

Thera Connex newsletter

Edition 20

Wednesday 20 January 2021



welcome

Welcome to Thera Connex

We wanted to update you with some information about COVID-19 vaccines, and further changes to restrictions in **Scotland** that came into force on **Saturday 16 January**.



vaccine

COVID-19 vaccine Easy Reads

With the vaccine process underway there have been several Easy Reads published which explain what the vaccine is and what happens when people have it.



easy read

You can find all these Easy Reads on our Coronavirus Vaccine page: www.thera.co.uk/contact/coronavirus/about/covidvaccine



free

The NHS will contact you when it is your turn to have the vaccine. The COVID-19 vaccine will always be available free of charge. The NHS will never ask you to share bank details to confirm your identity or pay for a vaccine.



NHS

NHS vaccine video

The NHS has produced a short 3-minute video question and answer for people with a learning disability and autistic people.



describes

The video describes what a vaccine is, how vaccines are made, why you should get a vaccine, whether a vaccine make you ill and how to decide whether to have a vaccine.



watch

Please watch this video and share it with your friends and family:

www.youtube.com/watch?v=M3Wh23PDnfE



scotland

Further Scottish Protection Level 4 restrictions

Tougher measures came into force on **Saturday 16 January** for people living in a **Protection Level 4** area in **Scotland**.



guidance

Everyone who lives in a **Level 4 area** must not leave or remain outside of their home except for essential purposes. Working from home should now be the default position for all businesses and services. These rules are expected to be in place until at least the middle of February.

More information of **Scottish Protection Levels** can be found on our website: www.thera.co.uk/contact/coronavirus/about/scotland

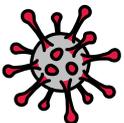


information

This guidance only applies if you live in Scotland.

To find out what the rules are in England visit :

www.gov.uk/guidance/national-lockdown-stay-at-home



coronavirus

Hands. Face. Space.

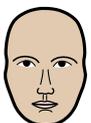
Approximately 1 in 3 people who have coronavirus have no symptoms and could be spreading it without realising it.



hands

Remember - 'Hands. Face. Space.'

Hands – wash your hands regularly and for at least 20 seconds.



face

Face – wear a face covering in indoor settings where social distancing may be difficult, and where you will come into contact with people you do not normally meet.



space

Space – stay 2 metres apart from people you do not live with where possible, or 1 metre with extra precautions in place (such as wearing face coverings).



guidance

In all circumstances, you should follow the guidance on meeting others safely.



difficult

Mental Health Hub

The impact and experience of the coronavirus (COVID-19) outbreak has been different for everyone, but there's no doubt it's been a really difficult time for us all.



mental health

That's why it's so important to do what we can to look after our mental health and wellbeing – now more than ever – and to reach out if you need support.



resources

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

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.



information

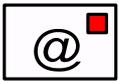
For more information visit:

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

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



email



relationships

Connect with other people

Good relationships are important for your mental wellbeing. They can give you an opportunity to share positive experiences and can provide emotional support and allow you to support others.



technology

Making the most of technology to stay in touch with friends and family can help build stronger and closer relationships, especially at the moment whilst we aren't allowed to physically see our families and friends. Video-chat apps like Skype and FaceTime are useful.



easy read

You can find Easy Read guides for these apps on the Thera Trust website: www.thera.co.uk/contact/coronavirus/thera-connex/easy-read-resources/

Stay at home activities



baking

Take an Instagram baking class

If you are wanting to do some baking but don't know where to start, don't worry: London bakery 'Bread Ahead' have been streaming easy to follow baking classes on their instagram! :

www.instagram.com/Breadaheadbakery/

From doughnuts to brownies, there's no limit to what these pros can help you create. Take their ingredient list on your next shopping run before tuning in.



beautiful

Live-stream the Northern Lights

Just because you're stuck at home, doesn't mean you have to miss out on some of the world's most beautiful natural wonders.

