

Thera Connex newsletter

Edition 17

Wednesday 2 December 2020



welcome

Welcome to Thera Connex

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



rules

With the coronavirus (COVID-19) still making people ill, Christmas will be different for everyone this year.

What are the rules from Wednesday 2 December to Wednesday 23 December?

You must follow the **rules** that are in place in your Protection Level.



christmas

What are the rules over Christmas?

The Scottish Government **strongly** believes that the **safest** way to spend Christmas is in your **own household**, in **your own home**, in **your local area**. You **do not** need to form a **Christmas bubble** and you should **not feel pressured** into making one.

Between 23 – 27 December, you can form a **Christmas bubble** of up to three households, one of which can be an extended household.

Children under the age of 12 from these households need not count towards the total number of people in the bubble. Children under 12 do not need to **social distance** from others in “bubbles” of up to 3 households, including into different tiers.



bubble

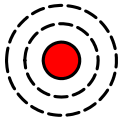
What is a Christmas bubble?

A Christmas bubble is a group of people from no more than **three households**.

You can only be in **one** Christmas bubble.

You **cannot** change your Christmas bubble.

You can only meet your Christmas bubble in **private homes** or in your **garden, places of worship**, or public **outdoor** spaces.



small

How big should my Christmas bubble be?

You should keep your Christmas bubble as **small** as possible.

You can form a Christmas bubble with **different** people to who you normally live with.



scottish

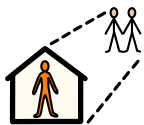
The Scottish Government **recommends** that you keep any bubble to a maximum of **8 people**. Children under the age of 12 from these households do not count towards the total number of people counted in the bubble.

I share a house with other people, are we one household or can we go to different bubbles?



should not

People (other than students) who live in a shared flat or house are considered a household and the Scottish Government's strong advice is that households **should not split up** and enter separate bubbles over the festive period.



isolate

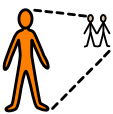
If you do join different bubbles you should **isolate** from people you live with both before and after joining your bubble for around a **week**.

If I have formed a bubble can we go to pubs, restaurants and shops together?



meet

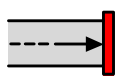
No. Bubbles can only **meet** in a private home (to meet or stay the night), outdoors or at a place of worship.



social distancing

Do I have to socially distance from those in my Christmas bubble?

You should keep **2m away** from people outside of your household as much as you can.



end

What happens for celebrating New Year's Eve/Hogmanay?

Christmas bubbles will **end** on Sunday 27 December and the local **Protection Level** in your area will apply.

Brilliant Boredom Busters



window

WindowSwap

View the world through someone else's window using WindowSwap!

www.window-swap.com/



online

Online events

Eventbrite have a huge variety of online events that are free to join – seminars, gigs, how-to's, talks, exercise sessions. Check out the link and see what you think:

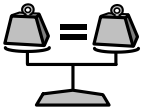
www.eventbrite.co.uk/



tips

Top tips to keep busy

Have a routine. Get up at the same time each day, get yourself washed and dressed, have your breakfast, do what you normally would to get ready for the day.



balance

Balance out the jobs you have to do like tidying and cleaning, with activities that you like to do, like watching a film, or doing a puzzle.



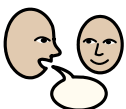
activities

Think about what activities are most important to you and how you can carry on doing those. You might need to change things around a little bit to do them. For example, instead of going out for a pizza you could make one with one of the staff.



done

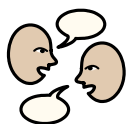
Set yourself a goal each day and tick it off when it's done. You might write 7 goals out for the week, or one each day. They might be to try new things, to get jobs done that you haven't got around to yet, whatever you want them to be.



talk

When you can't see the people that are important to you, you can try new ways to talk to them. You can use the phone, video call, or try a group video call so you can talk to more than one person at once.

