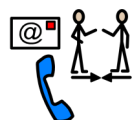


# Thera Connex newsletter 2020

Edition 3



## Welcome to Thera Connex



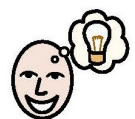
keep in touch

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:

- Dance sessions
- Singing videos that you can join in on
- A Thank You card competition
- Royal Mail – thumbs up for your postie
- Craft packs
- Volunteer shopping cards
- Activities and Exercises
- VE celebrations
- Social care heroes
- Mindfulness and meditation
- Your great ideas

## 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:



## Internet dance classes

### Space Dance Class - Inclusive



dance

The mum of a little girl with disabilities has made a video of a dance class and put it on the internet. It is all about space. It includes some ballet dancing and some stretching.

The video was made for young people, but it is good for anyone who wants to try some dancing. The video includes Makaton. Click this link to watch the video: <https://www.youtube.com/watch?v=Zxhu2oh--8c>



### Learning to dance to other songs

YouTube has lots of videos that can help you to learn a dance to a song.



learn

For example, here is a video which teaches you to dance to a song from the film The Greatest Showman. The lady in the video shows you all the steps: <https://www.youtube.com/watch?v=NbDgfOTsHDA>

When you have learned the dance steps, you can do it with the music: <https://youtu.be/eRQuvEsf7rk>



music

There are lots of steps to remember and the music is quite fast. But it's great fun and if you get stuck you can start the video again.

If you see other good videos showing you how to dance, please email [stories@thera.co.uk](mailto:stories@thera.co.uk).

## Singing videos for you to join in



cafe

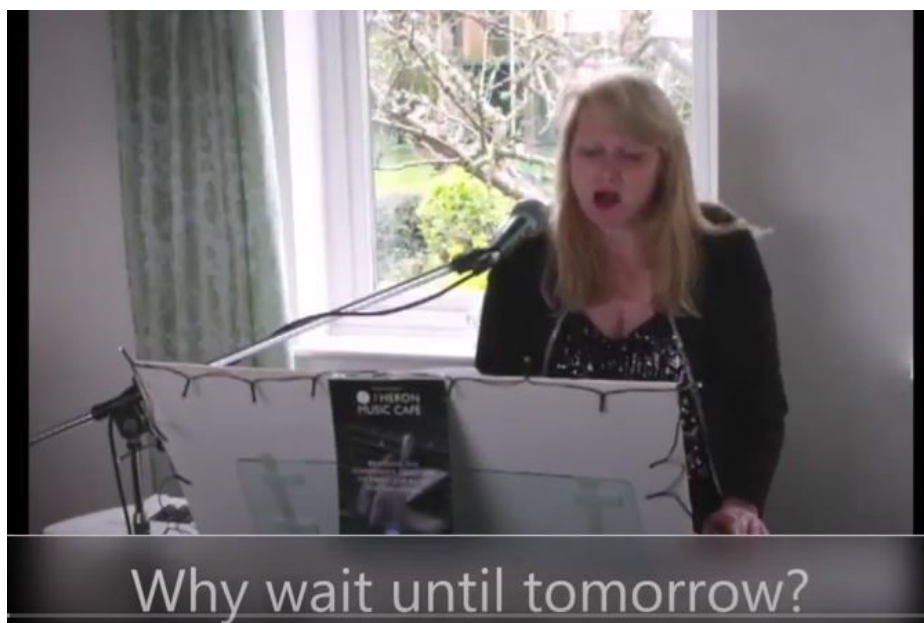
A music café for older people in Nottingham has started putting their weekly sing-a-long on the Internet. Now it is on the Internet anyone can join in.



karaoke

The video has the words to the songs at the bottom of the screen. It's a lot like karaoke.

The songs include Elvis and songs you might know from famous films. You can see one of the videos by visiting: <https://www.youtube.com/watch?v=JInxxYQxQgA>



online

If you type "Heron Music Café" into the search box in YouTube you can see the other videos. They upload them every Monday.

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## Competition time!



thank you

We want to thank our staff and other people who have done amazing things by sending them a thank you card. We already know about some people who deserve a big 'thank you'.

