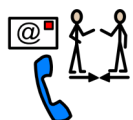


Thera Connex newsletter 2020

Edition 6



Welcome to Thera Connex



keep in touch

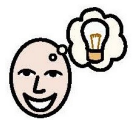
This newsletter is a way for us to stay in touch when we can't see the people we usually like to spend time with.



safe

The Government has said we should still 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:

- What is happening with Coronavirus
- Where to find information you can trust
- Update about the craft boxes
- Fundraising for Thera Connex
- An easy read book for people with small children
- A page for you to colour
- A recipe for you to try
- A quiz to share with your friends and family
- Writing your life story
- A new YouTube channel for people with a learning disability
- Boccia at home
- VE day celebrations

Did you know?

You can **click this button** on the website: www.thera.co.uk to **listen** to the newsletter:



Then **open the newsletter** and it should have this open on the pdf:



What is happening with Coronavirus

There are less people getting the Coronavirus, which is good, and there are less people dying from Coronavirus, which is a really good thing.



help

Lots more people are being tested for Coronavirus. This will help staff in the NHS and social care to keep safe. It will help people who feel poorly and don't know if they have the virus.



find out

The Government is setting up a new way to find out who has been near people who have the virus. This is called **Contact Tracing**. It has helped a lot in other countries as it will help show if they need to get tested. Then they can stay at home so they don't pass the virus on to anyone else. This will be a much easier way of knowing who can go out and who has to stay home.



important

On Sunday night the Prime Minister went on television to tell us what is happening with the lockdown. He said things are getting better but we still have to be very careful. He said the 5 important things we need to remember is:

1. **Stay at home as much as possible.** If you had a letter telling you to stay at home and not go out you still need to do this.
 2. **Work from home if you can.** If you can't work from home, only go back to work if it is safe.
 3. **Try not to use buses and trains.** It is better to walk or go in a car. Ride your bike if you can.
 4. You can go outside to **exercise more** now.
 5. You can go to the **park or the beach** even if you are not exercising. You can **meet family and friends outside**.
-

Where to find information you can trust



information

There is lots of information at the moment about the Coronavirus and the lockdown. Some of it is easy to understand and some of it is complicated.



false

Some of the things we see and hear can be scary. Some things are people saying what they think instead of what the experts tell us. It can be confusing, sometimes this is called “**fake news**”.



website

We know it is important to get good information, it helps us keep safe. If you are looking for information it is a good idea to go to websites that lots of people trust. This includes:

- **The BBC:** <https://www.bbc.co.uk/>
- **The Health service:** <https://www.nhs.uk/>
- **The Government:** <https://www.gov.uk/>
- **Your Local Authority**
- **Public Health England**
- **Keep Safe:** <https://www.keepsafe.org.uk/>

This is easy read information for people with a learning disability.

There are easy read posters and ideas for things to do.



remember

Remember! – just because lots of people are saying something on Facebook or Twitter doesn't mean it's definitely true.

Update about the craft boxes



crafts

We have kindly received money through our fundraising campaign which could provide people we support with craft boxes. We wanted to make sure people who like arts and crafts had good things to do.

The craft boxes have been sent out now to the people who have requested one. Lots of people will get their craft box really soon.

Please send us a photo of something you have drawn or made!



photographs

You can send it to us through our website at www.thera.co.uk/contact.

We will put some pictures on the website and in the newsletter.

Fundraising for Thera Connex



fundraising

We have started a fundraising campaign for Thera Connex! We want to use the money we raise to buy more things for people supported by Thera to use whilst staying safe at home such as craft boxes, IT equipment and other things. To do this we need your help to tell people that Thera Connex is useful for you and you enjoy receiving it.



crafts

Please send us pictures and stories of how you have used Thera Connex. This can be anything you found useful such as the social media guides or if you have tried something new like meditation, yoga, or upcycling. We would also love pictures of how you have used your craft box! Please send your photos and stories to us through the website at



stories

www.thera.co.uk/contact.



donate

If you know someone who would like to make a donation, they can do so by clicking <https://cafdonate.cafonline.org/12911#!/DonationDetails>.



An easy read book for people with small children



understand

The Coronavirus can be difficult to understand and why we have to stay home. Two people have made a book called 'Why can't I go outside?' to help parents explain it to young children.



story

It is a really good story to help anyone with little children. They can read the story together and talk about what it says.



