

# Thera Connex newsletter

Edition 22

Wednesday 24 February 2021



welcome

## Welcome to Thera Connex

We wanted to tell you about some important changes to the restrictions in **England**, that the Government announced on **Monday 22 February**.



government



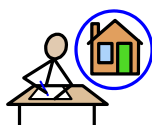
plan



safe



rules



work from home



separate



easy read

From **Monday 8 March**, restrictions will be changing in **England** in line with the Government's **roadmap**.

The **roadmap** is a **four-step plan** to ease restrictions in **England** cautiously, starting with schools and colleges.

There will be a **minimum of five weeks** between each step. We will only be able to move from one step to the next when the Government is sure that it is safe to.

The Government will decide if it is safe to move to the next step by carrying out **four tests**.

You should continue to stay at home. The Government hopes to end the '**stay at home**' rule on **Monday 29 March** but many restrictions will remain in place.

People should continue to work from home where they can and minimise the number of journeys they make where possible, avoiding travel at the busiest times and routes.

**Please be aware that Scotland, Wales and Northern Ireland have separate rules and restrictions.**

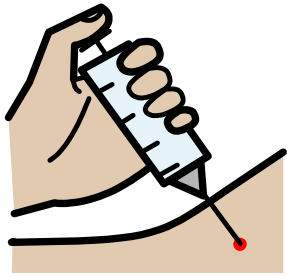
We have included **Easy Reads** about the Government's **four tests** and **step one of the roadmap** on the next two pages of this newsletter. All the Roadmap steps are available on the Thera Trust website: [www.thera.co.uk/contact/coronavirus/about/england/](http://www.thera.co.uk/contact/coronavirus/about/england/)



government

These are the **four tests** the **Government** will look at to see if we can **move on to the next step** of the **Roadmap**.

## Test 1



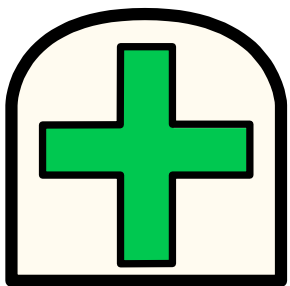
The **vaccine** programme continues **successfully**.

## Test 2



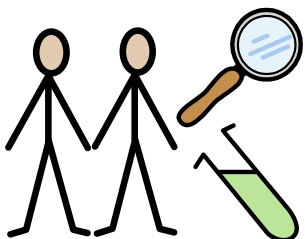
**Evidence** shows that the **vaccines are effective** in reducing the number of **people in hospital** and **deaths** in people who have been **vaccinated**.

## Test 3



**Infection rates** do not **surge**, resulting in **more people** in **hospital** which would mean the **NHS** could not cope.

## Test 4



**Scientists assessment** of the **risk** is not massively changed by discovery of a **new variant of coronavirus (COVID-19)**.



## From Monday 8 March 2021

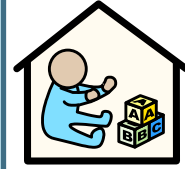


Schools and colleges are open to all students. Universities open for practical courses.



Exercise or meet with your household outdoors or with one other person.

No meeting with people you do not live with indoors.



Breakfast clubs and after school childcare are open.

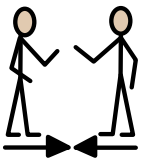


You must stay at home.



Funerals (up to 30), wakes and weddings (up to 6).

## From Monday 29 March 2021



Rule of 6 or 2 households outdoors.

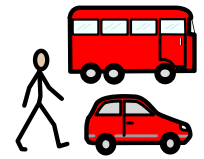
No meeting with people you do not live with indoors.



Outdoor sport and leisure facilities open.



Organised outdoor sport allowed (children and adults).



Limit your travel.

No holidays.



Outdoor parent and child groups (up to 15 parents).

## COVID-19 vaccine

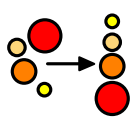


vaccine

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

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

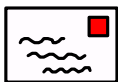


prioritised

People with a severe learning disability were already included as part of the priority list. However after recent campaigns, **all adults on the learning disability register** will now be prioritised to get a coronavirus vaccine as part of **vaccine group 6**.

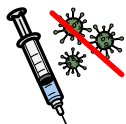
The NHS will let you know when it's your turn to have the vaccine.

