

# Thera Connex newsletter

Edition 14 - Scottish Edition

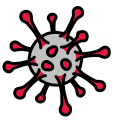
Thursday 29 October 2020



welcome

## Welcome to Thera Connex

The Government has announced new rules in Scotland from **Monday 2 November**.



coronavirus

In some parts of Scotland, more people have been getting coronavirus. The Scottish Government have created a Protection Level system which tells you what you can and can't do in your local area.



alert

The COVID-19 Protection Levels are:

- **Level 0**
- **Level 1**
- **Level 2**
- **Level 3**
- **Level 4**



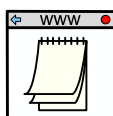
rules

The 0-4 level system will help you to understand and prepare for rules that might be introduced, as well as letting you know how and when they may be lifted.



easy read

We have created some Easy Read guidance about each protection level. Where possible, we have included a copy of your area's current level with this newsletter to help you understand what it means for you.



website

You can also read the Government guidance at: [www.gov.scot/publications/coronavirus-covid-19-protection-levels/pages/overview/](https://www.gov.scot/publications/coronavirus-covid-19-protection-levels/pages/overview/)

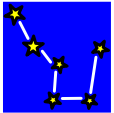
You can find all the Easy Read guidance about local alerts on our website: [www.thera.co.uk/contact/coronavirus/about/local-lockdowns](https://www.thera.co.uk/contact/coronavirus/about/local-lockdowns)



face covering

**Reminder!** Wear a face covering to keep yourself and others safe. For details of where you are required by law to wear a face covering visit the Scottish Government website or click [here](#).

## Awesome Autumn Activities



constellations

### Go stargazing

Darker evenings aren't all bad! Its the perfect opportunity to explore the night's sky and try stargazing - how many constellations can you spot?



information

Visit [www.nationaltrust.org.uk/features/top-tips-for-stargazing](http://www.nationaltrust.org.uk/features/top-tips-for-stargazing) to find out more.



clean

### Forget the Spring Clean – Have you tried an Autumn Blitz?

The changeover from one season to another is a great opportunity to get organised. Autumn also tends to bring the wet weather, so it might be time to dig out the wellies, raincoats and thick winter clothes as the days start to get crisper.



stroll

### Autumn strolls

The days may be getting shorter and the weather chillier, but autumn is a perfect time to venture outside. Wrap up warm, pull on your wellies and explore some local parks and woodlands if you can.



pine cone

### Collect pine cones

Pine cones fall in autumn, and just like conkers are a great thing to collect on your next outdoor adventure. Pine cones make great decorations and can be used for printing too.





mental health

## Mental Health Hub

Taking care of your mental health is just as important as taking care of your body.

Your mental health doesn't always stay the same. It can change as circumstances change and as you move through different stages of your life.



celebrate

To celebrate World Mental Health Day, we've launched a mental health hub on the Thera Trust website.

The aim of the hub is to direct you to useful tools and resources which can help you maintain good mental health and wellbeing.



information

**For more information visit:**

[www.thera.co.uk/contact/coronavirus/mental-health-hub/](http://www.thera.co.uk/contact/coronavirus/mental-health-hub/)

### Do you have a resource to share?



email

If you know of a useful resource or website that you think we should add to our Mental Health Hub please send it to us at:

[communications@thera.co.uk](mailto:communications@thera.co.uk)



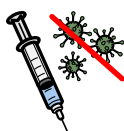
flu

## 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.

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.



vaccine



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/)



## Bonfire night ideas



bonfire night

Due to COVID-19 most bonfire night and fireworks events have been cancelled this year, but don't worry! We have some great bonfire night ideas to help you celebrate at home.

## Glow in the dark games



glow

Fill up bottles with water and add some different coloured glow sticks to create your own glow in the dark bowling alley or create glow stick hoops and have a game of glow in the dark ring toss.



craft

## Indoor Campfire

Why go out in the cold, when you can make your own indoor 'campfire' instead.

All you will need is:

- Clear plastic cup
- Tissue paper in red, orange, and yellow
- Liquid glue
- LED tea light
- Twig or thin craft stick
- Cotton balls
- Scissors

For the step by step visit:

[www.buggyandbuddy.com/glowing-campfire-craft/](http://www.buggyandbuddy.com/glowing-campfire-craft/)



## Make bonfire toffee



ingredients

### Ingredients

- oil, for greasing
- 450g dark brown sugar
- 125ml hot water
- ¼ tsp cream of tartar
- 115g black treacle
- 115g golden syrup



### Method



method

#### Step 1:

Line the base and sides of an A4 sized tin with non-stick parchment and then grease it really well.

#### Step 2:

Put the sugar and hot water in a heavy bottomed pan and heat gently until the sugar is dissolved, do not stir the mixture at any point instead tilt the pan if you need to move it around.



heat

#### Step 3:

Weigh out your remaining ingredients, if you put them in a really well greased jug they will be much easier to pour out. Once the sugar has dissolved add all the ingredients and pop the sugar thermometer in, you can use the thermometer to give it a quick swirl but try not to mix it too much.



thermometer

#### Step 4:

Bring to the boil and boil until you reach soft crack on your thermometer (270/140C) This may take up to 30 minutes, be patient and do not leave the pan unattended as it can change quickly. As soon as it reaches the temp, tip it into your tin and leave it to cool.



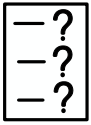
boil

#### Step 5:

Once cool remove it from the tin a break up with a toffee hammer or rolling pin. Store in an airtight tin or wrap up in boxes or cellophane bags to give as gift.



cool



quiz

## Halloween Quiz!

We have created a fun Halloween Quiz for you to take part in with your friends and family!

To take part, [click here](#) or you can find the link on our social media.

This quiz is just for fun and there is no prize. If you would like to share your score please leave a comment on our social media page.



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.



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.



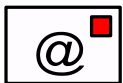
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email

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