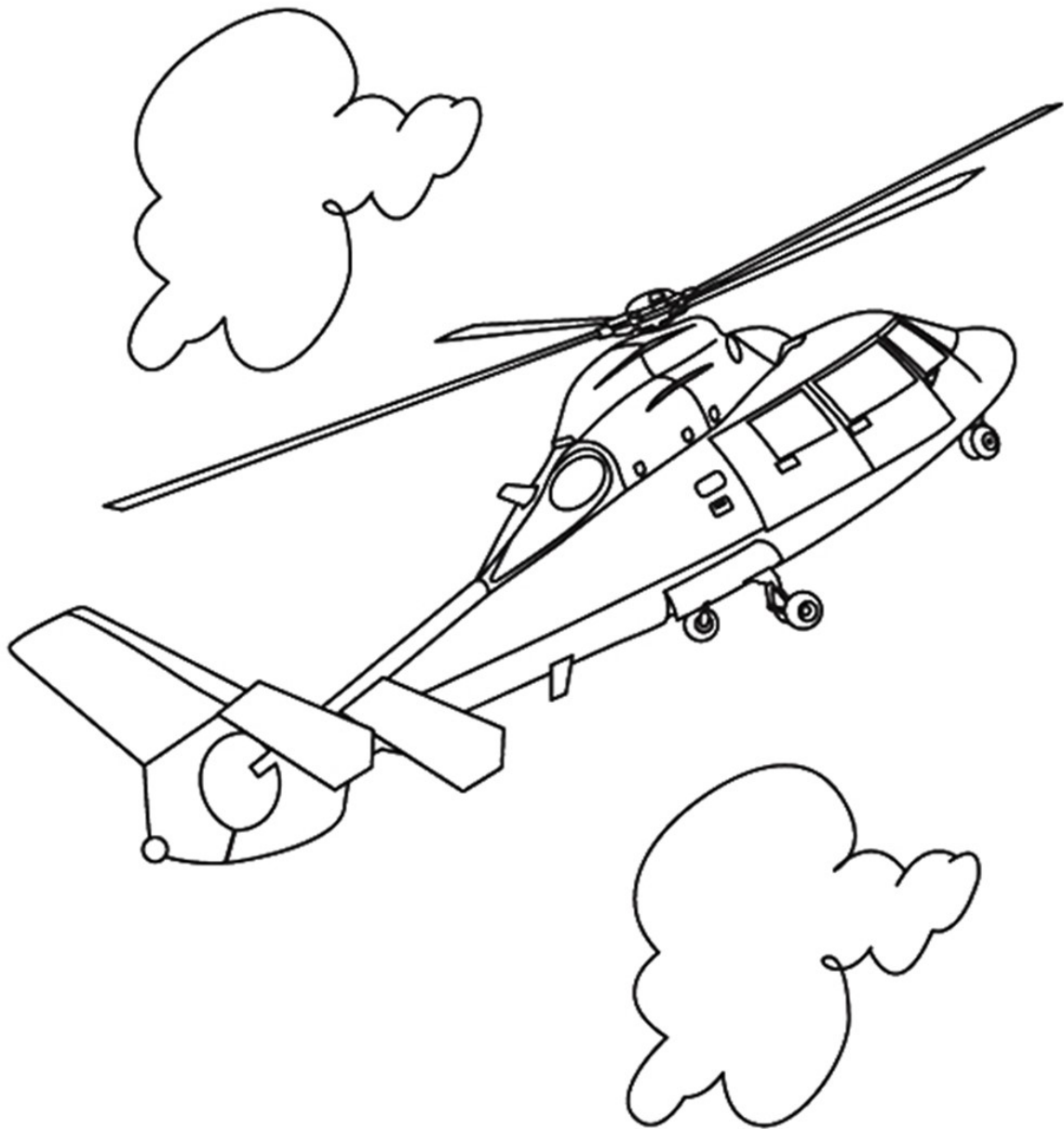
free

The book is free for anyone who wants it. To get the book just visit:

<https://www.thera.co.uk/contact/coronavirus/thera-connex/easy-read-resources/>

A page for you to colour

On the 13 May 1942 a helicopter flew 761 miles in America. That was the very first long helicopter flight across America. Almost 80 years ago! Here is a picture of a helicopter for you to colour if you enjoy colouring.



