

Thera Connex newsletter 2020

Edition 13

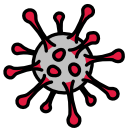
24 September 2020



tell

Welcome to Thera Connex

We wanted to tell you about some important changes to the rules in **England**, which will help keep us safe from coronavirus (COVID-19).



coronavirus

Unfortunately, more people have been getting coronavirus.

The Government told us that the easing of lockdown restrictions would have to change if the virus started to spread again.



easy read

We have created some Easy Read guidance to the changes on the next 2 pages. If you have any questions about the changes, please speak to your support team.



resources

We have also included some resources and activities which we hope you will enjoy. This includes:

- **Every Mind Matters:** looking after your mental health during coronavirus (COVID-19)
- **Awesome Autumn Activities**
- **Better Health:** how you can keep yourself healthy
- **Get in the spooky spirit:** a selection of spooktacular activities!



email

Send us photographs of your creations!

We would love to share your work on Thera's social media pages. Please email your photographs to: communications@thera.co.uk



Coronavirus (COVID-19) rules: changes in England



rules

The Prime Minister announced **new rules** on Tuesday 22 September to **stop the spread** of **Coronavirus (COVID-19)**.

These rules have been introduced because **more people** are **getting** the **Coronavirus (COVID-19)**.



England

This document tells you about the **rules** for people living in **England**. If you live in an area with **local lockdown** restrictions, there may be **more** rules you have to follow.

The Government says these rules could stay until **March 2021**.

Face coverings



face covering

- You must wear a face covering in **taxis** and **private hire vehicles** from **Wednesday 23 September**. You must continue to wear a face covering when using **public transport**, such as buses, trains and planes.



staff

- People who **work in hospitality** (such as cafes, restaurants, pubs and bars) and **retail** (such as shops) must **wear a face covering** from **Thursday 24 September**.



customer

- Customers** visiting **restaurants, cafes** and other **hospitality venues** **must wear a face covering**. They can **remove** their face covering when **sitting at a table** to eat and drink.



fine

- Fines** for **not** wearing a **face covering** have **increased**. The fine is **£200** for a first offence and will **double** for repeated offences, up to a maximum of **£6,400**.



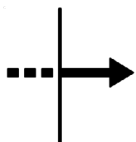
will not

- Some people **cannot** wear a **face covering**, for example because they have a **medical condition**. They will **continue** to be **exempt** from wearing a face covering and will **not** be **fined**.

Businesses



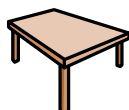
home



continue



close



table



contact



rules

- People should **work from home** if they can do so **effectively**. This must be **agreed** with your **employer**.
- People who work in **public sector** and **essential services** should **continue** to go to work.
- Anyone else who **cannot work from home** should go to their place of work as normal.
- Businesses which sell food and drink **must close** between **10pm and 5am**. This includes **pubs, restaurants** and entertainment venues such as **social clubs** and **bingo halls**.
- Businesses which sell food and drink can only offer **table service**. This means you will **order** your food and drink at your **table**.
- You **must provide** your **contact details** when visiting hospitality venues for **Test and Trace**. Test and Trace helps **stop** the **spread** of Coronavirus by **informing** people if they have been in contact with someone who has **tested positive** for Coronavirus.
- From **Monday 28 September**, businesses will have **stricter rules** to make their premises COVID secure.

Meeting people safely



family and friends



support



sport

- When seeing **friends** and **family** you do not live with, you must follow the **rule of 6**. This means you can only meet in **groups of 6**, which **includes** yourself.
- **Support groups** will be limited to **15 people** from **Thursday 24 September**. A support group is a **formally organised** group to provide resources, therapy or any other form of support.
- You can **play indoor sports** with a maximum of **6 people** from **Thursday 24 September**. This rule **does not apply** to indoor organised team sports for **disabled** people.



childcare



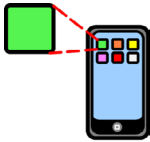
wedding



meetings

- From **Thursday 24 September**, friends and family will be allowed to **provide childcare** in areas which have a **local lockdown**.
- **Weddings** will be limited to **15 people** from **Monday 28 September**. **Funerals** will continue to have a limit of **30 people**.
- **Business conferences, exhibition halls** and **large sporting events** will **not** be allowed to re-open yet.
- **Business meetings** are **allowed** to happen. The **rule of six** does **not** apply to business meetings.

For more information visit: www.gov.uk/coronavirus



app

New Test and Trace App

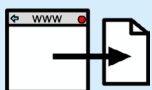
The Test and Trace App for England and Wales launched on Thursday 24 September.

It has a number of features:

- **Trace:** find out when you have been near other app users who have tested positive for coronavirus.
- **Alert:** lets you know the level of coronavirus risk in your postcode district.
- **Check-in:** get alerted if you have visited a venue where you may have come into contact with coronavirus, using a simple QR code scanner. No more form filling.
- **Symptoms:** check if you have coronavirus symptoms and see if you need to order a test.
- **Test:** helps you order a test if you need to.
- **Isolate:** keep track of your self-isolation countdown and access relevant advice.



