _____

Piggie Planner

(from the Tilley and Del the Piggie comic series)



where is the story set?

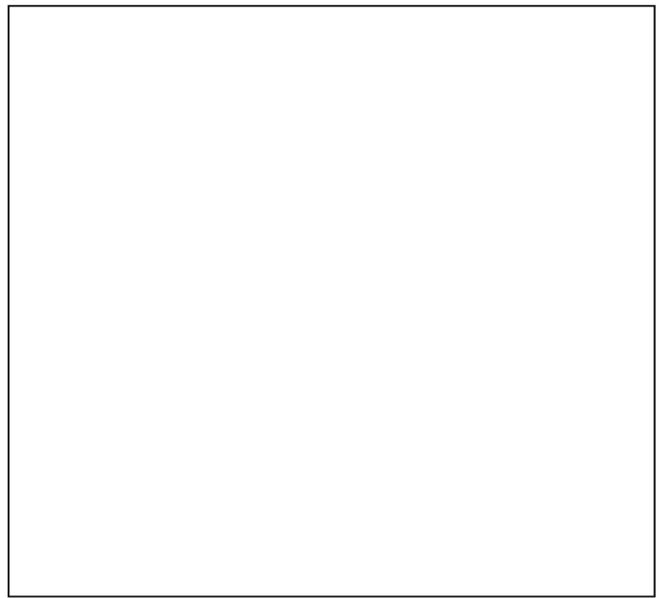
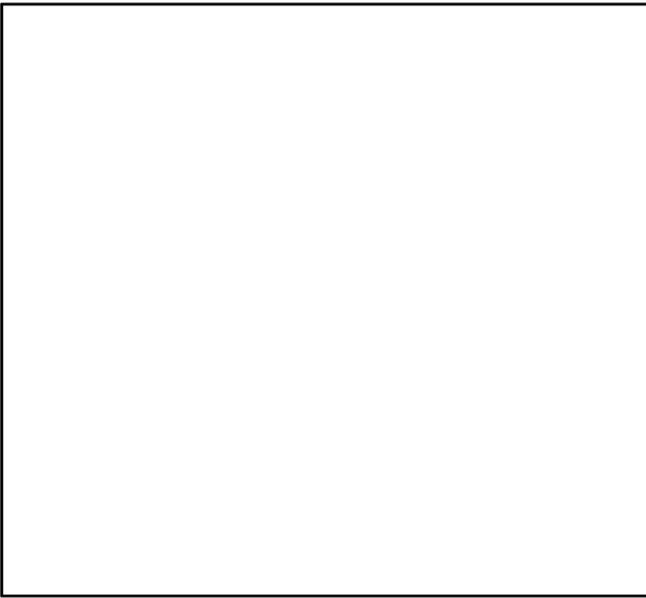
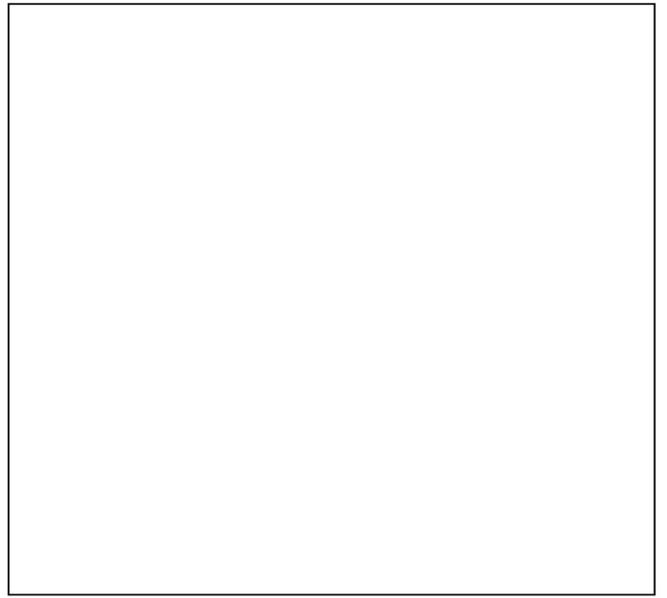
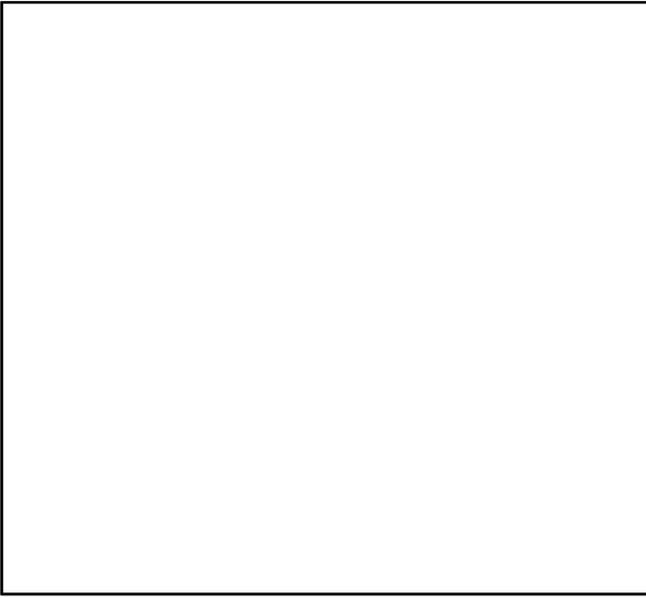
what's your story about?

