

# Thera Connex newsletter

Edition 21

Monday 8 February 2021



welcome

## Welcome to Thera Connex

We wanted to update you with some information about the COVID-19 vaccine process.



vaccine

The NHS is currently offering the COVID-19 vaccine to people most at risk from coronavirus.

In England, the vaccine is being offered in some hospitals and pharmacies, at local vaccination centres run by GPs and at larger vaccination centres. More centres are opening all the time.

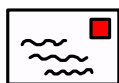


given

The vaccine is currently being given to:

- people aged 80 and over
- some people aged 70 and over
- some people who are clinically extremely vulnerable
- people who live or work in care homes
- health and social care workers

The NHS will let you know when it's your turn to have the vaccine. It's important not to contact the NHS for a vaccination before then.



letters

Letters are being sent out by the NHS every week – you might not get your letter straight away.



free

Remember, the vaccine is free of charge. At no point will the NHS ask for your bank account, card details or personal documents such as your passport, driving licence, bills or pay slips.



easy read

We have collected a few Easy Reads to help you understand what the vaccine is and what happens when people have it.

You can find all these Easy Reads on our Coronavirus Vaccine page:

[www.thera.co.uk/contact/coronavirus/vaccine/easy-reads/](http://www.thera.co.uk/contact/coronavirus/vaccine/easy-reads/)



HM Government



UK  
FINANCE

## **Criminals are experts at impersonating people, organisations and the police.**

They spend hours researching you for their scams, hoping you'll let your guard down for just a moment.

**Stop:** Taking a moment to stop and think before parting with your money or information could keep you safe.

**Challenge:** Could it be fake? It's ok to reject, refuse or ignore any requests. Only criminals will try to rush or panic you.

**Protect:** Contact your bank immediately if you think you've fallen for a scam and report it to Action Fraud.

**My money? My info? I don't think so!**

**[takefive-stopfraud.org.uk](https://takefive-stopfraud.org.uk)**



**TO STOP FRAUD™**

## Vaccine Hub

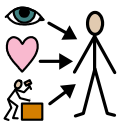
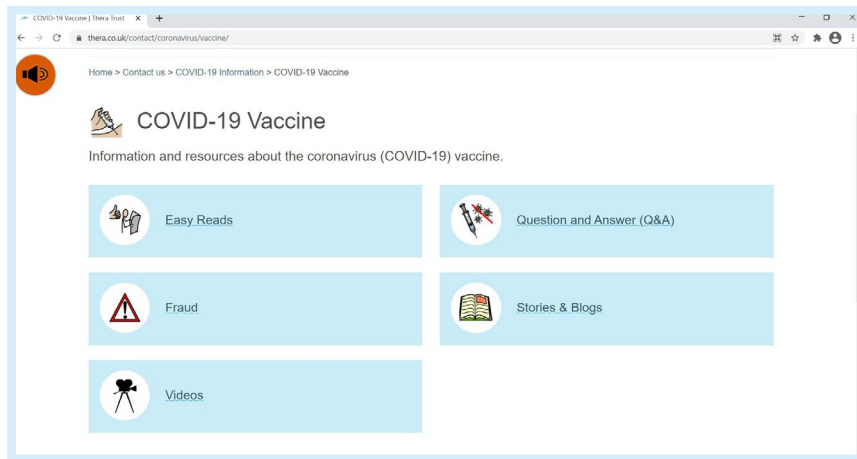


vaccine

We have launched a Vaccine Hub on our website where you can find lots of information about the COVID-19 vaccine:

[www.thera.co.uk/contact/coronavirus/vaccine/](http://www.thera.co.uk/contact/coronavirus/vaccine/)

In this section you will find Easy Reads, videos, blogs and more to help you understand what the vaccine is and how you can get it.



experience

**Have you had the vaccine? We want to hear from you!**

Please send your photos, videos or a comment about your experience to: [stories@thera.co.uk](mailto:stories@thera.co.uk)

## Hands. Face. Space.

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



hands

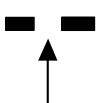
**Remember - 'Hands. Face. Space.'**

**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).

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



difficult

## Mental Health Hub

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



mental health

That's why it is 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.



information

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.