A recipe for you to try - strawberry, raspberry and banana smoothie



recipe

You will need:

- 6-8 strawberries
- 1 banana
- 8-10 raspberries
- 5 ice cubes
- 150ml milk



1. Peel and cut up a banana into small pieces.



2. Put 150ml of milk and the chopped banana into your blender.



3. Cut up the strawberries and raspberries. Add them to the mixture in the blender.



A recipe for you to try - strawberry, raspberry and banana smoothie

4. Put the ice cubes into the blender. Put the top on and blend until smooth.



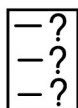
5. Pour into a small glass. If you want, you can put some strawberry pieces on top to decorate your smoothie.



recipe

If you like cooking and want some more recipes, try the Cyrenians easy read cookbook: <https://cyrenians.scot/wp-content/uploads/2015/10/Cyrenians-Recipes-1.pdf>. It has lots of recipes with clear information and lots of photos.

A quiz to share with your friends and family



quiz

You can do this quiz with people who live with you. Or if you have something like Zoom you can do it with friends and family online.

Choose one person to be quiz master., they ask the questions and at the end they tell everyone the answers. Although we haven't got a prize for you, you could choose a treat for the winner, for when the lockdown ends.



prize

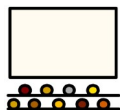
Music round



music

1. 'Getting to Know You' is one of the best known songs from which musical?
2. Which musical is based on the 1992 film of the same name? The film starred Whitney Houston and her songs were in it.
3. Which two pop giants teamed up to release 'Don't Let The Sun Go Down On Me' in 1991?

Film round



film

4. Which 2020 film starring Robert Downey Jr tells the story of a doctor who can talk to animals?
5. 'Birds of Prey' starring Margot Robbie is based on which character from the DC Comics universe?
6. Will Smith is back playing Mike in 'Bad Boys for Life'. Who is the other star of this film, who plays his friend Marcus?

Television round



television

7. Which Australian soap is set in Summer Bay?
8. In which soap is there a pub called the Woolpack?
9. In Coronation Street what was Fiona's baby called?

A quiz to share with your friends and family



sport

Sport round

10. Which city has teams called Wednesday and United?
11. Can a goalkeeper score a goal for their own team?
12. In cricket how many runs are scored in a maiden over?

The answers are at the end of the newsletter – no peeking!

Writing your life story



stories

A few years ago Thera was part of a project called Strathmartine Hospital Histories. This was people telling their life stories. All the people had lived at Strathmartine Hospital. Strathmartine was the oldest learning disability hospital in Scotland. Thera worked with the people who lived there to support them to record their memories.



remember

Lots of us have time to do something like this now. We can talk to our family and friends to help us find out what happened when we were children. Our friends and family can help us remember lots of people and things.

We can use words, pictures and photographs to make our life story. Some people do recordings of them talking.



ideas

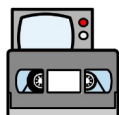
The people at Strathmartine Hospital made a toolkit to help anyone who wants to do their own life story. It has lots of good ideas to help you plan how to do your life story. The toolkit is free, you can get it here <http://www.strathmartinestories.co.uk/toolkits/>



example

There are lots of examples of people's memories and stories on the website. They might give you some ideas for your own life story.

A new YouTube channel for people with a learning disability



video

Mencap has started a YouTube channel to help people with a learning disability in the lockdown. They know that lots of people are missing their friends and family.



ideas

The channel is called Mencap TV. It has videos about exercise, relaxing and having fun. There are recipes and craft ideas too. They are adding new videos every day.

You can check it out here <https://www.youtube.com/channel/UCSiocTeIjtiJvtZkCOxrJ6g>

Boccia at home



ideas

Boccia England sent us some great ideas and information for things to do at home. This includes skittles and hoops.

There is lots of good information on their website:

<https://www.bocciaengland.org.uk/information-and-resources>



information

They have made a leaflet called **Boccia at Home** with ideas for games to play inside, you can see this on the next few pages.



