

# Thera Connex newsletter 2020

Edition 12



## Welcome to Thera Connex



month

We know that the Coronavirus impacts people significantly and we are in this together. We will continue to do the Thera Connex newsletter every month.



feedback

We have had some lovely feedback and we can see that you have really benefited from some of the articles, activities and easy guides.

We continue to welcome your feedback and we love receiving your stories and pictures.



newsletter

## In this newsletter we have information about

- What is happening with the Coronavirus
- The new rules we have to follow
- Local guidance/lockdowns
- Face coverings
- Eat Out to Help Out
- The new normal and planning for this
- Tin can lanterns
- Gig Buddies - Spotify
- Learn to draw
- Green fingers growing
- Online events
- Family Guy word search
- Colouring
- Jokes
- Funny facts

### 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:



## What is happening with the Coronavirus



rules

There are less people getting the Coronavirus and more people are getting better. If we all follow the rules we can help make sure things keep getting better. Some countries now have no Coronavirus at all.



safe

Lots more people are being tested for COVID-19, this will help keep staff in the NHS and social care to keep safe. It will help people who aren't sure if they have COVID-19 and are feeling ill.



information

The rules in Scotland are different. If you want to know about COVID-19 in Scotland, you can see lots of information on the government website: <https://www.gov.scot/news/route-map-for-moving-out-of-lockdown/>

## The new rules we have to follow



rules

The UK Government is continuing to lift restrictions safely. To keep up to date with the latest Government guidance, visit: <https://www.thera.co.uk/contact/coronavirus/about/>

## Local guidance/lockdowns



guidance

Some local councils are introducing their own guidance about COVID-19. Please visit your local council's website for the most up to date information.

## Face coverings



face mask

On Tuesday 14 July the Government changed the rules around the wearing of face coverings and as of Friday 24 July you will now have to wear face coverings in some places.

In **England** it is now a requirement to wear a face covering in the following settings:

- Public Transport, including buses, trains, trams, taxis and airplanes. Also includes train stations, airports, bus and coach stations and tram stations.
- Shops and Supermarkets, indoor shopping centres, banks, building societies, chemists and post offices.

## Face coverings



face mask

In **Scotland** it is now a requirement to wear a face covering in the following settings:

- All Public transport, including taxis, private hire cabs, buses, trains, trams, subway, planes and enclosed areas on ferries.
- Shops and Supermarkets, including care homes, hospitals and GP surgeries and/or pharmacies.

Some people do not have to wear face coverings. To find out more about who is exempt and to download exemption cards, visit: <https://www.gov.uk/government/publications/face-coverings-when-to-wear-one-and-how-to-make-your-own>

### Guidance for Scotland:



guidance

<http://www.gov.scot/publications/coronavirus-covid-19-phase-3-staying-safe-and-protecting-others/pages/face-coverings/>

Have a look and see if you want to have a go at making your own face covering in your favourite coloured Material.

## Eat Out to Help Out



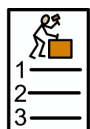
dine

Use the Eat Out to Help Out scheme at a participating establishment:

- To get a 50% discount on food or non-alcoholic drinks to eat or drink in (up to a maximum of £10 discount per diner)
- Every Monday, Tuesday and Wednesday between 3 and 31 August

To view the restaurants in your local area which are taking part in the scheme, visit: <https://www.tax.service.gov.uk/eat-out-to-help-out/find-a-restaurant/>

## The new normal and planning for this



planning

There's lots of talk at the moment around the phrase 'The new normal' but what does this mean?

Since the outbreak of the COVID-19 pandemic our lives and lifestyles have been affected and changed things that we were able to do. We now have to think about being safe when we go out and follow local guidelines where we live. We have to think about social distancing and wearing face coverings when we are on public transport and in shops and supermarkets. Some people find it helpful to plan what they need to do or take with them when going out.

Thera have designed some tools to help people to plan days out and things that they would like to do now that we are allowed to go out more.

Please request a copy of this from the development team by emailing [developmentemail@thera.co.uk](mailto:developmentemail@thera.co.uk)

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## Tin can lanterns



crafts

Look at the picture below, these are tin can lanterns and a great project to do if you enjoy making things out of recyclable materials. This is known as up cycling and very much an in trend thing at the moment as it supports the re use of used items and supports us with being green and thinking about the environment.





