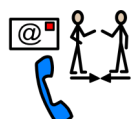


Thera Connex newsletter 2020

Edition 2



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 all need to 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.



newsletter

In this newsletter we have information about:

- How to use Zoom to keep in touch
- Gig Buddies
- A thank you card competition
- Creative packs
- Easy recipe ideas
- Good neighbours - <https://covidmutualaid.org>
- Exercise links
- Social care heroes
- Ideas for new things to try
- Your great ideas

Thera Guides to Social Media



talk

Zoom is an app you can get on your phone, tablet or computer. You can use it to see people when you talk to them. You can see and talk to more than one person at a time. This means you can have a chat with different people in your family or with a few friends, all at the same time.



guide

Thera Group have made an easy read guide on how to use Zoom. This will show you how to get started using Zoom. You can get this guide from www.thera.co.uk/contact/coronavirus/thera-connex

Gig Buddies



gig

Gig Buddies is for people who love to go out, especially to gigs. This often includes live music. But it can be lots of other things too, like comedy or social nights.



volunteer

Gig Buddies find volunteers who are interested in going out and having fun. They find out what music and other things the volunteers like. Then they match the volunteers with people who like the same kinds of music, or the same activities.



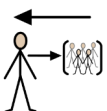
newsletter

During the Coronavirus lockdown Gig Buddies have their own newsletter and activities called Virtual Insanity, anyone can join in with this. It includes watching gigs and theatre shows online, it also includes competitions and keeping in touch with each other using Zoom.



To find out more have a look at their Facebook page

www.facebook.com/gigbuddiesscotland



involved

On there you can see all of the Virtual Insanity newsletters. These will tell you how you can join the private Facebook group and get involved in all the activities.



email

If you want join the private Gig Buddies Facebook group please send them an email message to gigbuddies@thera.co.uk just so they know who you are.



ROCK SELFIE
WINNER -
CALUM



Competition time!



thank you

We want to have some new Thank You cards. We will send them to the staff and other people who have done amazing things. We already know about some people who deserve a big thank you.

- Can you draw, paint or use crafts to make a good picture?
- Can you take a great photograph?
- Can you make pictures on your tablet or iPad?



rainbow

Your pictures should have a rainbow in them. That is the picture people are drawing all over the country to say thank you.



prize

This is your chance to win a prize and see your picture on cards we send to fantastic people. We will tell everyone who has won the competition on **Friday 8 May 2020** and put the winning pictures in the newsletter.

Send your competition entry to stories@thera.co.uk. If you want to post it to us, please email stories@thera.co.uk and we will send you a free post envelope.

Creative packs



crafts

A group called Heart and Soul, a group in London, have made some free creative packs to help people keep busy and enjoy their time in lockdown.

You can get the pack on your tablet or computer. You can print the things and do the activities. You can find the packs here <https://www.heartnsoulasks.com/creative-packs>

Craft packs



crafts

We know that lots of people enjoy drawing, painting and lots of other arts and crafts. This can be a great way to enjoy yourself when you can't go out as much as usual.

Because we are doing more of this some people are running out of things like paper, pens and paints.



contact

The Development Team want to know about people who need some help to get arts and crafts things. If you need some new things to do arts and crafts at home people email **Clare.Pride@thera.co.uk**. We will make some packs to send out to people who need them.

Easy recipe ideas



baking



recipe

Lots of people are enjoying doing some baking or cooking because they have the time now.

Bromley Mencap made a great easy to read recipe book a couple of years ago. As well as lovely recipes it includes really good information about food safety and keeping safe when you are cooking. There are lots of photographs and easy words.

You can get the cookbook at: <https://www.bromleymencap.org.uk/wp-content/uploads/2011/02/Easy-read-recipes-version-May-2017-emailable.pdf>



recipe

United Response has a project called Cookability. They make videos showing you how to make healthy, tasty food. Each recipe has a list of the ingredients you will need. You can find out more on their web page:

<https://www.unitedresponse.org.uk/cookability>

There are more videos on YouTube: https://www.youtube.com/playlist?list=PLI79ZsuMB5bYbVZduF8_-jl_fPwpMqsCv

Good Neighbours



volunteer

All across the country people are volunteering to help people in their local community. This is very important for people who can't go out. The volunteers do things like shopping, helping with the garden or picking up prescriptions and medicine.

This is very important at the moment because lots of people can't go out because of Coronavirus.



website

There are Good Neighbours projects all over the country. If you want to find out about the one in your area you can have a look at this website

<https://covidmutualaid.org>

Keeping fit and having fun at home



exercise

When we can't go out it is more important to make sure we do some exercise to keep fit. Each week we will have some ideas for you to try.

Affinity Trust made an exercise video that is easy to follow. You can see the video on their website <http://www.affinitytrust.org/what-we-do/opportunities-services/score-community-opportunities/fitness-and-exercise-for-people-with-learning-disabilities/>

The Royal College of Occupational Therapists has made a list of lots of good ideas for keeping active when you have to stay at home. You can find the list on their website: <https://www.rcot.co.uk/about-occupational-therapy/living-well-care-homes-2019/a-z-activities>



remember

Remember - don't worry if you can't do all the exercises, just do what works for you. Please have a look to see what other exercise videos you can find and tell us the best ones. We will share your ideas with everyone else. Send your ideas to stories@thera.co.uk.

Social care heroes



proud

In the last newsletter we told you about a lovely idea called #socialcareheroes. This is where people are putting pictures and messages on social media to show they are proud of the people they know who work in social care.

Social care heroes



We asked you to tell your staff to see if anyone in their family wants to send a message about them. Lots of people have sent us their #socialcareheroes messages and pictures.



Please tell your staff to see if anyone in their family wants to send a message about them. Maybe you will see a message about staff you know.



Ideas for new things to try



The Development Team are always looking for good ideas for things you might want to try. We will include some of these things in each newsletter.

BT has made some online courses about how to do things on the internet such as internet banking, video calling etc. <https://www.bt.com/skillsfortomorrow/daily-life/accessing-public-services.html>



+ The World Story Telling Café has different storytellers each day telling stories old and new. <https://www.worldstorytellingcafe.com>

Robin Ince's Cosmic Shambles Network has daily shows with music, comedy, science and other interesting things. This is part of the Stay at Home Festival <https://cosmicshambles.com/stayathome>

Have a picnic at home



Make a picnic with your favourite food and drinks. Pack it into your picnic basket or cooler and eat your dinner together in the garden. Or even in the living room. Talk about your favourite places to have a picnic and the best picnic you have had.

Have a Photo Shoot



picture

Get dressed up in your best clothes or dress up as someone you like. Get some things to make the photos fun. This could be things like masks, hats, balloons, sunglasses – whatever you want. Take pictures together and pictures of one person at a time. Take it in turns to take the pictures and to be in them. Be silly and have fun.



print

Choose your favourite pictures and use them to make a photo book. There are companies that will print your pictures for free, you just pay the postage. You can find the companies on the internet. Just put “free photo prints” into an internet search and you will see lots of choices. Or if you have a printer you can print your own pictures.

Your great ideas



information

We want to make this newsletter every week until the lockdown ends and we can go out again.

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 stories@thera.co.uk.

We will share these with everyone else.



contact

Get involved

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