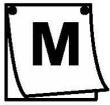


# Thera Connex newsletter 2020

Celebratory edition 11  
Thera is 22 years old!



## Welcome to Thera Connex



month

We know that the Coronavirus impacts people significantly and we are in this together. We will continue to do the Thera Connex newsletter every month.



feedback

We have had some lovely feedback and we can see that you have really benefited from some of the articles, activities and easy guides.

We continue to welcome your feedback and we love receiving your stories and pictures.



newsletter

## In this newsletter we have information about:

- What is happening with the Coronavirus
- The new rules we have to follow
- Travelling on public transport
- Face covering exemption cards
- COVID-19 support and action group
- Happy 22nd birthday Thera
- Thera birthday week calendar
- #Thera22 online gig
- Birthday cake recipe and competition
- Live craft event
- Thera birthday selfie props – make your own!
- Quiz events

## 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:



## 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.



information

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/>

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## 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 Monday 15 June:

- 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.



## rules

- 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.

As people have been waiting for a long time for these places to open there may be quite long queues. Please consider this with every trip you make.



## rules

### **From Saturday 4 July:**

- Two households in England will be able to meet indoors and stay overnight but they will have to stay 1-2 metres apart.
- Pubs, restaurants and hairdressers can open with social distancing of at least 1 metre in place.
- Theatres, cinemas, libraries, museums, theme parks and zoos can open with social distancing.
- People can start to go to churches, chapels, mosques and temples for private worship, services can be held but singing won't be allowed.
- Weddings will be allowed to go ahead with up to 30 people.
- From 6 July people who are shielding can meet up with 6 people outside of the home. People who are shielding can form a bubble
- From 1 August the shielding guidance will be paused and therefore people who are shielding are to follow the guidance for everyone else.

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## **Travelling on public transport**



### public transport

As people are going out more we thought you would find the following information helpful. It is the law to wear a face covering while travelling on public transport. You can find the information on the next page.

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## 1. Is your journey necessary?

Before you travel you should consider whether your journey is necessary. You can reduce pressure on the public transport system and road network by:



Working from home



Shopping locally and less frequently



Walking and cycling

## 2. Plan your journey



Plan ahead and use a direct route



Can you travel off-peak?



Take a face covering and, if you can, hand sanitiser

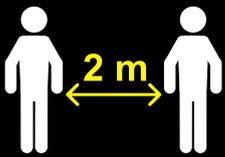


If you require assistance you should continue to request this as you normally would



Wash or sanitise your hands before beginning your journey

## 3. On your journey



Maintain 2 metre distance where possible



Wear a face covering



Use contactless payment where possible



Be patient and follow instructions from transport staff



Wash or sanitise your hands as frequently as possible

## 4. Completing your journey

When finishing your journey, you should:



Follow guidance at your destination



Walk and cycle from public transport to your destination, where possible



Wash or sanitise your hands as soon as possible



# Learning disability cards

Disability  
Travel Support



I have a **reasonable excuse**  
for not wearing a face covering  
Thank you for understanding

Disability  
Travel Support



I am **exempt** because I have  
a learning disability and face  
masks cause me severe distress

Disability  
Travel Support



I have a **reasonable excuse**  
for not wearing a face covering  
Thank you for understanding

Disability  
Travel Support



I am **exempt** because  
I have a disability which means  
I cannot wear a face mask

Disability  
Travel Support



I have a **reasonable excuse**  
for not wearing a face covering  
Thank you for understanding

Disability  
Travel Support



I am **exempt** because I have a  
health issue which means  
I cannot wear a face mask

Disability  
Travel Support



I have a **reasonable excuse**  
for not wearing a face covering  
Thank you for understanding

Disability  
Travel Support



I am **exempt** because  
the person I support  
relies on lip reading



# People with learning disabilities – COVID19 Support and Action Group

We are holding weekly zoom meetings for people with learning difficulties/disabilities around the country.



The meetings are facilitated by Andrew Lee, Director of People First and Joanne Kennedy, Chair of Change.

