

# Thera Connex newsletter 2020

Edition 13

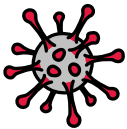
24 September 2020



tell

## Welcome to Thera Connex

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



coronavirus

Unfortunately, more people have been getting coronavirus.

The Scottish 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](mailto:communications@thera.co.uk)

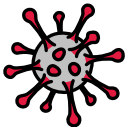


## Coronavirus (COVID-19) rules: changes in Scotland



scottish

The Scottish Government announced **new rules** on Tuesday 22 September 2020.



coronavirus

These changes have been introduced because more people are getting **coronavirus** (COVID-19). The changes are:



safely

### Meeting people safely

- You are not allowed to visit other people's **homes**.



rule

This **rule** does **not** apply if you have formed an **extended household**. An extended household includes:

- people who live alone or alone with children
- couples who do not live together

**Tradespeople** and **grandparents providing childcare** are also **excluded** from this rule.

# 6

6

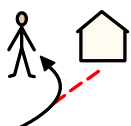


meetings

- You can **meet** in **groups** of **six** people from **two households**, outdoors or in public indoor places like cafes. **Children** under **12 years** old **do not** count towards this limit. This is called the **rule of six**.

- **Business meetings** are **excluded** from the **rule of six**.

- You should **avoid car sharing** with people who you **do not** live with.



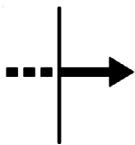
avoid



## Businesses



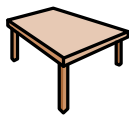
home



continue



close



table



contact



face covering



customer



fine

- 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 at **10pm**. 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 Protect**. Test and Protect helps **stop** the **spread** of Coronavirus by **informing** people if they have been in contact with someone who has **tested positive** for Coronavirus.

## Face coverings

- In indoor places and places where **social distancing** is **difficult**, you are expected to **wear a face covering**.
- **Customers** visiting restaurants, cafes and other hospitality venues must wear a **face covering**. You can remove your face covering when sitting at a table to eat and drink.
- If you break the rules a **police officer** may issue you with a **fine of £60**. The **maximum** fine can be **up to £10,000** for **serious breaches** of the rules.



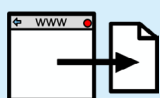
app

## Protect Scotland App

The free NHS Scotland Protect Scotland app has been designed to help protect people, reduce the spread of coronavirus and avoid further lockdowns.

By using the app and following current health guidelines we can all stay safe when we meet up, socialise, work or travel.

Find out more about the Protect Scotland app at: <https://protect.scot/>



download

Download the Protect Scotland App:

**Apple:** <https://apps.apple.com/gb/app/id1526637715>

**Android:** <https://play.google.com/store/apps/details?id=gov.scot.covidtracker>



mind

## Every Mind Matters

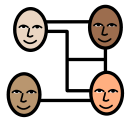
Every Mind Matters has been created by Public Health England, with tips and advice developed with experts and approved by the NHS.



aim

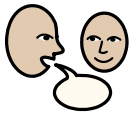
They aim to give you simple and practical advice to get a healthier mind and get more out of life – from how to deal with stress and anxiety, to boosting your mood or sleeping better.

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/](http://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

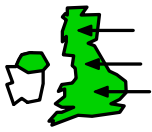
### Make a Pine Cone Bird Feeder

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/](http://www.nhs.uk/live-well/healthy-weight/bmi-calculator/)



information

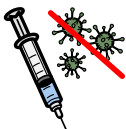
For more information about Better Health and to access free tools and support visit [www.nhs.uk/better-health/](http://www.nhs.uk/better-health/)



flu

## Get your free 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 free flu jab. You can have the flu jab at your GP surgery or you can have the flu jab at a pharmacy.



information

For more information about the flu vaccine visit:

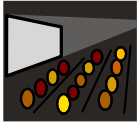
[www.nhs.uk/conditions/vaccinations/flu-influenza-vaccine/](http://www.nhs.uk/conditions/vaccinations/flu-influenza-vaccine/)



spooky

## Get in the spooky spirit!

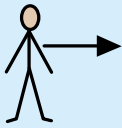
With Halloween just around the corner why not try out some of these spooktacular activities!



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

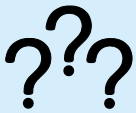
Or join **Gig Buddies with Thera Trust**, on **Friday 30 October** for a **Halloween** themed film night **from 7pm**.

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/](http://www.artventurers.co.uk/the-big-neighbourhood-pumpkin-trail/)

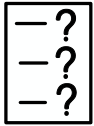


pumpkin



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.

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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](mailto:communications@thera.co.uk) with your suggestions.

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website

## Keep in touch

Visit our website to find out more about Thera Connex:

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

You can get in touch with us through our social media pages.



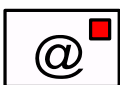
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email

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