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.



vaccine

## Vaccine Hub

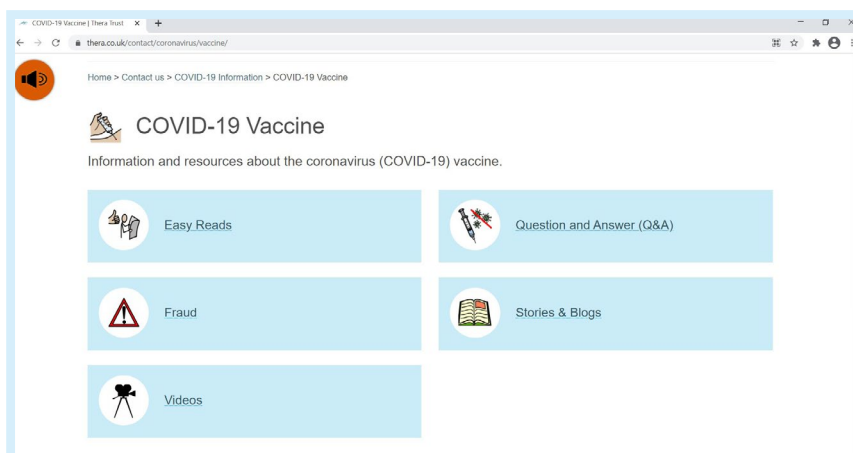
We have recently launched a Vaccine Hub on our website where you can find lots of information about the COVID-19 vaccine:

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



easy read

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.

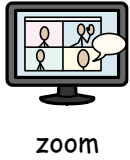


## Stay at home activities

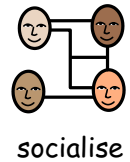


### Dolphin Fit - Stay Healthy, Stay Active, Stay Safe.

Join your friends from across **Thera East** and **Thera East Anglia** for 'Dolphin Fit' - a virtual fitness programme to keep people healthy, happy and motivated.



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)



## Learn a new skill

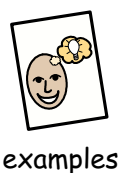


Research shows that learning new skills can also improve your mental wellbeing by:

- 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





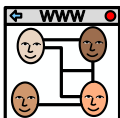
socials

## 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

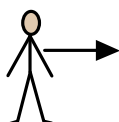
Gig Buddies have also created a private Facebook group For Gig Buddies Members, Volunteers and friends of the project.



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!

#### Monday 1 March - 11am



mental health

**Mental Health Monday:** Every 2 weeks we host Mental Health Monday, this is an open space for talking and listening. Each session has a different topic or guest speaker. This week's topic is 'Feeling Down'.



craft

#### Tuesday 2 March - 4 pm

**Crafting with Leanne:** Join Leanne for an hour of crafting! Bring along your project and have a chat with other Gig Buddies members!



music

#### Wednesday 10 March - 7pm

**Listening party with Dania:** Join Dania and share the music you love! Everyone brings along one of their favourite songs, listens to them as a group, then has a discussion about what they liked and why.



gig

#### Friday 12 March - 7pm

**Gig night:** Come and watch a gig with us! We'll choose the gig in a Facebook poll on the group page. We'll post this the day before the event.



## Easy lemon drizzle cake

Preparation time: less than 30 mins

Cooking time: 30 mins to 1 hour

Serves: 8–10



ingredients

### Ingredients

- 225g caster sugar
- 4 free-range eggs
- 225g self-raising flour
- 1 unwaxed lemon, zest and juice
- 85g icing sugar
- 225g unsalted butter, softened, plus extra for greasing



method

### Method

1. Preheat the oven to 180C/160C Fan/Gas 4. Grease a 900g/2lb loaf tin with a little butter and line with baking paper.
2. Tip the remaining butter and caster sugar into a food processor and blend for a few seconds. Add the eggs one at a time, blending after each addition. Add the flour and lemon zest and blend until smooth.
3. Pour the batter into the lined baking tin, flatten the top with the back of a spoon and bake for 50–55 minutes.
4. Meanwhile, stir together the lemon juice and icing sugar. When the cake has cooled a little, poke holes in the top using a skewer, chopstick or a piece of raw spaghetti. Drizzle over the icing, set aside for a few minutes, and serve.



website

For recipe tips and how-to-videos visit:

[www.bbc.co.uk/food/recipes/easy\\_lemon\\_drizzle\\_cake\\_78533](http://www.bbc.co.uk/food/recipes/easy_lemon_drizzle_cake_78533)



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.



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email

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