We meet every **Wednesday**

**12.30pm – 2.30pm**

The meetings are an opportunity for people to talk about their feelings, concerns and ideas during the coronavirus lockdown.



Email [info@peoplefirstltd.com](mailto:info@peoplefirstltd.com) for more information.

## Face covering exemption cards



face mask

Some people do not have to wear face coverings. PhotoSymbols have created some exemption cards which you can cut out and use - see these on page 6.

## Happy 22nd birthday Thera!



## The history of Thera



history

- Thera started supporting 5 people in Cambridgeshire in August 1998.
- In 2003 the group of companies was born.
- The Thera group now supports over 3000 people across England and Scotland.
- Thera is a name that does not label what we do and is named after the Greek island Thira (Santorini).
- Thera's dolphin logo comes from the Flotilla painting preserved at one of the archaeological sites on the Island.
- All companies are not for profit or a registered charity, except for The Quality Company. Thera Trust is the parent registered charity.

## Thera's vision



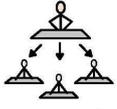
leader

Thera will show that people with a learning disability can be leaders in society



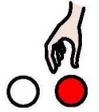
control

Thera will be controlled by people with a learning disability



managed

People supported by Thera can say how their Thera company is directed and managed



choice

People with a learning disability will design the support they want from Thera



respect

Thera will respect the rights and wishes of people at work, at home and in the community



quality

People with a learning disability will check the quality of support from their Thera company



charity

Thera Group will be led by a charity

## Thera birthday week calendar



calendar

Here is a calendar to show how and when you can join in the birthday week celebrations.

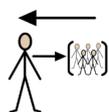
Monday 6 July	Tuesday 7 July	Wednesday 8 July	Thursday 9 July	Friday 10 July	Saturday 11 July
		#Thera22 birthday cake competition deadline	3pm – Live craft event	#Thera22 selfies deadline	
7pm – #Thera22 online gig	6pm – #Thera22 quiz		6pm – quiz		6pm – quiz

### #Thera22 online gig



gig

Our Gig Buddies project manager Sam will be hosting a live gig on Thera Trust's Facebook page. Join him from 7pm at <https://www.facebook.com/theragroup> to hear him play songs and take requests.



involved

He will also be showing some short films about Thera and Gig Buddies, and letting you know how you can get involved with Gig Buddies' online events.

**Join us on  
Thera's Birthday for a  
Sing along  
with Sam!**

## Birthday cake recipe and competition



baking

It's time for a Thera Bake off! Show us your skills and passion for baking: create and design your own #Thera22 birthday cake.

We know how creative and talented you all are and cannot wait to see your entries.



recipe

You can find the recipe on the next page for you to follow.

Happy baking!



photograph

Please send a picture of your cake through [www.thera.co.uk/contact](http://www.thera.co.uk/contact). The deadline for photographs is Wednesday 8 July and the winners will be announced on Friday 10 July!

Good luck!

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## Live craft event



crafts

The Gig Buddies group will be streaming one of their Zoom calls on Thera's Facebook page at 3pm on Thursday 9 July. They will be using their Thera Connex craft boxes to create their own self portraits.



photograph

If you received a craft box from us, get it ready and craft along. You can send us your photos through Facebook and we would love to see your creations!

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## Thera birthday selfie props – make your own!



fun

Who doesn't love a silly selfie prop? We have designed some selfie props for you to use! To get started:

1. Cut them out
2. Glue them to some card
3. Tape them to a stick

You can get creative by colouring in or painting the props, or even sticking things to it such as feathers or sequins.

## Thera birthday selfie props – make your own!



photograph

Take a silly selfie with your homemade props and send the photo to [stories@thera.co.uk](mailto:stories@thera.co.uk) Your pictures will be included in Thera's #FeelGoodFriday posts!

You can find the props on page 15.

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## Quiz events



quiz

Since we can't physically get together to celebrate Thera's birthday, we will be running three quizzes across the week!