Thanks to Explore.com, you can now live-stream the Northern Lights straight into your front room. The live camera is located at the Churchill Northern Studies Center in Manitoba, Canada, directly underneath the aurora oval:

www.explore.org/livecams/aurora-borealis-northern-lights/northern-lights-cam



canada



website



singers

Join the Sofa Singers

The Sofa Singers is a twice-weekly singing Zoom session that brings together hundreds of people in real time for 45 minutes of simultaneous singing. For more information and to register for an upcoming session visit:

www.thesofasingers.com/



Myself and my daughter really enjoyed our first session this evening. Really lifted my mood, will definitely be back for more.

love these sessions, they make me very happy





socials

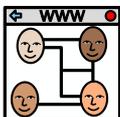
Upcoming Gig Buddies socials

To stay up to date on everything Gig Buddies are doing visit their Facebook page 'Gig Buddies with Thera Trust'.



Gig Buddies with Thera Trust

1.3K like this · Non-profit organisation



facebook

Gig Buddies have also created a private Facebook group For Gig Buddies Members, Volunteers and friends of the project.

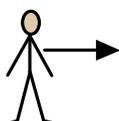


Gig Buddies Scotland Members Group

Group · 197 members

This is a private group for Gig Buddies Scotland me...
3 posts a day

Join Group



join

In order to be added to the group, you will need click a button asking to join. They will then let you in the group and you can start getting involved and talk to other Gig Buddies members.

All Zoom links for socials are posted in this group!



burns night

Monday 25 January - 8pm

Burns Night Party: Join us for a Burns Night Celebration, expect music and games!



music

Wednesday 27 January - 7pm

Dania's Listening Party: Everyone suggests one of their favourite songs and we listen to them as a group then talk about what we liked!



mental health

Monday 1 February - 11am

Mental Health Monday: This week we are joined by Julie Huggan from Health in Mind, she'll be talking about iThrive.



craft

Tuesday 2 February - 4pm

Crafting with Leanne: bring along any crafting projects or pop in for a chat.



gig

Friday 5 February - 7pm

Gig night: We'll be meeting up on Zoom to watch a gig. Gig to be decided by a poll on the Gig Buddies members page.

Pitta pizzas

Preparation time: less than 30 mins

Cooking time: 10 to 30 mins

Serves: Makes 12 mini pizzas



ingredients

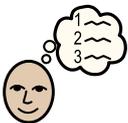
Ingredients

For the tomato sauce:

- 2 tbsp mild olive oil or sunflower oil
- ½ onion, finely chopped
- 1 carrot, finely grated
- 1 red pepper, stalk removed, seeds removed, thinly sliced
- 2 garlic cloves, crushed
- 227g tin chopped tomatoes
- 2 tbsp tomato purée
- 1 tsp dried oregano
- 1 bay leaf
- salt and freshly ground black pepper

For the pizzas:

- 12 white or wholemeal pitta breads
- 200g sliced ham, finely chopped
- 250g grated mozzarella



method

Method

1. Heat the oil in a large non-stick saucepan over a medium heat. Add the onion, carrot and pepper and fry for 4-5 minutes, stirring regularly, until softened. Add the garlic and fry for 1-2 minutes, stirring regularly.
2. Add the remaining tomato sauce ingredients and 100ml water, stir well to combine. Season with salt and pepper. Bring to the boil, then simmer for 18-20 minutes, stirring regularly, until the vegetables are very soft and most of the liquid has evaporated.
3. Remove the bay leaf, blend to a very smooth purée using a hand-held blender.
4. Preheat the grill to its hottest setting.
5. Place the pitta breads onto baking trays and spread some of the tomato sauce over each. Sprinkle over the ham and grated mozzarella.
6. Grill the pizzas for 2-3 minutes, or until the bread is piping hot and the cheese has melted and turned golden-brown. Serve immediately.



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.



@TheraGroup



@TheraTrust



@TheraTrust



email

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