



# The Blether

October 2020



welcome

## Welcome to The Blether!

Hello from everyone at Thera (Scotland) and welcome to the second edition of the Blether in 2020.

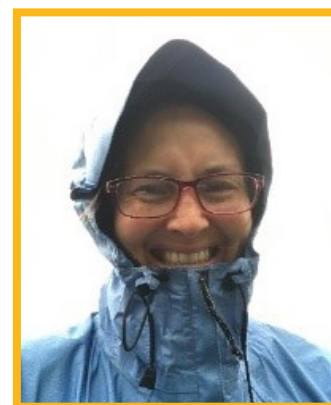


thank you

## An update from Suzanne Abbate, Managing Director

### Thank you.

I have been thinking about what to say to open our Autumn edition of the Blether, I cannot write anything more without saying how proud I am of our staff and a huge thank you for all the commitment and care. During what has been the most worrying time most of us have ever lived through.



proud

I have really enjoyed hearing about all the ways you have been keeping busy; the cakes that have been made, the artwork that has been produced and the new things people have tried for the first time.

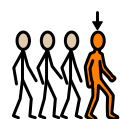


enjoyed

We have had to adapt in so many ways to a different way of life, from not seeing our family and friends to staying at home for weeks. It has been really difficult, but it has also highlighted how strong we are and how much we all care about one another. The great news is that everyone we support, and all our staff have remained free from Coronavirus.



difficult



leadership

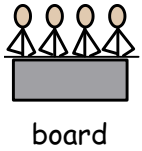
Our managers have shown strong leadership and put the needs of their teams before their own.



# An update from Suzanne Abbate - Managing Director (continued)



We have welcomed our new Service Quality Director, Jordan, who has fitted into the team very naturally and we are so pleased to be working with him.



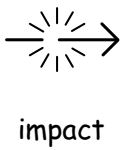
There have also been three new additions to the Thera (Scotland) Board: Denis Rowley, John Stevenson and Ian Richards, who have joined us as Non-Executive Directors. Welcome!



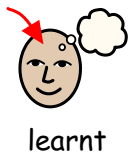
We hope that in the coming months life will become a bit easier and that we can meet up with the people we have been missing so much.



All the COVID-19 restrictions we have had to deal with have had some positive results.



Later in the newsletter we will hear more about some of the positive impacts on the lives of the people we support and their teams.



For me, I have learnt new things about myself: I can get through difficult times, I haven't really missed going to the shops, and I've found new ways to look after myself and relax.



We hope you enjoy reading about all the things we have been doing during lockdown.

**Suzanne Abbate, Managing Director**



# Thera (Scotland) Gets Moving



challenge

In May 2020 some of us came up with the idea of a virtual challenge to see if the people we support, their staff teams and managers could make it round the 7330 miles of Scottish coastline.



choice

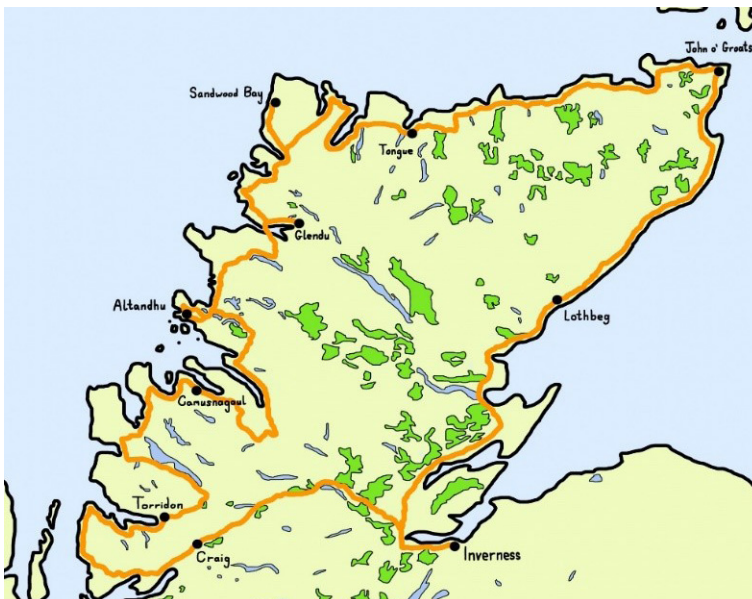
How we did it was a personal choice - we walked, ran, strolled and rolled.



what

26 people took part. Between us we covered approximately 2600 miles and completed around 5,189,017 steps!

