

Thera Connex newsletter

Edition 19

Wednesday 6 January 2021



welcome

Welcome to Thera Connex

We wanted to tell you about some important changes to the restrictions in **Scotland**, that the Government announced on **Monday 4 January**.



announcement

Due to coronavirus cases rising in Scotland, the **Scottish Government** have announced that **mainland Scotland** will move from **Level 4** to a **temporary Lockdown**. Some islands will remain at **Level 3**.

By law, in a level 4 area, you can only leave your home for an essential purpose such as:

- work (where this cannot be done from home)
- for essential shopping. You should use online shopping or shops and other services in your immediate area wherever you can
- for outdoor exercise. A maximum of 2 people from 2 households can meet for outdoor exercise (those 11 and under do not count towards this limit)



rules

Although you can leave home for these purposes, you should stay as close to home as possible.

These **rules** came into effect on midnight on **Tuesday 5 January 2021**.



easy read

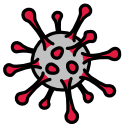
We have included an **Easy Read** copy of **rules** to help you understand what it means for you.

If you want to see all the Easy Read guidance in Scotland you can see these our **website**: www.thera.co.uk/contact/coronavirus/about/Scotland/



guidance

You can also **read** the Scottish Government **guidance** at: <https://www.gov.scot/publications/coronavirus-covid-19-stay-at-home-guidance/>



coronavirus

Hands. Face. Space.

Approximately 1 in 3 people who have coronavirus have no symptoms and could be spreading it without realising it.



hands

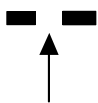
Remember - 'Hands. Face. Space.'

Hands – wash your hands regularly and for at least 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 possible, or 1 metre with extra precautions in place (such as wearing face coverings).



guidance

In all circumstances, you should follow the guidance on meeting others safely.



vulnerable

Protecting people more at risk from coronavirus

If you are clinically extremely vulnerable, you could be at higher risk of severe illness from coronavirus.



shielding

There is additional advice for people who are clinically extremely vulnerable to coronavirus.

The Chief Medical Officer wrote to everyone on the shielding list during the week beginning 4 January to set out advice.

If you are clinically extremely vulnerable, you should limit the time you spend outside the home. You should only go out for medical appointments, exercise or if it is essential.



information

For more information visit:

www.gov.scot/publications/coronavirus-covid-19-stay-at-home-guidance/



new year

Have you made any New Year's resolutions?

A New Year's resolution is a promise that you make to yourself to accomplish a personal goal, or improve your life at the start of a new year.



opportunity

Some people use it as an opportunity to start eating more healthily or give up smoking.



failure

If you haven't made a New Year's resolution but would still like to make one, don't worry! It's your resolution and you can pick a start date.

Just don't set yourself up for failure by picking something that is extremely difficult.



examples

Here are some examples; Cook one new thing each week, read more books, start doing yoga, donate old clothes or learn a new skill.



difficult

Mental Health Hub

The impact and experience of the coronavirus (COVID-19) outbreak has been different for everyone, but there's no doubt it's been a really difficult time for us all.



mental health

That's why it's so important to do what we can to look after our mental health and wellbeing – now more than ever – and to reach out if you need support.



resources

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

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

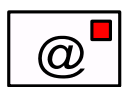
For more information visit:

www.thera.co.uk/contact/coronavirus/mental-health-hub/

Do you have a resource to share?

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



email

Mindfulness activities



wellbeing

It can be easy to rush through life without stopping to notice much.

Paying more attention to the present moment – to your own thoughts and feelings, and to the world around you – can improve your mental wellbeing.



life

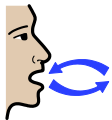
Some people call this awareness “mindfulness”. Mindfulness can help us enjoy life more and understand ourselves better.



positive

Although mindfulness isn't the answer to everything, trying a couple of the activities below could help you feel more positive and improve your mental health and wellbeing.

Breathing exercises



breathing

Breathing exercises are a great way to focus on the present and be more mindful. Doing this can also help when you're feeling stressed or anxious.

There are a lot of different breathing exercise videos out there, that explain how to do breathing exercises and the benefits.



website

Here is a link to a short mindful breathing exercise video on YouTube created by Every Mind Matters: <https://youtu.be/wfDTp2GogaQ>



relationships

Connect with other people

Good relationships are important for your mental wellbeing. They can give you an opportunity to share positive experiences and can provide emotional support and allow you to support others.



technology

Making the most of technology to stay in touch with friends and family can help build stronger and closer relationships, especially at the moment whilst we aren't aloud to physically see our families and friends. Video-chat apps like Skype and FaceTime are useful.



easy read

You can find Easy Read guides for these apps on the Thera Trust website: www.thera.co.uk/contact/coronavirus/thera-connex/easy-read-resources/



active

Get active!