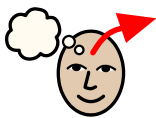
what



download

Download the Test and Trace App for England and Wales:

www.nhs.uk/apps-library/nhs-covid-19



mind

Every Mind Matters

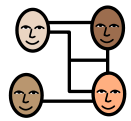
Every Mind Matters has been created by Public Health England, with tips and advice developed with experts and approved by the NHS.



aim

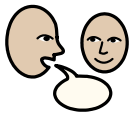
They aim to give you simple and practical advice to get a healthier mind and get more out of life – from how to deal with stress and anxiety, to boosting your mood or sleeping better.

Your mental health is important. There are lots of different things we can all do to look after our mental wellbeing such as;



connected

- **Stay connected with people** - by phone, video calls or social media.



talking

- **Talking about your worries** - with others you trust or with a [NHS-recommended helpline.](#)



health

- **Looking after your physical health** - eating healthy, well-balanced meals, drinking enough water and exercising regularly.



information

For more information or advice visit:

www.nhs.uk/oneyou/every-mind-matters/

NHS

**Discover simple
steps to look after
your mental health**

Search every mind matters

**every mind
matters**



autumn

Awesome Autumn Activities



conkers

Hunt for Conkers

Collecting conkers is something you can only do for a few months of the year, so make sure you don't miss it! Grab a bag and head to your local park, forest or anywhere else nearby with horse-chestnut trees and see how many you can find.

There's loads of things you can do with them after too, from playing the famous game, to arts and crafts activities.



leaves

Leaf Crafts

Collect fallen leaves from your local park or your garden have a go at making so Autumn themed arts and crafts! Hunt out all the best colours, from golden yellows to deep reds then use them to make a colourful autumn collage or you could try some leaf printing and painting too.



bird watching

Try Bird Watching

Try some bird watching, either from your garden or on a walk. Take binoculars with you and perhaps a book on birds and see how many you can spot.



pine cone

Make a Pine Cone Bird Feeder

It's really simple to make a pine cone bird feeder:

- Tie a bit of string around a pine cone
- Cover the pine cone in peanut butter
- Roll the pine cone in bird seed
- Hang it outside and wait for the birds to arrive!



Better Health



national

Better Health is a new national campaign. The campaign encourages adults to introduce changes that will help them work towards a healthier weight, with access to free tools and apps supporting people to eat better, drink less alcohol and get active.



evidence

The current evidence does not suggest that having excess weight increases people's chances of contracting COVID-19.



ill

However, data shows that obese people are significantly more likely to become seriously ill and be admitted to intensive care with COVID-19 compared to those with a healthy BMI.



website

You can find out what your BMI is by using the website link below, all you need to enter is your height, weight, age, sex and activity level:

www.nhs.uk/live-well/healthy-weight/bmi-calculator/



information

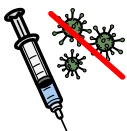
For more information about Better Health and to access free tools and support visit www.nhs.uk/better-health/



flu

Get your flu jab

Every year in the UK lots of people get flu in winter. Flu is a virus that makes you feel ill.



vaccine

Some people with a learning disability can get very ill if they get flu.

The best way to avoid flu is to get a flu jab. You may be able to have the flu jab for free at your GP surgery. You can also book to have the flu jab at a pharmacy.



information

For more information about the flu vaccine visit:

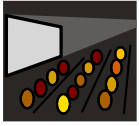
www.nhs.uk/conditions/vaccinations/flu-influenza-vaccine/



spooky

Get in the spooky spirit!

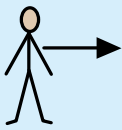
With Halloween just around the corner why not try out some of these spooktacular activities!



movie

Have a Scary Movie Night

Are you a Monsters Inc fan or Ghostbusters or Gremlins? What about Paranorman or Hotel Transylvania? Have a movie night in and watch some classic 'spooky' films!



join

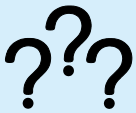
Or join **Gig Buddies with Thera Trust**, on **Friday 30 October** for a **Halloween** themed film night **from 7pm**.

If you have any **questions** about the **Gig Buddies** Halloween themed film night, please contact a **Gig Buddies staff member**:

Sam Maggs - Samuel.Maggs@thera.co.uk

Debbie Forsyth - Debbie.Forsyth@thera.co.uk

Molly Tavella - Molly.Tavella@thera.co.uk



questions

Have a virtual Halloween Party

Plan a virtual Halloween Party with friends and family! Dress up in your spookiest outfit and have your party online! You could use Zoom, Facetime or Facebook video calls.



virtual

The Big Neighbourhood Pumpkin Trail

Lets get creative and join **The Big Neighbourhood Pumpkin Trail!**

ARTventurers, a company running art classes for children, have decided to organise a **huge neighbourhood pumpkin trail**.

They are hoping to make it the **biggest pumpkin hunt** and get people **across the country** involved.

To find out more information on how to get involved visit:

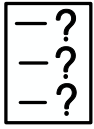
www.artventurers.co.uk/the-big-neighbourhood-pumpkin-trail/



pumpkin



information



quiz

Coming soon - Halloween Quiz!

We are creating a fun Halloween Quiz for you to take part in with your friends and family! Keep an eye on Thera's social media channels for more information.



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.

Please email communications@thera.co.uk with your suggestions.



website

Keep in touch

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.



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email

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