**What does 2600 miles look like on a map?**



The Coastline of the Highlands is 3047 miles long, so we almost made it all the way round the top part of Scotland!



# Thera (Scotland) Gets Moving



raise money

During the challenge we also wanted to raise some money to celebrate the end of lockdown when it comes. In total we raised £262.52!



ideas

We would love to hear your ideas for what we could use this money for.



adventures

We had a great time getting involved and shared some of our adventures on Facebook.

We enjoyed the challenge so much, we would love you to join us for future fun adventures.



## Get involved with Thera (Scotland)



fundraising

If you are interested in fundraising with Thera (Scotland), please visit our fundraising page:

**[www.thera.co.uk/get-involved/fundraising/](http://www.thera.co.uk/get-involved/fundraising/)**



team

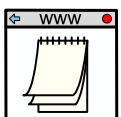
Thera Trust also have a new fundraising team who would love to hear from you. If you have any ideas you would like to discuss around fun fundraising in 2021 contact Alice Fletcher:

**[Alice.Fletcher@thera.co.uk](mailto:Alice.Fletcher@thera.co.uk)**



donate

You can also donate to Thera Trust by choosing Thera as your chosen charity on AmazonSmile.



website

AmazonSmile is a website operated by Amazon with the same products, prices and shopping features.

The only difference is every time you shop on AmazonSmile, Amazon donates on your behalf, at no extra cost to you!

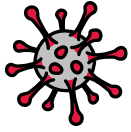
**smile.amazon.co.uk**





# A message from Diane Carson –

Operations Manager; Midlothian, Edinburgh and Falkirk



COVID-19

Covid-19 has set us all many challenges these past few months, both at work and for each of us personally with so many changes and restrictions to how we choose to live our lives.



together

It is just amazing how we adapted and just got on with it. We planned and pulled together as a team and looked at how we could do things in a different way and we succeeded.



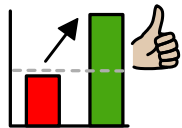
pleased

It has been such a journey but I am so pleased that the people we support and the staff teams have been sharing and learning new skills from baking, art, DIY to using Teams and Zoom to keep in touch with their friends and families, along with taking part social events on-line which have been fantastic.



thank

I would like to thank all of the Thera (Scotland) staff for their total commitment in keeping all of the people we support safe and working over and beyond on many occasions to ensure that

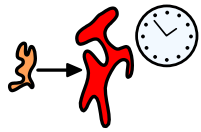


difference

all of the people we support feel safe whilst coping with all the changes to their support and daily routines. This has made a huge difference to each of them.



# A message from Scott Harkness – Operations Manager; Highlands



transition

Over the last few months we have a continuation of change and transition throughout the Highlands.



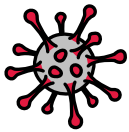
team

Firstly, we have many new staff whom have recently begun their journey with Thera and I would like to welcome you all to our team. We have selected each and every one of you because we feel that you have the values and skills to further enhance our dedicated team and indeed from a person-centred perspective, the care we provide to the people we support.



training

I am aware that there will be lots of new people with routines and procedures to learn but I am confident with time, training and support from the competent team around you, that this initial transitional period will be successful. Should you however have any queries, as always, please just ask and we will be pleased to assist.



COVID-19

The previous few months has also been a time of transition and change from a perspective of lockdown and coronavirus. As we are following the Scottish route map and the subsequent phases this has led to much reprieve for some, enabling them to revisit people and activities that during lockdown were inaccessible and much missed.



visit

I am also aware as the changes have taken effect new challenges arise, as it can cause some confusion and underlying anxiety. I am pleased to say that the team in the Highlands has met those challenges throughout this period and throughout lockdown.



anxiety



proud

I am very proud of the staff team in the Highlands; during this anxious and difficult time, they have stood firm and continued to be counted upon to deliver outstanding care, managing difficult changes forced upon them.



well done

Thank you again and a huge well done to all!



# Keeping busy during lockdown



home

The people we support in Inverness have been keeping busy during lockdown.



Alec helped put a new blind up in his kitchen. This will allow him to use the kitchen for listening to his music without being unsettled by the bright sun.

He has been planting flowers in the garden and has put together some lovely plant pots and hanging baskets.



Alec also went on a wet and windy walk at Ardersier - Well done Alec for getting out and about on such a grey day!



Dawn celebrated her Birthday!



