

# Thera Connex newsletter

Edition 23

Thursday 8 April 2021



welcome

## Welcome to Thera Connex

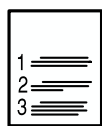
We wanted to tell you about some important changes to the restrictions in **England**.



rules

On **Monday 29 March** restrictions in **England** started to ease.

You can now meet up with up to **6 people** (rule of six) or **2 households** outdoors. Indoor gatherings are still **not allowed**.



plan

From **Monday 12 April**, restrictions will be changing again in **England** in line with **step 2** of the Government's **roadmap**.

The **roadmap** is a **4 step plan** to ease restrictions in **England** cautiously.



safe

There will be a **minimum** of **5 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**'.



separate

**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 2 of the roadmap** on the next 2 pages of this newsletter.



easy read

All the roadmap steps are available on the Thera Trust website:

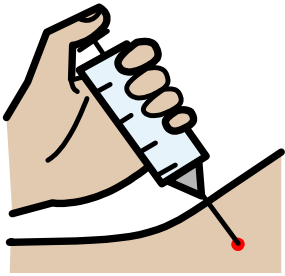
[www.thera.co.uk/contact/coronavirus/about/england/](http://www.thera.co.uk/contact/coronavirus/about/england/)



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



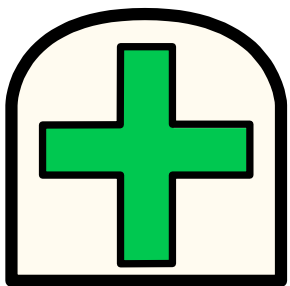
The **vaccine** programme continues **successfully**.

## Test 2



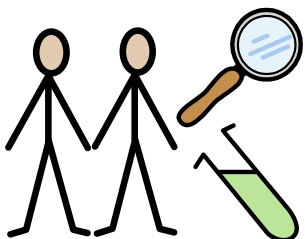
**Evidence** shows that the **vaccines are effective** in reducing the number of **people in hospital** and **deaths** in people who have been **vaccinated**.

## 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)**.

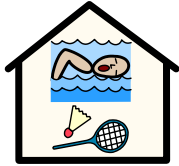


# COVID-19 Roadmap

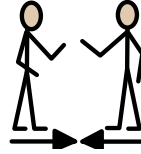
## Step 2

COVID-19

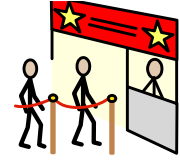
### From Monday 12 April 2021



**Indoor leisure (including gyms) open.**



**Rule of 6 or 2 households can meet outdoors.  
No indoor household mixing.**



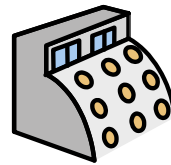
**Outdoor attractions open (zoos, theme parks, drive-in cinema)**



**Libraries and community centres open.**



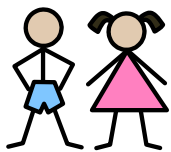
**Hair and beauty services open.**



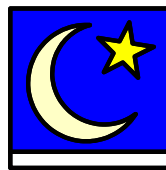
**All retail open.**



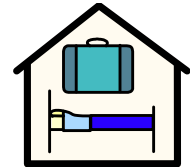
**Outdoor hospitality open.**



**All children's activities, indoor parent and child groups (up to 15 parents).**



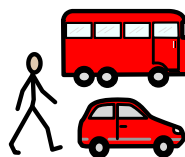
**Overnight stays allowed in households.**



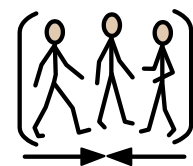
**Hotels and accommodation open for stay with household.**



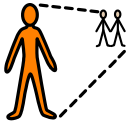
**Funerals (up to 30), wakes, weddings and receptions (up to 15).**



**Limit your travel.  
No holidays abroad.**



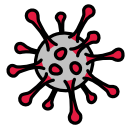
**Event pilots begin.**



social distancing

## Keeping yourself and others safe

You should stay 2 metres apart from anyone who is not in your household or support bubble where possible, or 1 metre with extra precautions in place (such as wearing face coverings) if you cannot stay 2 metres apart.



