

Thera Connex newsletter

Edition 18

Monday 21 December 2020



welcome

Welcome to Thera Connex

We wanted to tell you about some important changes to the restrictions in **Scotland**, that the Government announced on **Saturday 19 December**.



rules

Changes to Protection Levels

From **Saturday 26 December**, all of mainland Scotland will enter **Protection Level 4**. This will be reviewed regularly by the Scottish Government.

If you live in Orkney, Shetland, Na h-Eileanan Siar or the more remote islands in Argyll and Bute or Highland, you will be in Protection Level 3.



easy read

You can check which tier you are in by searching your postcode on the Scottish Government website at:

www.gov.scot/publications/coronavirus-covid-19-protection-levels/



NHS

Coronavirus (COVID-19) vaccine

Some people have started to get the coronavirus (COVID-19) vaccine, which the NHS says is the best protection against getting the virus.

You will be contacted by the NHS, your GP or your local council to be offered the vaccine when it is available to you.



information

Our webpage has more information on the vaccine:

www.thera.co.uk/contact/coronavirus/about/coronavirus-vaccine/

Rules over Christmas



announcement

The Scottish Government announced **new rules** over Christmas and New Year on **Saturday 19 December**.



christmas

You will be allowed to form a Christmas bubble on Christmas Day (25 December) only. Your Christmas bubble can be up to 8 people from 3 households. Children under 12 years old are not included in the numbers.



bubble

The Scottish Government advises that the smaller the bubble, the safer it will be. They recommend keeping your Christmas bubble to 2 households if you can.



easy read

You should minimise travel where you can. You will not be allowed to travel into or out of Scotland to form your Christmas bubble.

We have updated the Easy Read copy of the rules which will help explain this for you.



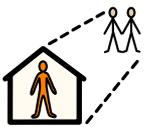
website

You can find an Easy Read of the Christmas rules on Thera's website: www.thera.co.uk/contact/coronavirus/about/scotland/

You do not need to form a Christmas bubble and should not feel pressured to.

Changes to self-isolation times

The time that you need to self-isolate if you have had a positive coronavirus (COVID-19) test or been in contact with someone who has had the virus has been shortened.



self-isolation

This is now 10 days. It was 14 days before. You should self-isolate if:

- you have had a positive coronavirus (COVID-19) test
- if you live with someone who has had a positive coronavirus (COVID-19) test
- NHS (Scotland) Test and Protect asks you to
- you are coming back from a country abroad that is not on the Government's travel corridor list



10 days



should

Please note that this guidance does not apply if you live in supported living, residential settings, or use short breaks (respite).

There are different self-isolation rules you need to follow. Please see our website for further information: www.thera.co.uk/contact/coronavirus/about/self-isolation/



christmas

Fun Christmas Activities

Create an alternative Christmas tree

If you struggle to find space to fit a Christmas tree, why not create your own alternative Christmas tree? It is really simple to do and can be made out of items you already have, or holiday photos and cards.



sweets

Decorating gingerbread houses

Decorating gingerbread houses is a Christmas classic for a reason. You can either buy a gingerbread house kit or bake the gingerbread from scratch and decorate it with all your favorite sweets.

If you decide to create your own winter wonderland from scratch, here is the link for Mary Berry's gingerbread recipe:

www.bbc.co.uk/food/recipes/mary_berrys_gingerbread_91126



craft

Host a virtual Christmas craft party

Get the Holiday fun started by hosting a virtual Christmas craft party. Set up a zoom call with your friends and family and have a cup of tea and a natter whilst creating some festive crafts.



