

# Thera Connex newsletter

Edition 16

Wednesday 18 November 2020



## Welcome to Thera Connex

Unfortunately, people are still getting coronavirus (COVID-19) and there are restrictions on what we can do to help stop the spread.



## Testing

If you have any symptoms of coronavirus (COVID-19) you must self-isolate and get a test.

You might be asked by Public Health to have a test if 2 or more people in your household tests positive. This may be an outbreak.



We have put together some Easy Read resources on testing on the Accessible Resources section of our website to help you:

[www.thera.co.uk/contact/coronavirus/accessible-resources/#testing](http://www.thera.co.uk/contact/coronavirus/accessible-resources/#testing)



**Here are some of the most frequently asked questions about testing:**

### I have tested positive for coronavirus (COVID-19), what do I do?

Stay at home and away from other people for 10 days from when you first started feeling poorly, or when your test was taken.



### I have tested positive for coronavirus (COVID-19), what do people I live with have to do?

They must stay at home from 14 days from the first day you had symptoms or a test. They only need to get a test if they start to feel poorly or are contacted by the NHS.



### What do I do if the area I live in, is asking me to test regularly?

Your Community Support Leader will have information surrounding this to support you to make an informed decision.



question

## If I have coronavirus (COVID-19) will my support continue?

If you need in-person support your support worker will still help you, but they will just have to wear more protective equipment so may look different.



question

## What happens if I don't have the capacity to consent to a test?

The Mental Capacity Act 2005 says that if a person lacks capacity to make a particular decision, any decisions made for them must be in their best interests.



visitors

## Having visitors in your home

The chances of catching coronavirus (COVID-19) in close indoor settings is very high so there are rules on what you can and cannot do.



easy read

We have created Easy Read resources on visiting and support bubbles which you can see in the Accessible Resources section of our website:

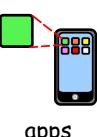
<https://www.thera.co.uk/contact/coronavirus/accessible-resources>



guides

## Thera Guides to Social Media

There are lots of ways to keep in touch with people when you can't meet up with them. Social media can be a really good way to keep in touch. Examples of social media are Facebook and Twitter.



apps

There are apps you can also use on your computer or mobile phone to see people when you talk to them or to have a phone call with. These include: Facebook, WhatsApp, FaceTime, Zoom and Skype.



website

The Communications Team have made some guides for you to get started with the apps. You can get these guides from:

[www.thera.co.uk/contact/coronavirus/thera-connex/easy-read-resources/](https://www.thera.co.uk/contact/coronavirus/thera-connex/easy-read-resources/)

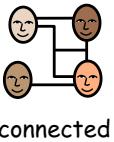


mental health

## Mental Health Hub

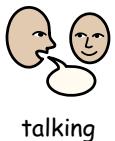
Taking care of your mental health is just as important as taking care of your body.

There are lots of different things we can all do to look after our mental health such as;



connected

- **Stay connected with people** - by phone, video calls or social media.



talking

- **Talking about your worries** - with others you trust or with a [NHS-recommended helpline](#).



health

- **Looking after your physical health** - eating healthy, well-balanced meals, drinking enough water and exercising regularly.



website

In October, to support World Mental Health Day, we launched a mental health hub on the Thera Trust website.

The aim of the hub is to direct you to useful tools and resources which can help you maintain good mental health and wellbeing.

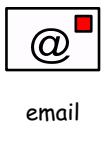


information

**For more information visit:**

[www.thera.co.uk/contact/coronavirus/mental-health-hub/](http://www.thera.co.uk/contact/coronavirus/mental-health-hub/)

**Do you have a resource to share?**



email

If you know of a useful resource or website that you think we should add to our Mental Health Hub please send it to us at:

[communications@thera.co.uk](mailto:communications@thera.co.uk)

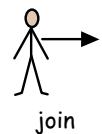


## Giving Tuesday – Thera Roadshow

Giving Tuesday is an important day to celebrate and support causes close to your heart. It is a global day of giving where people can support causes that mean something to them. This can be by donating or volunteering.



For one day only, Thera has planned a roadshow of best moments, fantastic work, and incredible people that make Thera, Thera.



Join us on **Tuesday 1 December** on our Facebook and Twitter pages to enjoy our Thera Roadshow. We will be highlighting the amazing work that happens across Thera!



Some of the celebrations include:

- sharing stories from around Thera
- a live cook-a-long with Unity Works
- a question and answer session with a Service Quality Director
- and much more!



To join the celebrations on **Tuesday 1 December**, join our Facebook and Twitter pages and keep your eyes out for more announcements coming up.



