

# Thera Connex newsletter

Edition 15

Wednesday 4 November 2020



welcome

## Welcome to Thera Connex

The Prime Minister has announced a 4-week national lockdown in England. It will start on **Thursday 5 November** and last until **Wednesday 2 December**.



easy read

This means we will all need to be a “Stay Home Hero” again.

We have included an **Easy Read** summary of the new rules with this newsletter.



difficult

We know it will be **difficult** not seeing our family and friends and not being able to do the things we like to do.



activities

This edition of Thera Connex is full of fun **activities** you can do whilst you are at home.



links

We have also included **links** to our Easy Read guides on using Zoom and other social media channels with this newsletter to help you stay in touch with people over the next few weeks.



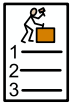
tell

Please keep in touch with us and **tell** us what you have been doing to keep busy!



email

We would love to share your photographs in a future edition of Thera Connex. You can **email** us at: [stories@thera.co.uk](mailto:stories@thera.co.uk)



plan

## Brilliant Boredom Busters

Make a plan of 5 things you want to do every day. For example:

- Do something fun - this could be baking, gardening or crafts
- Connect with friends
- Use relaxation apps/techniques
- Get some fresh air
- Make a daily routine that works for you



picnic

## Throw an indoor picnic

Dig out the picnic blanket and have yourself an indoor picnic - all the fun of a picnic, but a lot warmer and no need to worry about the weather!



christmas cards

## Make Christmas cards

Homemade Christmas cards are unique and special. With only 7 weeks until Christmas, why not use your creative skills and have an evening making Christmas cards to send to your family and friends.



craft

## Take up a new craft

Wanting to try a new craft but not too sure what?

Visit [www.stylesatlife.com/articles/craft-ideas/](http://www.stylesatlife.com/articles/craft-ideas/) and look through their top 50 craft ideas!

A lot of the craft ideas include every day items that you can recycle, such as tin and old jars.



mental health

## Mental Health Hub

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



changes

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.



website

We have recently 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/)



email

### Do you have a resource to share?

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:

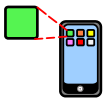
[communications@thera.co.uk](mailto:communications@thera.co.uk)



guides

## Thera Guides to Social Media

There are lots of ways to keep in touch with people when you can't meet up with them. Social media can be a really good way to keep in touch. Examples of social media are Facebook and Twitter.



apps

There are apps you can also use on your computer or mobile phone to see people when you talk to them or to have a phone call with.

These include: Facebook, WhatsApp, FaceTime, Zoom and Skype.



website

The Communications Team have made some guides for you to get started with the apps. You can get these guides from:

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



memories

## Create a time capsule

Put together a time capsule to hide away for the future. You can throw together some memorable items from your life now and put them in an airtight capsule.

You can then plan to revisit it in 5 or 10 years and see what memories it brings back.



virtual

## Go on a virtual trip

Use Google Earth to take you on a virtual tour of places around the world! [www.google.co.uk/intl/en\\_uk/earth/](http://www.google.co.uk/intl/en_uk/earth/)



cook

## Learn to cook a new meal

There are plenty of recipes online and videos that you can download that will help you make that fancy meal you always wanted to. If you need some inspiration have a look at [www.bbc.co.uk/food](http://www.bbc.co.uk/food)



home

## Home organisation

Forget the Spring clean, have you tried an Autumn blitz? You could:

- Go through clothing from previous seasons, try on and get rid of things that you no longer like or wear
- Gardening – pull weeds, trim bushes and plant new seasonal flowers/bulbs
- Organise your kitchen cupboards
- Sort through all your crafts and art supplies. See if something inspires you. Organise and sharpen all your pencils and test all your pens

## Make soda bread



### Ingredients

- 75g plain flour
- 100g wholemeal flour
- 25g oats
- 1½ tsp caster sugar
- ½ tsp salt
- ½ tsp bicarbonate of soda
- 2 tbsp linseeds (you can use sesame or sunflower seeds)
- 175ml natural yoghurt



### Method

#### Step 1:

Preheat the oven to 220C/425F/Gas 7. Line a baking tray with greaseproof paper.

#### Step 2:

Stir all of the ingredients, except the yoghurt, together in a bowl. Add most of the yoghurt and mix together to a soft dough. Add a little extra yoghurt if the dough is dry.

#### Step 3:

Tip the dough out onto a floured work surface and knead for a few minutes until smooth.