We need your help to design a new thank you card!

- **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.



contact

You can upload your entry via our website by visiting: [http://  
www.thera.co.uk/contact/](http://www.thera.co.uk/contact/)

If you want to post it to us, please email [stories@thera.co.uk](mailto:stories@thera.co.uk) and we will send you a free post envelope.

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## Royal Mail – Thumbs up for your postie



post

Up and down the country people are getting involved in showing how thankful they are for their posties. They continue to work during this difficult time, especially delivering letters and parcels to the vulnerable who are unable to leave their homes.

- Show your appreciation by colouring in one of these printable images to display in your home: [https://www.royalmail.com/thumbsup?iid=HP\\_M4\\_THUMBSUP](https://www.royalmail.com/thumbsup?iid=HP_M4_THUMBSUP)



photograph

- Take a photo of yourself giving your postie a big thumbs up (at a safe distance of 2 metres)

**#ThumbsUpForYourPostie**

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## 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.

If you need new things to do arts and crafts at home, please email [Clare.Pride@thera.co.uk](mailto:Clare.Pride@thera.co.uk). We are making packs to send out to people who need them.



contact

## Volunteer shopping cards



supermarket

Some supermarkets have launched special e-cards for self-isolating customers who want to arrange payment for groceries delivered by volunteers, friends or family members.



safe

They offer a safe, secure and contact-free way to allow others to shop for them, without having to hand over cash or share bank card details.

They can be bought easily online and then emailed to whoever is doing the shopping, or printed out and left in a safe place for them to pick up.



website

They can be topped up online, and people will also be able to check their balance and keep track of their spending.

Please visit your preferred retailer's website to find out more.

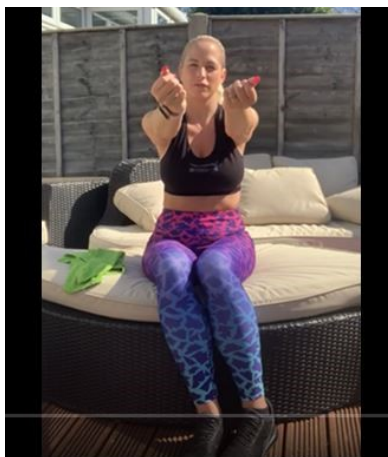
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## Keeping fit and having fun at home



exercise

A big shout out to Bridie, one of our staff members, giving back to the community and sharing her seated chair exercise: <https://youtu.be/mCj-VQPIA0>



ideas

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



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 us [stories@thera.co.uk](mailto:stories@thera.co.uk).

## VE day celebrations



anniversary

**What is VE day?** – Victory in Europe Day marks the anniversary and celebration of the end of World War II. Most countries celebrate this on the 8 May and this year it will have been 75 years since this day.

Thera Group are considering what we can do as a company to celebrate this day.

So please watch this space, more news and ideas to follow in our next edition.



ideas

In the meantime you can be making some things to decorate your home for this day.

You can find lots of ideas on the internet, such as making hats, posters and bunting but you may also have your own ideas if you have and would like to share them with us please email [stories@thera.co.uk](mailto:stories@thera.co.uk).

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## 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.



message

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.



message

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: Mindfulness and Meditation



ideas

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, this week it is mindfulness and meditation.



calm

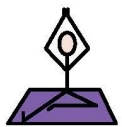
When we cannot go out for a long time, we can sometimes get restless and anxious. To help us calm down we can do some exercise or practice mindfulness and relaxation, or both!



mindfulness

Skills for People have developed the Mindfulness for Life programme with people with a learning disability. They have 6 videos on their website to help people relax including mindful walking and mindful eating. Try

them! <http://skillsforpeople.org.uk/groups-courses/courses/mindfulness-mindfulness-hub/>



yoga

If you prefer stretching your muscles and gentle movement to relax, yoga is perfect for you! Why don't you try these two free adaptive yoga videos for wheelchair users published by Wheelpower and sittingfityoga.com

<https://www.wheelpower.org.uk/resources/adaptivelyoga>

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## 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](mailto:stories@thera.co.uk).

We will share these with everyone else.



contact

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## 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.



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