## Tin can lanterns



crafts



materials

Here are the instructions on how to make these simple but fun tin can lanterns:

### Materials:

- Tin cans (left over from pasta sauce, canned vegetables, etc.)
- Hammer
- Nails
- Spray paint
- Sand
- Candles (regular, citronella or battery operated)
- Wire if you want to hang them

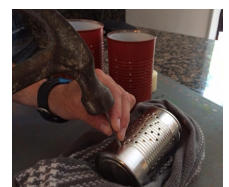
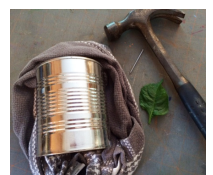


### Steps:

1. Collect random tin cans, remove the labels and clean thoroughly. You can use goo-gone to remove any left-overglue. Or once the can is frozen (see step 2), just chip away at the frozen glue and it should come off fine.
2. Fill cans with water and freeze. This will help your can to keep its shape.
3. Once the water is frozen, take the can out of the freezer and place it on a solid surface. To help prevent it from rolling around, take a dish towel and shape it in a circle and place the can in the middle of the towel. Not full-proof, but it helps.
4. Use your hammer and tap a nail into the can to create your design (or use a drill if you can) (FYI – it's pretty easy to hammer through the tin). You have several options for a design: you can use a sharpie and place dots on the can to first sketch your design, you can print out a picture and tape it to the can or you can just wing it. You can even use different size nails to create some variation in your designs too.
5. Once your design is done, spray paint the can your desired colour. You should turn the cans upside down to spray them to prevent spraying the insides.



instructions



## Tin can lantern



instructions

6. Apply a few coats of paint if needed. Once dry, add sand and a candle (I used battery operated ones). You can also add 2 more nail holes on equal sides of the can and string a wire through them and hang them on a tree branch or from an umbrella.
7. Light and enjoy! "Light up" your summer nights too with these fun lanterns – that are oh-so budget friendly! Enjoy!



## Gig Buddies – Spotify



music

Just to let you know that Gig Buddies are now going to be regularly sharing Spotify playlists on the Gig Buddies Facebook page. This can be found following the link below:

[www.facebook.com/gigbuddiesscotland](https://www.facebook.com/gigbuddiesscotland)

These will be a mix of playlists made by the Gig Buddies DJ's, members and staff team. Click on the link above and join in with the music and Gig Buddies.

## Learn to draw



draw

For anyone out there that would love to learn to draw check out the link below and see what you can learn:

Schafer Art YouTube Channel

A series of learn to draw videos for beginners, have a go and send us pictures of you art work to share with others: [www.thera.co.uk/contact](https://www.thera.co.uk/contact)

## For those of you that may not have a garden



garden

Have a go at creating window sill herb gardens see the link below for a simple "how to"

<https://www.perrywood.co.uk/gardening-tips/create-windowsill-herb-garden/>

## For those of you that may not have a garden



plants

If you like plants and would like to order some online have a look at the link below:

<https://www.amazon.co.uk/Indoor-Plants/b?ie=UTF8&node=4275664031> or [www.gardens4you.co.uk](http://www.gardens4you.co.uk)

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## Online events



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:

<https://www.eventbrite.co.uk/>

We would love to hear about things that you have been doing so that we can share with others. If you would like to send in a story, please email: [stories@thera.co.uk](mailto:stories@thera.co.uk)

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## Family Guy word search



word search

This months word search is from the TV programme Family Guy. Have a go and see how long it takes you to complete it.

You can find the word search on the next page.

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## Colouring pictures



colouring

And this months pictures to colour are a guitar and a car. Go on and have a go!

You can find these on pages 10 and 11.