Upcoming Gig Buddies Events



chat

Monday 14 December - 3pm

Monday Zoom Chat

Our weekly chat. We will discuss the news, and changes in Gig buddies, and anything else people want to talk about.



listening

Wednesday 16 December - 7-8pm

Dania's Listening Party

Led by member Dania, everyone is invited to bring their favourite songs along to share with the group. We'll listen to everyone's favourites and talk about what we liked and why.



film

Thursday 17 December - 3pm

Christmas Film Night

Join us on Zoom for a Christmas Film chosen by our members!



dj

Friday 18 December - 8pm

Mark's DJ Night

Gig Buddies member Mark's weekly DJ Night



information

For further information, and links to the zoom calls, email

Gigbuddies@thera.co.uk or follow Gig Buddies with Thera on

Facebook.



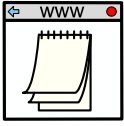


jumper

Christmas jumper day

On **Friday 11 December** millions of people in the UK will be putting on a Christmas Jumper to raise money for Save the Children.

Last year more than 4 million people said they'd wear a silly jumper, and this year could be even bigger.



website

To find out how to get involved visit:

www.savethechildren.org.uk/christmas-jumper-day



Photo: Alex Barnard / Save the Children

Mental Health Hub

2020 has been an interesting year for everyone and we want to make sure that you're taking care of yourself amidst turbulent times.



resources

Please remember that our Mental Health Hub is there for you. It includes resources to help you support your wellbeing.



NHS

On the Hub you will be able to find self-help tools and access information about getting further support through help lines and the NHS.

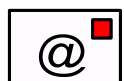


information

For more information visit:

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

Brilliant Boredom Busters



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/

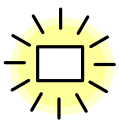


sensory

Sensory Art: Puffy Painting

You will need a spoonful of self raising flour, food colouring, a spoonful of salt, water, card, paint brushes/cotton buds and a microwave.

1. Mix the flour, food colouring, salt and water to make a smooth paste.
2. Do this for each different colour food colouring, so you have different colour pastes.
3. Paint your picture using the smooth pastes. You might find it easier to use cotton buds rather than paint brushes.
4. Put your picture in the microwave and 'cook' it for 20 seconds, until the paint puffs up and dries.



new

Try something new

This is the perfect time to learn how to do something new.

Need some ideas? :

- Finger knitting
- Write a poem or a script to perform
- Choreograph a dance routine
- Create a scrapbook of memories



ingredients

Stained glass window biscuits

Ingredients

- 175g chilled butter, cubed
- 225g plain flour, plus extra for dusting
- 75g caster sugar
- 1 tsp vanilla extract
- 1 large free-range egg, beaten
- about 20 boiled sweets (in a mixture of colours)



For this recipe you will need a large and small biscuit cutter – stars, circles and other Christmas shapes all work well.

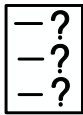
Method



method

1. Preheat the oven to 180C/160C Fan/Gas 4. Line two baking sheets with baking paper.
2. Place the butter, flour and sugar in a food processor and pulse until it resembles breadcrumbs. Add the vanilla and beaten egg and pulse until it forms a smooth dough.
3. Using a rolling pin, roll out on a lightly floured work surface until the dough is about 5mm thick. Use your large cutter to cut out the shapes. Then use a small cutter to remove the middle (where the 'glass' will sit). Use a cocktail stick to make small holes if you want to hang them by thread or ribbon.
4. Arrange on the prepared baking sheets and chill in the fridge for 10 minutes.
5. Separate the sweets into their colours and put them in plastic bags (one colour in each bag). Crush using a rolling pin until broken into fine grains. Sprinkle these grains in the middle of each biscuit in a generous layer that covers the hole. You can stick to one colour per biscuit or create a rainbow effect by mixing the colours.
6. Bake for about 15–18 minutes or until the biscuit is a pale golden brown and the sweets have melted. Leave to stand on the trays for about 5 minutes, or until firm enough to move. Carefully transfer to a cooling rack and leave to cool and firm up.

Recipe sourced from: www.bbc.co.uk/food/recipes/mary_berrys_stained_33912



quiz

Coming soon - Christmas Quiz!

We are creating a fun Christmas 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.



email

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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@TheraTrust



email

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