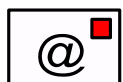
**For more information visit:**

[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?**

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)



email



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

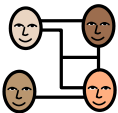
## Stay at home activities



healthy



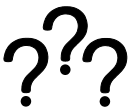
zoom



socialise



log in



questions

### Dolphin Fit - Stay Healthy, Stay Active, Stay Safe.

Starting **Wednesday 3 February 2021**, join your friends from across **Thera East** and **Thera East Anglia** for an **8 week** programme to keep people healthy, happy, motivated and active.

The sessions will be held on Zoom **every Wednesday** at **2pm** for a variety of fun fitness activities for all abilities.

The workouts will offer education on how you can stay active at home, allowing you to learn and socialise at the same time.



#### Zoom log in details:

Meeting ID: 821 7284 2091

Passcode: 4ygpTB

If you have any questions, please contact Bridie Stanford:

[Bridie.Stanford@thera.co.uk](mailto:Bridie.Stanford@thera.co.uk) or Keith Page: [Keith.Page@thera.co.uk](mailto:Keith.Page@thera.co.uk)



window

### WindowSwap

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

[www.window-swap.com/](http://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/](http://www.eventbrite.co.uk/)





socials

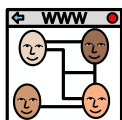
## Upcoming Gig Buddies socials

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.

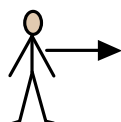


Gig Buddies Scotland Members Group

Group · 197 members

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

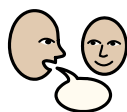
 Join Group



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.

## All Zoom links for socials are posted in this group!



talk

### Monday 8 February - 3pm

**Monday Zoom chat:** Join us on zoom for our weekly Monday Zoom chat! Come along, chat about what's going on, and meet new people!



music

### Wednesday 10 February - 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!



mental health

### Monday 15 February - 11am

**Mental Health Monday:** This week we will be speaking about Anxiety, particularly anxiety around COVID-19.



sing

### Thursday 18 February - 7pm

**Open Mic Night:** Come along and sing, or just come and have a chat and meet new people! Let us know if you would like to perform and we can book you a slot- or you can decide on the night.



## Pancakes

Preparation time: less than 30 mins

Cooking time: less than 10 mins

Serves: 4



ingredients

### Ingredients

- 200g plain flour
- pinch salt
- 350ml milk (or ½ milk and ½ water for a lighter pancake)
- 2 large free-range eggs, lightly whisked
- 1 tbsp vegetable oil, plus extra for frying



method

### Method

1. Put the flour and salt into a large bowl, make a well in the centre and pour in the milk and eggs. Give the liquid mixture a quick whisk before incorporating the flour. Continue to whisk until you have a smooth batter.
2. Now add 1 tablespoon of vegetable oil and whisk thoroughly.
3. Take a crêpe pan, or large frying pan, dip some kitchen paper in the oil and carefully wipe the inside of the pan. Heat the pan over a medium heat for 1 minute.
4. Add just under a ladleful of batter to the pan and immediately start swirling it round the pan to get a nice even layer.
5. Cook the pancake for 30–40 seconds. Use a palette knife to lift the pancake carefully to look at the underside to check it is golden brown before turning over. Cook the other side for approximately 30–40 seconds and transfer to a serving plate.



tip

### Recipe Tips

You can use this traditional pancake recipe to make sweet or savoury pancakes. For sweet pancakes, you can add a dessertspoon of caster sugar and the zest of an orange for a great flavour.

For savoury pancakes, you can add some finely chopped herbs such as dill and parsley, or perhaps some grated Parmesan.

Recipe sourced from: [www.bbc.co.uk/food/recipes/how\\_to\\_make\\_pancakes\\_02824](http://www.bbc.co.uk/food/recipes/how_to_make_pancakes_02824)



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

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## Keep in touch



website

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

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