@TheraGroup



@TheraTrust



Don't forget! We have created guides and resources to help you use technology. Visit our website to find them:

[www.thera.co.uk/contact/coronavirus/thera-connex/easy-read-resources/](http://www.thera.co.uk/contact/coronavirus/thera-connex/easy-read-resources/)

# GIVING TUESDAY

## Thera Roadshow Event Lineup - Tuesday 1 December

**10am - 12pm:** Thera stories

**12pm - 2pm:** Unity Works live cook-a-long

**2pm - 4pm:** Thera Connex throwbacks

**4pm - 6pm:** Question and answer with a Service Quality Director

**6pm - 8pm:** Gig Buddies live

**8pm - 9pm:** Tim Burgess listening party

### Upcoming Gig Buddies Events

**Monday 7 December - 11am**

**Mental Health Mondays**

Every 2 weeks we will be hosting Metal Health Monday coffee mornings. This is an open space for talking and listening.



**Tuesday 8 December - 3pm**

**Crafting with Leanne**

Come along and bring any craft projects you're working on! This is a member-led event that will take place every 2 weeks.

**Thursday 10 December - 8-11pm**

**Gig Buddies and Get2Gether Wild Night In**

We're teaming up with Get2Gether to bring you a wild night in! We'll have DJs, an Open Mic room, and lots of great chat!

For further information, and links to the zoom calls, email

[Gigbuddies@thera.co.uk](mailto:Gigbuddies@thera.co.uk) or follow Gig Buddies with Thera on Facebook.

## Brilliant Boredom Busters



### Create a time capsule

Put together a time capsule to hide away for the future. You can throw together some memorable items from your life now and put them in an airtight capsule.

You can then plan to revisit it in 5 or 10 years and see what memories it brings back.



### Go on a virtual trip

Use Google Earth to take you on a virtual tour of places around the world! [www.google.co.uk/intl/en\\_uk/earth/](http://www.google.co.uk/intl/en_uk/earth/)



### Home organisation

Forget the Spring clean, have you tried an Autumn blitz? You could:

- Go through clothing from previous seasons, try on and get rid of things that you no longer like or wear
- Gardening – pull weeds, trim bushes and plant new seasonal flowers/bulbs
- Organise your kitchen cupboards
- Sort through all your crafts and art supplies. See if something inspires you. Organise and sharpen all your pencils and test all your pens



### Learn to cook a new meal

There are plenty of recipes online and videos that you can download that will help you make that fancy meal you always wanted to. If you need some inspiration have a look at [www.bbc.co.uk/food](http://www.bbc.co.uk/food)

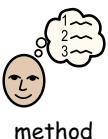


ingredients

## Malt loaf

### Ingredients

- 1 tbsp brown sugar
- 3 tbsp malt extract
- 2 tbsp black treacle
- 25g butter, plus extra for greasing
- 100g strong wholemeal flour
- pinch salt
- 14g fast action yeast
- 225g sultanas
- 250ml warm water
- 1 tbsp warm honey, to glaze
- 350g strong white bread flour, plus extra for flouring



### Method

1. Place the sugar, malt extract, treacle and butter in a pan and heat gently until the butter has melted and the sugar has dissolved. Leave to cool.
2. Mix the flours, salt, yeast and sultanas in a mixing bowl.
3. Pour in the cooled malt syrup mixture and the warm water. Mix thoroughly; the mixture will be soft and sticky.
4. Turn the mixture onto a floured surface and knead gently for a few minutes to bring the mixture together.
5. Grease two 450g/1lb loaf tins and divide the mixture among them. Smooth the mixture with the back of a spoon so that the top is smooth and level. Cover each tin with a plastic bag so that it is loose and not touching the top of the tin. Leave for a couple of hours, or until the dough has risen to the top of the tins.
6. Preheat the oven to 190C/375F/Gas 5. Remove the plastic bags and bake for 30-40 minutes. If the top of the loaf starts to brown too quickly, cover with a sheet of foil and continue baking.
7. Remove from the oven and brush the top with warm honey to glaze. Cool on a wire rack.
8. Slice and eat with butter.





quiz

## Coming soon - Christmas Quiz!

We are creating a fun Christmas Quiz for you to take part in with your friends and family! Keep an eye on Thera's social media channels for more information.



feedback

## We would like your feedback about Thera Connex!

We have been thinking about how we can make Thera Connex more useful for you.

We would really like to hear what you would like Thera Connex to include in future.

Please email [communications@thera.co.uk](mailto:communications@thera.co.uk) with your suggestions.



website

## Keep in touch

Visit our website to find out more about Thera Connex:

[www.thera.co.uk/contact/coronavirus/thera-connex](http://www.thera.co.uk/contact/coronavirus/thera-connex)

You can get in touch with us through our social media pages.



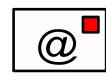
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email

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