Upcoming Gig Buddies Events

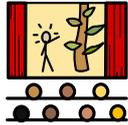


crafts

Tuesday 22 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



panto

Tuesday 22 December - 7pm

Panto Night

We're going to watch a pantomime on Zoom! Get you Christmas jumpers on and join in!



gig

Wednesday 23 December - 8pm

Gig Night With Sam

Sam's hosting a Christmas singalong! He'll be live on the Thera Trust Facebook and taking requests!



dj

Thursday 24 December - 8pm - 1am

DJ Fireball's Christmas Eve Party

Join Gig buddies member Chris, AKA DJ Fireball, for a festive party live on Zoom. Everyone is welcome and Christmas jumpers are encouraged. This is a member led event.



dj

Thursday 31 December - 8pm - 1am

DJ Colin's Hogmanay Party

Bring in the bells with DJ Colin! Join Gig buddies member colin and other DJs for a party to bring in the new year!



information

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

Gigbuddies@thera.co.uk or follow Gig Buddies with Thera on Facebook.





christmas

Christmas Medley video

Following the success of our 'Don't Worry, Be Happy' video, we wanted to bring everyone together again and spread some Christmas cheer.



thank you

A big thank you to everyone who took part to help make the video happen, we hope this video brings you some festive spirit and joy this Christmas.

Watch the video here: www.thera.co.uk/news/theras-christmas-medley/



Thera's Christmas Medley



mental health

Mental Health Hub

2020 has been an interesting year for everyone and we want to make sure that you're taking care of yourself amidst turbulent times.



resources

Please remember that our Mental Health Hub is there for you. It includes resources to help you support your wellbeing.



information

On the Hub you will be able to find self-help tools and access information about getting further support through help lines and the NHS.

For more information visit:

www.thera.co.uk/contact/coronavirus/mental-health-hub/



email

Do you have a resource to share?

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

Brilliant Boredom Busters



virtual

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/

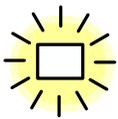


website

Online events

Eventbrite have a huge variety of online events that are free to join – seminars, gigs, how-to's, talks, exercise sessions. Check out the link and see what you think:

www.eventbrite.co.uk/



new

Try something new

This is the perfect time to learn how to do something new.

Need some ideas? :

- Finger knitting
- Write a poem or a script to perform
- Choreograph a dance routine
- Create a scrapbook of memories



activities

Heart 'n' Soul at home

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: www.heartnsoul.co.uk/stayhome

They have:

- 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



ingredients

Reindeer Christmas cupcakes

Ingredients

- 125g butter, softened
- 175g caster sugar
- 2 free-range eggs
- 200g self raising flour
- 2 tbsp cocoa powder
- 100ml milk
- 100g dark chocolate (70% cocoa solids), melted
- 2 tbsp Irish cream liqueur (optional)



For the chocolate icing: 50g dark chocolate and 3 tbsp double cream

To decorate: giant chocolate buttons, crisp-coated chocolates (such as Smarties or M&Ms), mini pretzels, black writing icing and mini marshmallows



method

Method

1. Preheat the oven to 170C/325F/Gas 3. Line a 12-hole muffin tray with paper cases.
2. Beat the butter and sugar together until light and creamy. Gradually beat in the eggs until well combined. Sift in the flour and cocoa powder and mix until combined. Fold in the milk, melted chocolate and Irish cream liqueur, if using.
3. Spoon the mixture into the muffin cases and bake for 20-25 minutes, or until well risen and lightly firm to the touch. Remove the cakes from the tin and set aside to cool on a cooling rack.
4. For the icing, heat the chocolate and cream in a saucepan over a low heat until the chocolate has melted. Whisk the mixture until smooth and set aside to cool slightly.
5. To decorate the cupcakes, spread the icing over the top of the cupcakes. Spoon the remaining icing into an icing bag fitted with a small nozzle.
6. Press a chocolate button onto the cake as a nose, then stick a crisp-coated chocolate on top using a little icing. Stick on two slices of marshmallows as the eyes, and use the black writing icing for the pupils. Stick on the pretzels as the ears.



quiz

Christmas Quiz!

We have created a fun Christmas Quiz for you to take part in with your friends and family!

To take part, [click here](#) or visit <https://bit.ly/2WBoTpm>

This quiz is just for fun and there is no prize. If you would like to share your score please leave a comment on our social media page.



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.



email

Please email communications@thera.co.uk with your suggestions

Keep in touch



website

Visit our website to find out more about Thera Connex:

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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