# Keeping busy during lockdown



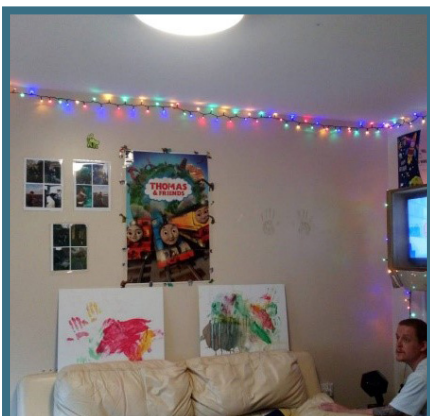
## Pizza time

Eileen made a pizza and enjoyed her hard work, it looks delicious!



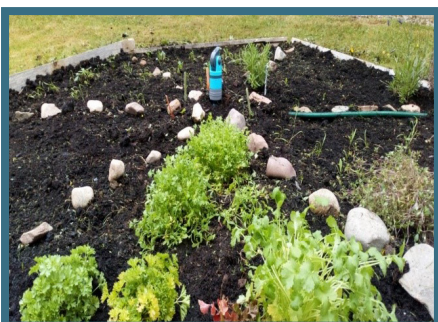
## Day out to the sea

Laura enjoyed a day out by the sea in Inverness. Lovely to see some blue skies!



## Scott's sensory space and garden

Fairy lights have been added to Scott's living room to create a sensory space. Also on display is some of Scott's recent artwork.



Scott is working on a herb garden. Staff have been helping out by planting seeds. The vegetable patch is coming to life.



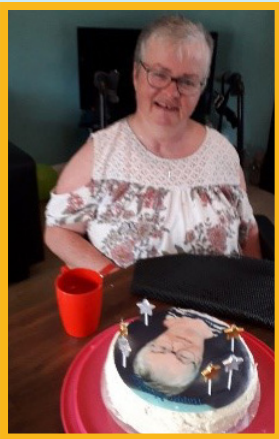


# Keeping busy during lockdown



home

**People we support in Midlothian and Falkirk have been enjoying activities at home during lockdown.**



## **Doreen's lockdown birthday**

On the lead up to Doreen's birthday staff came up with various ideas on how they could make her birthday special during lockdown.

For previous birthday celebrations Doreen has gone out with staff to a restaurant of her choice for a meal, but due to lockdown this wasn't possible.

Staff worked hard to source decorations and ordered her presents online. They also wanted to get Doreen a necklace that she had been asking for, however the jewellers didn't have online shopping at the time and the shop was closed. After messaging the jewellers they were able to find what they were looking for and the item was delivered ready for Doreen's big day!

Doreen received her presents in the morning and staff surprised her with a lovely afternoon tea.

She had a fantastic day and night with her staff team. Doreen has been amazing through the whole of lockdown and has managed extremely well.



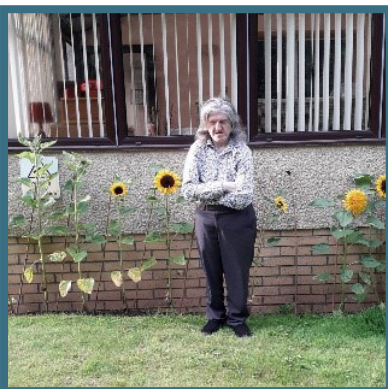


# Keeping busy during lockdown



Alec is really fond of music and is a very good singer and drummer. Alec usually goes to the local British Legion club to listen to the bands play.

Since lockdown he has not been able to get out and about as much, so his staff decided to bring the entertainment to him! He has provided some musical evenings for the other gentlemen he lives with, and of course the staff! As you can see, he enjoys playing for everyone very much.



Graham has had great success growing sunflowers in the garden. Gardening has been one of the activities Graham has enjoyed most during the lockdown. Soon the flowers will be as tall as him!



Graham has also planted and grown potatoes. He was delighted when some were ready to dig up. The staff cooked them for Graham to have with his tea – delicious!



# Keeping busy during lockdown

## Falkirk Community Support

We have been so excited in the last few weeks to be supporting people out in the community again.

We are finding more lovely walks and ways to spend our time together. This feels a bit different but we are enjoying seeing each other again.

Here are some photos from a walk to the Kelpies near to Falkirk:

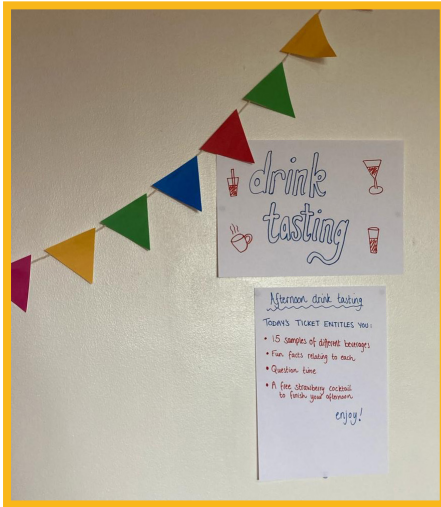


## Jimmy's House

Jimmy's getting used to being in the house more and that means being involved with the cleaning chores and helping out more making dinners too.