The quizzes will take place on Tuesday 7 July, Thursday 9 July and Saturday 11 July.



knowledge

Put your Thera and general knowledge to the test! The quiz will be on Kahoot and the link will be posted on Thera Trust's social media on the dates above.



hints

Accessible paper versions are available for people upon request.



fun

Throughout this newsletter and events throughout the Thera birthday celebrations week you will have been given clues and hints about Thera.



prize

We will be offering a prize for each quiz day to the person with the most correct answers and a prize to a person drawn at random, as we feel taking part is just as important! If there is more than one person with the same score, then one winner will be drawn at random.

Please submit your paper quiz entries by emailing [stories@thera.co.uk](mailto:stories@thera.co.uk).

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# Pascal's Citrus Cake



## Ingredients



175g of **butter (unsalted)**



175g **caster sugar**



3 beaten **eggs**



175g **self raising flour**



1 tsp **baking powder**



Zest of **1 orange and 1 lemon**



5 tablespoons of **lemon curd**



100g **icing sugar**



Juice of **1 lemon**

# UNITY WORKS



## Step 1

Preheat your oven to 175 degrees

## Step 2

In a bowl cream together the butter and sugar until it becomes light and fluffy



## Step 3

Add in your beaten eggs, just a little bit at a time and keep stirring



## Step 4

Sieve the self raising flour and baking powder and fold into the mixture, followed by the orange and lemon zest



## Step 5

Spoon the mixture into a greased and lined cake tin. Dollop the lemon curd on top and swirl it in to the mixture to create a marble effect