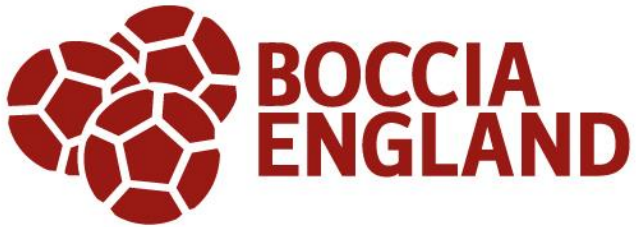
competition

They are starting a competition called the **Rainbow Cup**. This is for anyone who wants to join in. There will be a new activity or challenge on their social media every Monday for four weeks. You have all week to practice, then you send them your scores on a Friday.



website

To find out about the Rainbow Cup visit: <https://www.bocciaengland.org.uk/news/the-rainbow-cup-coming-soon>



Creative ways to adapt Boccia

#BocciaAtHome



Why not try these **fun activities** to practice your boccia skills.



Skittles

The Game

Set the skittles up like 10 pin bowling and knock down or move as many as possible

Adapting the Game

There are a number of different ways that you can adapt these games, by changing the Space, Task, Equipment and People.

Space

This game could be played in any space you have available no matter the size. You could play indoors or outside in the garden. You could make the space wider or narrower to make it easier or harder for you.

Task

- Add a value to a skittle and achieve a set score
- Stack the skittle into a tower or pyramid and knock them down
- How close can you get to the skittle without knocking them over?
- Time trial – How quickly can you knock down all the skittles?

Equipment

If you haven't got boccia balls at home, don't worry, you could use socks, or any other kind of balls you have available. If you are unable to propel the balls yourself and haven't got access to a ramp, don't worry, you could use a chopping board or a box lid to help you propel the ball. If you don't have skittle, could you use toilet rolls, tin cans or water bottles.

People

Why not make a house league where everyone has to play each other? You could also play this game in a pair or team as well as individually.

Boccia Boost provides a range of support to clubs available online including additional resources and accreditation



www.bocciaengland.org.uk/pages/category/clubs

WHAT NEXT?

Why not book a Boccia Leaders Award, find a local club, enter your first competition or purchase some equipment? Visit www.bocciaengland.org.uk for more information.

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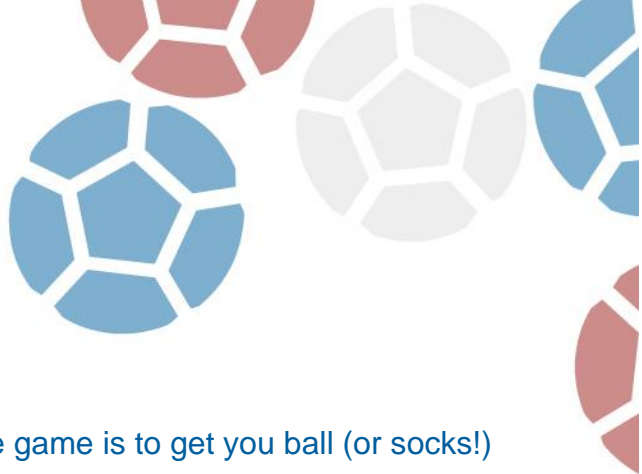


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Sock-ia



The Game

A game of precision, skill and tactics. The aim of the game is to get you ball (or socks!) as close to a target ball (or sock!) as possible

Adapting the Game

There are a number of different way that you can adapt these games, by changing the Space, Task, Equipment and People.

Space

This game could be played in any space you have available no matter the size. You could play indoors out outside in the garden or even as a tabletop game using a bench or dining table.

Task

You could change the focus of the game to be the first person to have no balls left. every time you win an end, you lose a ball, starting with 6, first person to get to 0 balls left is the winner.

Equipment

If you haven't got boccia balls at home, don't worry, you cold use sock, any other kind of ball you have available. If you are unable to propel the balls yourself and haven't got access to a ramp, don't worry, you could use a chopping board or a box lid to help you propel the ball.

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Targets

The Game

Aiming at any style or type of target will help with developing valuable boccia skills

Adapting the Game

There are a number of different ways that you can adapt these games, by changing the Space, Task, Equipment and People.

Space

This game could be played in any space you have available no matter the size. You could play indoors or outside in the garden. You could make the space wider or narrower to make it easier or harder for you. Even try changing the height of the target by putting it on a chair or lower down.

Task

- Have an ever-decreasing target, every time you land on it you make it smaller
- Start 1 pace away from the target, if you land on it, move a pace back and repeat
- Put something in front of the target to get over or push onto the target.
- How many times can you land of the target in 10/20/30 seconds or 1 minute?
- How quickly can you land on the target 10 times? 5 second penalty for each miss

Equipment

- Socks for balls
- Box lid or chopping board for ramp
- Towels, newspapers, buckets, paper, bowls could all be used as your targets.