# Keeping busy during lockdown



## Jimmy's drink tasting event

We had another exciting afternoon recently where we were reminded of the time Jimmy went on holiday to Ireland and did the whiskey tour. Now we couldn't quite pull that off, but we had our own 'drink tasting' event.



We prepared 15 different beverages - from tea to Capri Sun to Irn Bru and Strawberry milkshake. Jimmy had a shot of each, accompanied by a fact or two.



## Bird watching

During the lovely weather we had at the start of lockdown, Jimmy enjoyed being on his swing in the garden and listening to the birds.

He has also enjoyed sitting on the patio and watching the birds come up close, and trying to figure out what kinds of birds we can spot.

Does anyone recognise this one?





# Keeping busy during lockdown

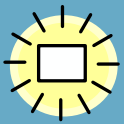


One of the locations within Dalkeith is currently still registered as Residential Care at Home. Due to this Thera (Scotland) staff that work at this location have been offered COVID-19 testing on a weekly basis.

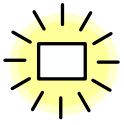
Currently all staff have tested negative and none of the people supported in the house have shown symptoms. The staff have to be commended for keeping the people we support safe along with themselves.



This is their wall of arts and crafts. Everything was made by James, Jimmy and Raymond using their Thera Connex Craft boxes. The chaps received a wee bit of help from support staff to send out cards which they had made for their friends and families.



# New to the team



new

## Service Quality Director – Jordan Allan

Hello my name is Jordan Allan, Service Quality Director for Thera (Scotland).



safe

I have to say people we support are safe and well, they are happy with the support they are receiving and are keeping busy.



activities

Some of the things they have been doing during lockdown are:

- Walking challenge
- Gig Buddies bake off
- Arts and crafts
- Gardening
- Making a bird feeder and sanding/varnishing it
- Bingo
- Dominoes



missing

People we support have said they are missing their day to day activities such as their shopping and are missing their friends.



fantastic

The support staff are doing a fantastic job of keeping people busy with creative activities such as having a day at the beach in someone's living room and going to the theatre indoors, as well as lots more.



well done

Well done to our support staff who are all happy, safe and using PPE when supporting people.



safe

I am looking forward to meeting everyone in person when it is safe to do so!





# Virtual Visits



virtual

Jordan has been checking in with the people we support virtually using Microsoft Teams, and most recently Zoom.

He's been doing this for over two months now and the visits have been going really well.



well

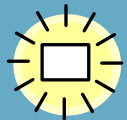


## SQD VIRTUAL VISIT



SQD: \_\_\_\_\_

Spoke to: \_\_\_\_\_



## New to the team



Patrick Mills, one of our CSLs, welcomed a new team member!

We'd like to congratulate Patrick and his wife on the new addition to their family.

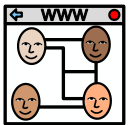
# An update from Gig Buddies



connected



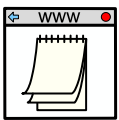
online



facebook



activities



website

Gig Buddies, a project run by Thera Trust, would like to continue keeping their members connected and having a great time with each other. At the end of March they launched their 'Virtual Insanity' project, connecting their members together via online activities.

It's been great to see so many people continue to get involved with their online activities over the past few months.

Gig Buddies run everything from a private Facebook group 'Gig Buddies Scotland Members Group' and use an app called Zoom to have regular video calls.

Using Zoom, they have also been having DJ Nights, open mic nights, and watching films together.

For more information visit:

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



enjoyed

We hope you have enjoyed reading about what has been Happening in Thera (Scotland) recently.

We would love to share our next edition of The Blether with you.



email

If you would like to receive The Blether by email, please email [Liz.Rankin@thera.co.uk](mailto:Liz.Rankin@thera.co.uk) to be added to our mailing list.



contact

## How to contact us

If you would like to find out more about Thera (Scotland) or have a story you would like to tell, please get in touch:

- Email [tsoffice@thera.co.uk](mailto:tsoffice@thera.co.uk)
- Visit [www.therascotland.co.uk](http://www.therascotland.co.uk)
- Or call **0300 303 1286**