## Step 6

Bake in the oven for 30 - 35 minutes, or until the cake is golden in colour

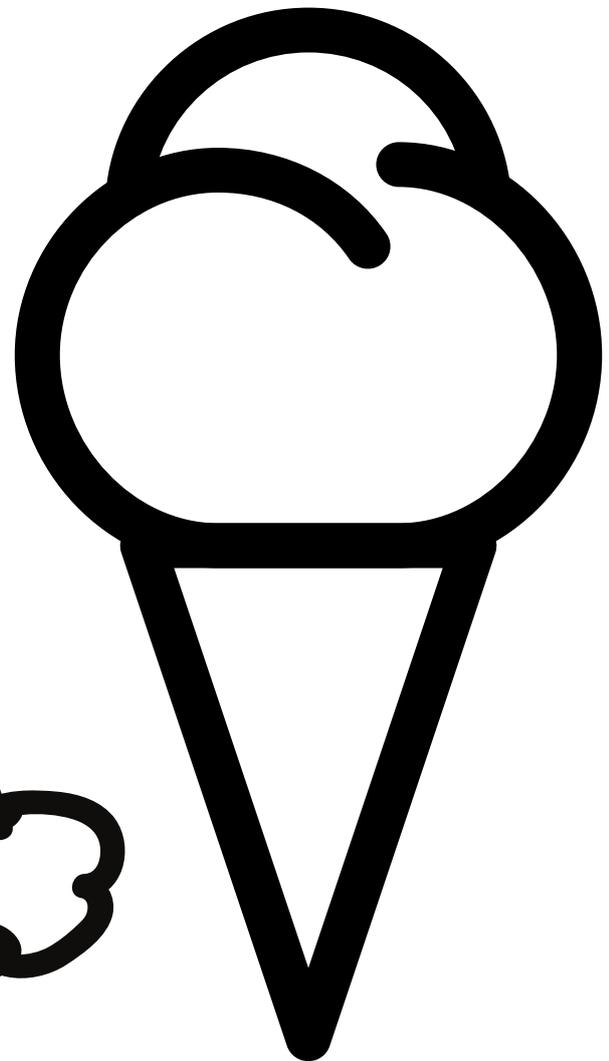
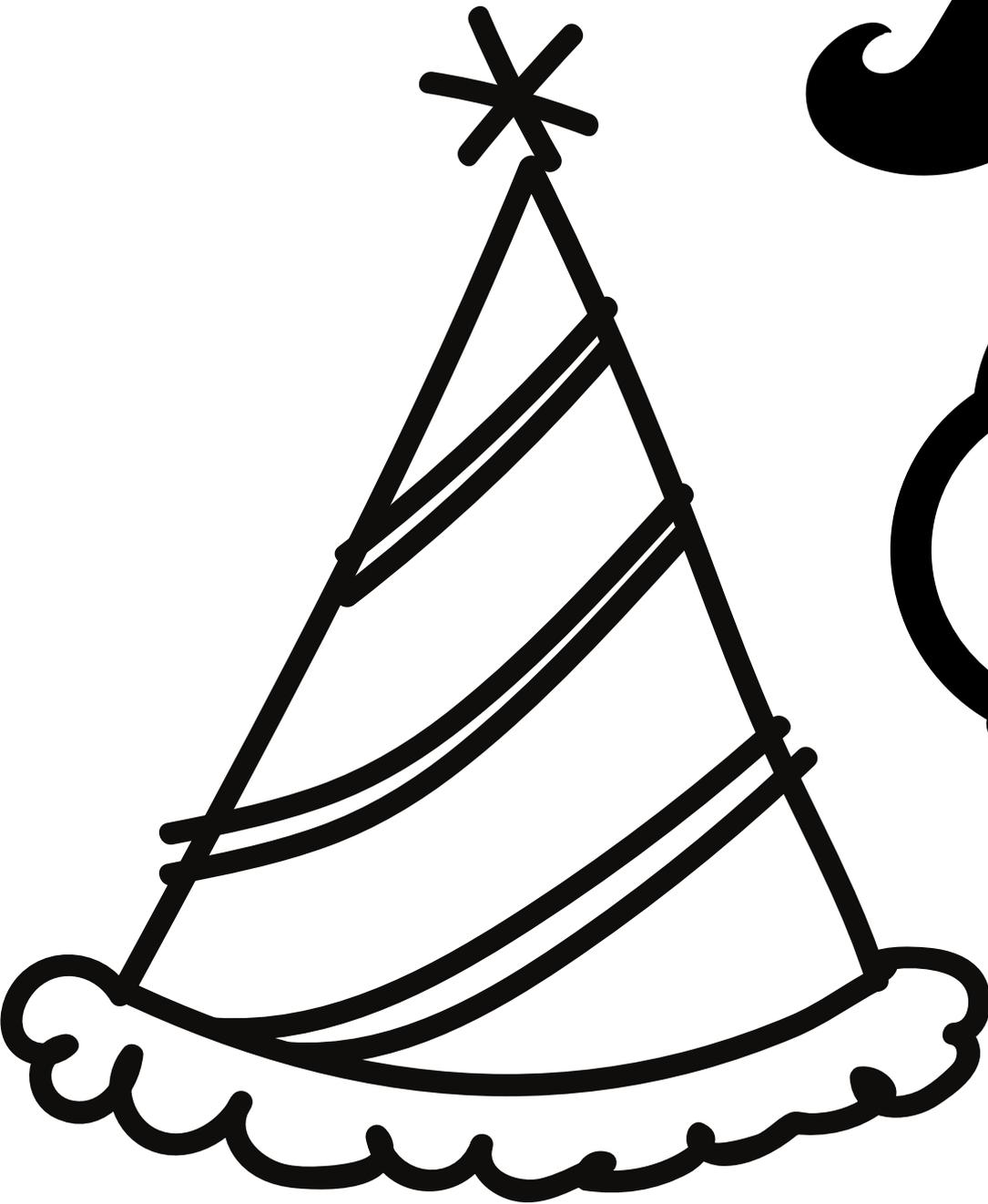
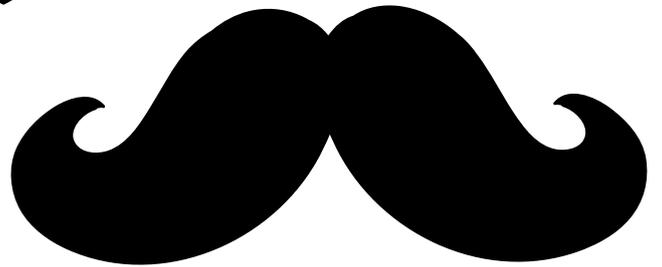
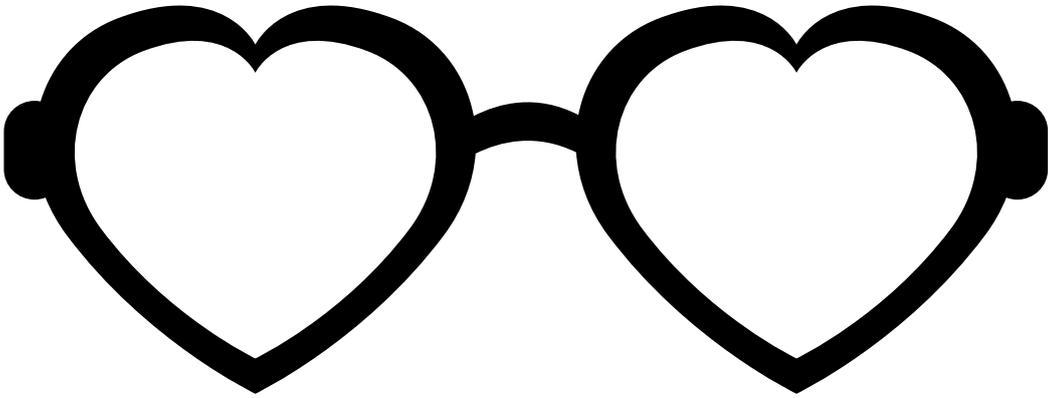