How does your comic begin?

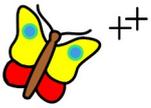
What happens in the middle?

How does it end?

Title



Create your own butterfly feeder!



butterflies

Do you love butterflies? Have you ever thought about what they eat?

If you want to create something beautiful for your garden and attract lots of butterflies, why don't you make a butterfly feeder?



guide

All you need is some pots, paint and some fruit! Here is a picture guide of how you can make one. Try it and send us your photos!

<https://beauty.provenwinners.com/diy/kids-projects/butterfly-feeder/>



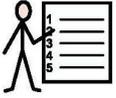
Materials:



materials

- Bright coloured paints: red, yellow, orange, pink, and purple do best to attract butterflies.
- Paint brushes
- Drop cloth or newspaper
- Terra-cotta pot and saucer
- Liquid Nails adhesive
- Fruits that butterflies like: oranges, grapefruits, cantelopes, strawberries, peaches, nectarines, kiwi, apples, watermelon, bananas

Instructions



instructions

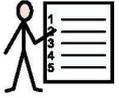
1. **Apply glue:** Make sure your terra-cotta surfaces are free of dirt and dust. Apply liquid nails to the base of the terra-cotta pot. Once it has dried, apply glue to the base of the terra-cotta pot.



2. **Glue the pot and the saucer together:** Flip the pot and attach it to the centre of the bottom of the saucer. Let the glue set overnight.



Instructions



instructions

- 3. Time to paint:** While the butterfly feeder is still upside down, paint the pot and saucer.



- 4. Finish painting:** Flip the feeder over and finish painting the top of the saucer. Have fun with the different designs and patterns. You can also use stencils to add interesting ornaments.



Instructions



instructions

5. Place the butterfly feeder in the garden, nearby flowers if you can. Add sugar water, fruit or both to the saucer to attract butterflies.

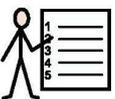


Make dry-press flowers



flower

Summer is here! We see beautiful plants and flowers growing everywhere. Have you ever wanted to take the beautiful flowers you see on your daily walk home with you? You can not only take them home, but keep them for as long as you like by dry-pressing them! Once they have dried, you can use them to create bookmarks or any other kind of decoration for your home.



instructions

You can find instructions below or watch a video on what to do at the Natural History Museum's website here: <https://www.nhm.ac.uk/discover/how-to-press-flowers.html>

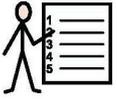
Materials:

- Flowers
- Newspaper
- Books



materials

Instructions:



instructions

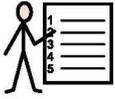
1. In a spot where you have permission to pick flowers, carefully pick a section from a plant. Try not to damage other flowers or take too many. Keep in mind that bulkier plants are more difficult to press.



2. Once you get home, open a book and line it with newspaper. Place your flowers (as flat as you can) on the page.



Instructions:



instructions

3. Carefully close the book and weight it down - additional heavy books work well as weights.



4. Store this pile in a warm, dry place and check on your flower daily. Some flowers might take only a couple of days to dry, others might take a couple of weeks.
5. Once your flowers are dry, carefully remove them.
6. You can create pictures, bookmarks or greeting cards with your pressed flowers.



Rainbow competition time



rainbow

Over the past couple of months, people have used the sign of the rainbow to symbolise togetherness and keeping safe during lockdown. As the restrictions are easing, we are able to go out and spend more time outside.



competition

We are launching a brand new competition and asking you to collect all the colours of the rainbow during your daily exercise.

You can do this by taking photos or by collecting things like flowers that you can press.



colours

Once you have collected all the colours, create your own rainbow and send us a picture of it! Here are all the colours to help you find them:

Red, orange, yellow, pink, blue, green, indigo and violet

Please upload your photos and send them to us at www.thera.co.uk/contact

A huge thank you to our art supplier!



thank you

Many people across Thera recently received a craft box to help them fill their time whilst staying safe at home. People received a “Jumbo” craft set that they could use to make all sorts of lovely things such as this butterfly and card made by Katie and Susan below.

We want to give a huge shout out to Creavee for helping us out! www.art-manufacture-design.co.uk



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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