#### Step 4:

Shape into round loaf and put on the baking tray. Flatten slightly with your hand then mark a deep X on the top using a knife. Make sure to cut almost all the way to the bottom of the dough, so that the middle of the bread cooks all the way through.

#### Step 5:

Bake in the oven for 20-25 minutes.



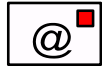


feedback

## 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.



email

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.



@TheraGroup



@TheraTrust



@TheraTrust



email

If you would like to receive this newsletter to your personal email address, please sign up to our mailing list: <http://eepurl.com/mUID1>

## England national lockdown restrictions

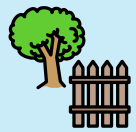
In place from Thursday 5 November 2020



home

### Stay at home

You **must not leave** or be **outside of your home** except for these reasons:



outdoors

- to do **exercise outdoors** or **visit an outdoor public place** - with the people you live with, your support bubble or with 1 person from another household (if you live on your own).



shopping

- **shopping for essentials**, like food and medicine, which should be as infrequent as possible.



childcare

- for **childcare or education**, where this is not online.



work

- for **work**; where your place of work remains open and **where you cannot work from home** (including if your job involves working in other people's homes).



medical

- for any **medical concerns, reasons, appointments and emergencies**, or to **avoid or escape risk of injury or harm** - such as domestic abuse.



visit

- to **visit members of your support bubble** or **provide care** for vulnerable people, or as a volunteer.

## Social distancing outside



You should **reduce your time outside** your house and keep **two metres** apart from anyone not in your household or support bubble. Remember 'Hands, Face, Space':



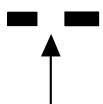
hands

Hands – **wash or sanitise your hands** regularly and for 20 seconds.



face

Face – **wear a face covering in indoor settings** where social distancing may be difficult, and where you will come into contact with people you do not normally meet.



space

Space – stay **2 metres apart** from people you do not live with where you can, or 1 metre with extra precautions in place (such as wearing face coverings or increasing ventilation indoors).

## Meeting friends and family



indoors

You must not meet **socially indoors** with family or friends unless they are part of your household - meaning the people you live with - or support bubble.



support

A **support bubble** is when a household with 1 adult joins with another household. Households in that support bubble can still visit each other, stay overnight, and visit outdoor public places together.



exercise

You can **exercise** or **visit outdoor public places** with the people you live with, your support bubble, or 1 person from another household.



outdoor

**Outdoor public places** include:

- parks, beaches, countryside;
- public gardens (whether or not you pay to enter them), allotments;
- playgrounds.



garden

You cannot meet in a **private garden**.





close

## Businesses and venues

The Government has decided to **close** a number of businesses and venues to help slow the spread of the virus.



retail

- all **non-essential retail** (like clothes shops, travel agents, car washes).



leisure

- indoor and outdoor **leisure facilities** (like gyms, leisure centres, swimming pools, golf courses).



entertainment

- **entertainment venues** (like theatres, cinemas, bowling alleys, zoos, bingo halls, casinos).



personal

- **personal care facilities** (like hair and nail salons, tattoo parlours, body piercing, tanning studios).



open

Food shops, supermarkets, garden centres and certain other retailers providing essential goods and services can remain **open**.



delivery

Non-essential retail can remain open for **delivery** to customers and **click-and-collect**.



takeaway

Hospitality venues like restaurants, bars and pubs must close, but can **still provide takeaway and delivery**. Takeaway of alcohol will not be allowed.



hotels

Hotels, hostels and other accommodation should only open for those who have to travel for work purposes.



funerals

## Funerals

**Up to 30 people** can attend funerals, and it is advised that only close friends and family attend.

# 15

15

Stone setting and ash scatterings can continue with **up to 15 people** allowed.

## Weddings and religious services



weddings

Weddings, civil partnership ceremonies will **not be allowed** to take place except in exceptional circumstances.



closed

Places of Worship will be **closed**, unless they are being used for:

- Funerals.
- To broadcast acts of worship.
- Individual prayer.
- Formal childcare or where part of a school.
- Essential voluntary and public services, such as blood donation or food banks.
- Other exempted activities such as some support groups.

## Going to work



work

If you can work from home you **must** do so. Where you cannot (if you work in critical national infrastructure, construction or manufacturing) you should **continue** to go to your workplace.