## Step 7

Mix together the lemon juice and icing sugar. Spoon the icing on top of the cake when the cake is out of the oven and cooled. Enjoy!



**#THERA22**





## #Thera22 Quiz



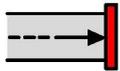
quiz

A mixture of Thera and general knowledge questions relating to 1998! How many do you know? Answer as many as you can to be in with the chance of winning a prize!



how many

1. How many Thera companies provide care and support?



finish

2. Finish the sentence. Thera will be controlled by...?



who

3. Which famous singer, who sang "My Way", passed away in 1998?



how many

4. How many specialist companies are there within the Thera Group?



dolphin

5. What is the most common dolphin?



where

6. Where in England did Thera start supporting people first?



money

7. In 1998 what single currency did the Europeans agree on?



how many

8. How many people are supported by Thera Group?



how many

9. How many stomachs does a dolphin have?



company

10. Which Thera Company supports people in Nottingham?



online

11. What online search engine was founded in 1998?



company

12. Which Thera specialist company checks that people are happy with their support?

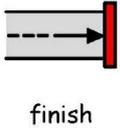


who

13. Which Canadian-born singer, who had a hit song with 'Senorita', was born in 1998?



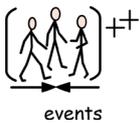
14. How many people did Thera start supporting in 1998?



15. Finish the sentence...Thera will show that people with a learning disability can be leaders...?



16. The Fifa World Cup was in 1998, what country was it held in?



17. What project that is supported by Thera enables people to go and see events and shows with people who enjoy the same thing?



who

18. On 6 July 1998, Livin la Vida Loca was number 1 on the music charts. Who was the singer?



company

19. Which Thera Company supports people in to Education and Employment?



dolphin

20. How do dolphins breathe?



name

21. What Greek island does the name Thera come from?



who

22. Who are the original founders of Thera?

Name:

How you would like to be contacted:



details

## Your great ideas



information

As the lockdown restrictions are easing and we can go out more, this newsletter will be published every month.

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

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



@TheraGroup



@TheraTrust



email

If you would like to receive this newsletter to your personal email address sign up to our mailing list: <http://eepurl.com/mUID1>

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