Being active is not only great for your physical health and fitness. Evidence also shows it can also improve your mental wellbeing by:

- raising your self-esteem
- helping you to set goals or challenges and achieve them
- causing chemical changes in your brain which can help to positively change your mood



recommends

The government recommends doing at least 150 minutes of activity a week, as well as strength exercises on 2 or more days a week.

But do not worry about hitting these targets straight away: every little helps. What's more important is choosing an activity you enjoy.



guidance

Please be sure to follow the current Coronavirus (COVID-19) guidance for your local area when exercising outdoors.

Public Health England launched a 'Better Health' campaign and have put together some tools and tips to help you move more every day:

www.nhs.uk/better-health/get-active/



skill

Learn new skill

Research shows that learning new skills can also improve your mental wellbeing by:

- boosting self-confidence and raising self-esteem
- helping you to build a sense of purpose
- helping you to connect with others

Even if you feel like you do not have enough time, or you may not need to learn new things, there are lots of different ways to bring learning into your life.

Some of the things you could try include:

- try learning to cook something new
- try new hobbies that challenge you, such as writing a blog, taking up a new sport or learning to paint
- work on a DIY project, such as fixing a broken bike, garden gate or something bigger



examples



socials

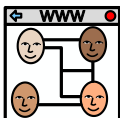
Upcoming Gig Buddies socials

To stay up to date on everything Gig Buddies are doing visit their Facebook page 'Gig Buddies with Thera Trust'.



Gig Buddies with Thera Trust

1.3K like this · Non-profit organisation



facebook

Gig Buddies have also created a private Facebook group For Gig Buddies Members, Volunteers and friends of the project.

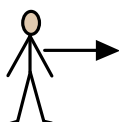


Gig Buddies Scotland Members Group

Group · 197 members

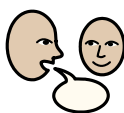
This is a private group for Gig Buddies Scotland me...
3 posts a day

Join Group



join

In order to be added to the group, you will need click a button asking to join. They will then let you in the group and you can start getting involved and talk to other Gig Buddies members.



talk

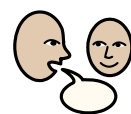
All Zoom links for socials are posted in this group!

Monday 11 January - 11am

Mental Health Monday: This is an open space for talking and listening.

Wednesday 13 January - 7pm

Dania's Listening Party: Everyone suggests one of their favourite songs and we listen to them as a group then talk about what we liked!



talk

Monday 18 January - 3pm

Weekly Monday Zoom Call: Come along, meet new people, and chat!

Tuesday 19 January - 4pm

Crafting with Leanne: Bring along your latest craft project, or just join in with the chat.



craft

Thursday 21 January - 7pm

Gig Buddies DJ Night: Join the Gig Buddies DJs for an evening of music.



DJ





soup

Roast vegetable soup

Preparation time: less than 30 mins

Cooking time: 30 mins to 1 hour

Serves: 2-4

Dietary: Vegan



ingredients

Ingredients

- 750ml vegetable stock
- 1kg mixed vegetables, fresh or frozen, chopped into bite-sized pieces
- 3 tbsp olive oil
- 4 sprigs rosemary or thyme, or a handful sage leaves
- salt and black pepper, to taste
- juice 1 lemon (optional)



method

Method

1. Preheat the oven to 200C/180C Fan/Gas6.
2. Place the vegetables and garlic in a roasting tin.
3. Mix the oil with the herbs and seasoning, and the lemon juice if using.
4. Pour over the vegetables and toss thoroughly. Place in the preheated oven and bake for 30-40 minutes until the vegetables are tender and well browned, this may only take 20-25 minutes if using pre-roasted frozen vegetables.
5. Place in a saucepan with the vegetable stock. Bring to the boil and then simmer for 5 minutes. Cool.
6. Blend half of the mixture, then return to the pan to reheat.
7. Season to taste and serve.

Recipe sourced from: www.bbc.co.uk/food/recipes/roastvegetablesoup_6537

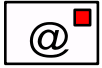


feedback

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

Keep in touch



website

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.



@TheraGroup



@TheraTrust



@TheraTrust



email

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