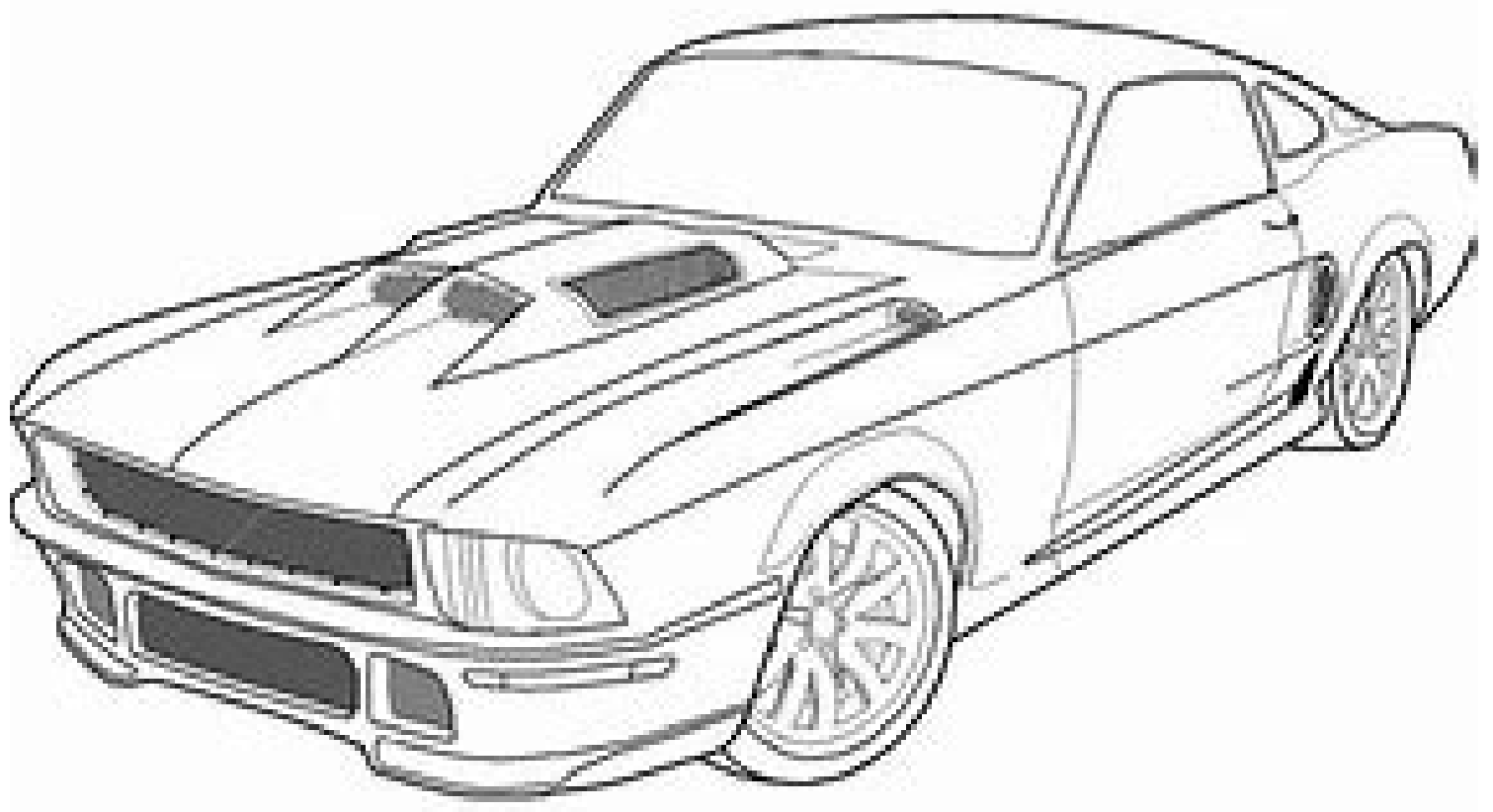
# Family Guy Characters

L	H	O	S	N	O	H	E	E	I	W	E	T	S
R	E	N	T	R	E	T	L	M	L	F	E	N	Q
O	M	T	M	T	R	A	N	E	O	E	M	M	U
W	E	R	L	P	G	E	N	W	E	D	A	C	A
R	M	E	S	E	P	D	T	I	I	Y	F	H	G
N	E	B	E	A	L	L	N	E	O	D	A	R	M
I	G	R	L	B	I	N	B	R	P	N	A	I	I
F	E	E	T	O	O	E	W	A	Y	A	B	S	R
F	R	H	H	B	I	E	I	G	T	L	B	R	E
I	N	E	E	N	S	S	B	R	E	E	R	S	N
R	L	G	L	T	N	C	O	M	L	V	I	S	A
G	Y	T	M	R	E	M	M	E	M	E	A	T	R
Q	R	M	A	M	C	T	R	I	E	L	N	F	F
T	O	F	R	A	N	C	I	S	I	C	T	N	S

HERBERT  
 GRIFFIN  
 LOIS  
 DEATH  
 STEWIE  
 MAYOR WEST  
 MORT  
 QUAGMIRE  
 FRANCIS  
 BRIAN  
 PETER  
 CHRIS  
 MEG  
 THELMA  
 BONNIE  
 CLEVELAND

Play this puzzle online at : <http://thewordsearch.com/puzzle/15/>





## A laugh a minute joke time



joke

As it was International Jokes day on the 1 July it would be rude not to pop in some jokes:



- Joke 1:  
My dog used to chase people on a bike a lot. It got so bad, finally I had to take his bike away.
- Joke 2:  
Why is Peter Pan always flying? He neverlands.

Have you got any good jokes you would like to share? If so send them in to: [stories@thera.co.uk](mailto:stories@thera.co.uk). We would love to hear them and share them in next months Thera Connex.

If you enjoy hearing and telling jokes check out the website: <https://pun.me/pages/funny-jokes.php>

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## Funny facts



facts

- It is impossible to lick your elbow
  - It is physically impossible for pigs to look up into the sky.
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## Your great ideas



information

As the lockdown restrictions are easing and we can go out more, this newsletter will be published every month.

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 [www.thera.co.uk/contact](http://www.thera.co.uk/contact)

We will share these with everyone else.

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## Get involved



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.



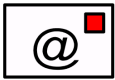
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