## Schools, universities and colleges



open

These will remain **open with additional measures** in place. Universities should move to online learning where possible.



university

University students **must not** move back and forward between their permanent home and student home during term time. They should only return home at the **end of term** for Christmas.

## Childcare and children's activities



childcare

Parents will still be able to access some **registered childcare** and other childcare activities (including wraparound care).



open

Early years settings can **remain open**. Parents are able to form a childcare bubble with another household for the purposes of informal childcare, where the child is 13 or under.

## Youth services



youth

Some **youth services** may be able to **continue**, such as 1 on 1 youth work and support groups, but most youth clubs and groups will need to **stop** for this period.

## Travel



travel

You should **avoid travelling in or out of your local area**, and you should look to **reduce** the number of journeys you make. You can still travel for a number of reasons, including:



work

- travelling to **work** where this cannot be done from home.



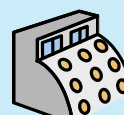
education

- travelling to **education** and for **caring** responsibilities.



health

- hospital, GP and other medical appointments or visits where you have had an accident or are concerned about your **health**.



retail

- visiting venues that are open, including **essential retail**.



exercise

- **exercise**, if you need to make a short journey to do so.



walk

If you need to travel you should **walk or cycle** where possible, and plan ahead and avoid busy times and routes on public transport.

You **must not travel** if:



COVID-19

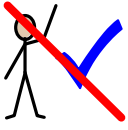
- you have any **coronavirus (COVID-19) symptoms**.
- you are **self-isolating** or share a household or support bubble with somebody with symptoms.
- you have been told to **self-isolate** by NHS Test and Trace.



holidays

## Holidays and overnight stays

Overnight stays and holidays away from your main home will **not be allowed**. This includes holidays abroad and in the UK.



cannot

You **cannot** travel overseas or within the UK, unless for work, education or other legally permitted reasons.

## People more likely to get ill from coronavirus



poorly

Some adults have a **health condition** that means they are **more likely** to get **very poorly** from coronavirus.



careful

People who are **clinically vulnerable** or **clinically extremely vulnerable** must be extra **careful** to **follow the rules** and **reduce their contact** with other people.



wash

Make sure you **wash or sanitise your hands** carefully and more frequently than usual. Maintain the **cleaning** of frequently touched areas in your **home** and/or **workspace**.



vulnerable

People are deemed **clinically vulnerable** if they are:

- aged 70 or over (regardless of medical conditions)
- under 70 with an underlying health condition listed below:
  - chronic (long-term) mild to moderate respiratory diseases, such as asthma, chronic obstructive pulmonary disease (COPD), emphysema or bronchitis
  - chronic heart disease, such as heart failure
  - chronic kidney disease
  - chronic liver disease, such as hepatitis
  - chronic neurological conditions, such as Parkinson's disease, motor neurone disease, multiple sclerosis (MS) or cerebral palsy
  - diabetes
  - a weakened immune system as the result of certain conditions or medicines they are taking (such as steroid tablets)
- seriously overweight (a body mass index (BMI) of 40 or above)
- pregnant



vulnerable

Adults with the following conditions are deemed **clinically extremely vulnerable**:

- people who have had a solid organ transplant
- people with specific cancers:
  - people with cancer who are undergoing active chemotherapy
  - people with lung cancer who are undergoing radical radiotherapy
  - people with cancers of the blood or bone marrow such as leukaemia, lymphoma or myeloma who are at any stage of treatment
  - people having immunotherapy or other continuing antibody treatments for cancer
  - people having other targeted cancer treatments that can affect the immune system, such as protein kinase inhibitors or PARP inhibitors
  - people who have had bone marrow or stem cell transplants in the last 6 months or who are still taking immunosuppression drugs
- people with severe respiratory conditions including all cystic fibrosis, severe asthma and severe chronic obstructive pulmonary disease (COPD)
- people with rare diseases that significantly increase the risk of infections (such as severe combined immunodeficiency (SCID), homozygous sickle cell disease)
- people on immunosuppression therapies which significantly increase risk of infection
- adults with Down's syndrome
- adults on dialysis or with chronic kidney disease (stage 5)
- women who are pregnant with significant heart disease



advice

If you are **clinically extremely vulnerable** the **Government advises** you **not to go to work** if you cannot work from home. You **may** be **eligible** for **Statutory Sick Pay (SSP)** or **Employment Support Allowance (ESA)**.



home

You should **stay at home** as much as possible, **except** to go **outside** for **exercise**.