People

Why not make a house league or a virtual league with family, friends or wider boccia community?

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www.bocciaengland.org.uk/pages/category/clubs

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Noughts and Crosses

The Game

Tape or chalk out a Noughts and Crosses grid on the floor and play Red vs Blue

Adapting the Game

There are a number of different ways that you can adapt these games, by changing the Space, Task, Equipment and People.

Space

This game could be played in any space you have available no matter the size. You could play indoors or outside in the garden. You could make the boxes bigger or smaller to make it easier or harder for you.

Task

- Add a time restriction – you have to have made your decision where you are going to play and release the ball in 30 seconds, 1 minute... If you don't, you lose that ball.
- Quickfire game, you don't take it in turns to play the balls, when you're ready you play
- Increase the size of your grid and turn your game into a game of connect 4

Equipment

- Socks for balls
- Box lid or chopping board for ramp
- Use a twister mat, spin the wheel and aim for all spots that colour, first to land on them all wins!

People

Why not make a house league or a virtual league with family, friends or wider boccia community? Try playing in pairs or teams too!

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Cone Funnel



The Game

Aim to land on a target which is at the end of a coned funnel without touching the cones

Adapting the Game

There are a number of different ways that you can adapt these games, by changing the Space, Task, Equipment and People.

Space

This game could be played in any space you have available no matter the size. You could play indoors or outside in the garden. You move the target closer or further away, make the funnel narrower or wider, to make it easier or harder for you.

Task

- Place a ball in front of the target to knock it on
- See how many balls you can have on the target once you have played 6
- Put a wall at the start of your tunnel, lob the ball over the wall and stop on the target

Equipment

- Use beakers, tin cans, toilet rolls as substitutes for the cones
- Socks for balls
- Box lid or chopping board for ramp

People

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Boccia-opoly



The Game

Take control of 'property' (a hoop) to win, if you have the most balls on each hoop when all balls have been played you win.

Adapting the Game

There are a number of different ways that you can adapt these games, by changing the Space, Task, Equipment and People.

Space

This game could be played in any space you have available no matter the size. You could play indoors or outside in the garden.

Task

- You could make the 'property' bigger or smaller to make it easier or harder for you.
- Add obstacles in between the hoops and if you hit them your ball is removed
- Enforce the rule that you cannot play to the same target on 2 consecutive shots

Equipment

- Use towels, blankets or space under a chair as substitutes to hoops
- Socks for balls
- Box lid or chopping board for ramp

People

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Boc-cer (Boccia Soccer)

The Game

Create a goal with two cones in front of you, place a bigger ball between you and the goal before trying to score by knocking the ball through the goal.

Adapting the Game

There are a number of different ways that you can adapt these games, by changing the Space, Task, Equipment and People.

Space

This game could be played in any space you have available no matter the size. You could play indoors or outside in the garden. You could also increase or decrease the size of your goal to change the difficulty level.

Task

- You could make the goal bigger or smaller to make it easier or harder for you.
- Move the goal to be on an angle so you are not just pushing the ball straight back
- Make the target ball smaller or heavier.

Equipment

- Use towels, blankets or space under a chair as substitutes to hoops
- Socks for balls
- Box lid or chopping board for ramp

People

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VE day celebrations



safe

Due to the Coronavirus pandemic and the Government's advice there wouldn't be any community celebrations with people who don't live in the same household this year. However we were encouraged to celebrate this safely within our own homes!

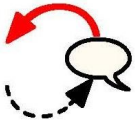


anniversary

We received some photos of how people celebrated VE day on the 8 May to mark the 75th anniversary and to celebrate the end of World War II.



Quiz answers



answer

These are the answers to the quiz:

1. The King and I
2. The Bodyguard
3. George Michael & Elton John
4. Dolittle
5. Harley Quinn
6. Martin Lawrence
7. Home and away
8. Emmerdale
9. Morgan
10. Sheffield
11. Yes
12. None



well done

Well done!

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.

Please show us what you have been doing by sending your ideas and pictures to www.thera.co.uk/contact



ideas

We will share these with everyone else.

Get involved



If you want to register your interest in getting involved, please email us at stories@thera.co.uk by Monday 18 May.



contact

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.



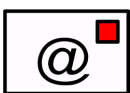
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