COVID-19

You should follow the guidance on how to stop the spread of COVID-19 at all times, including if you have been vaccinated against COVID-19.



guidance

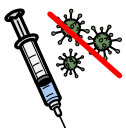
You should follow the guidance in full to limit the transmission of COVID-19.



face covering

## Face coverings

You must wear a face covering in many indoor settings, such as shops and places of worship, and on public transport, unless you are exempt. This is the law.



vaccine

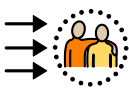
## If you have been vaccinated against COVID-19

Many people have been receiving their COVID-19 vaccinations. The Government says over 31 million people in the UK have now had their first dose.



vaccinated

We know that the vaccine reduces the likelihood of severe illness in most people. We do not know how much the vaccine stops COVID-19 from spreading. So even if you have been vaccinated, you might still spread it to other people.



protect

To help protect yourself and your family, friends and community, you should continue to follow all of the guidance even if you have been vaccinated against COVID-19.



outdoors

## Meeting friends and family outdoors (rule of 6)

You can now meet up outdoors with friends and family you do not live with, either:

- in a group of up to 6 from any number of households  
**(children of all ages count towards the limit of 6)**
- in a group of any size from up to two households  
**(each household can include an existing support bubble, if eligible)**



socials

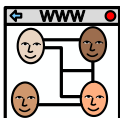
## Upcoming Gig Buddies socials

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.



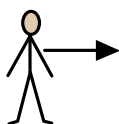
Gig Buddies Scotland Members Group

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!**



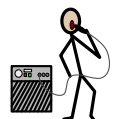
craft

**Tuesday 13 April - 4pm**

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

**Thursday 15 April - 8pm**

**Wild night in with Get2Gether:** Join Gig Buddies and Get2Gether for a Wild Night In! As usual Gig Buddies will be running an open mic room where people can sing karaoke and off their skills, while Get2Gether run the dance floor!



karaoke

**Monday 19 April - 3pm**

**3pm Zooming!:** Join us on zoom for our weekly Monday Zoom chat! Come along, chat about what's going on, and meet new people!



zoom

**Wednesday 21 April - 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.



music





recipe

## Chocolate hot cross bun pudding

This recipe could not be any more Easter if it tried! What a way to use up hot cross buns and Easter eggs!

Preparation time: less than 30 mins

Cooking time: 30 mins to 1 hour

Serves: 6



ingredients

### Ingredients

- 6 hot cross buns, halved
- butter, for spreading
- 600ml milk
- 400ml double cream
- 1 cinnamon stick
- 4 free-range eggs
- 1 tsp vanilla extract
- 150g caster sugar
- 200g easter egg/ milk chocolate, broken into pieces
- vanilla ice cream, to serve



method

### Method

1. Preheat the oven to 180C/160C Fan/Gas 4.
2. Spread butter on each half of hot cross bun and arrange the buns in a large ovenproof dish.
3. Gently heat the milk and cream together in a saucepan with the cinnamon stick. Remove from the heat to cool slightly.
4. Whisk the eggs together with the vanilla and sugar until pale, then gradually pour in the milk and cream mixture, whisking constantly. Remove the cinnamon stick, then pour the mixture over the hot cross buns and allow to soak in for 15 minutes.
5. Place the ovenproof dish in a large baking tray filled halfway up with water. Sprinkle the chocolate pieces over the top and bake for 45 minutes. Serve hot with vanilla ice cream on the side.

## Brilliant Boredom Busters

### Bird watching



bird watching

Spring is a particularly wonderful time for bird watching. You can bird watch in your garden or on a walk. Take binoculars with you and perhaps a book on birds and see how many you can spot.



pine cone

### Make a pine cone bird feeder

Attract more birds to your garden by making a pine cone bird feeder. They are really simple to make, all you need to do is:

- Tie a bit of string around a pine cone
- Cover the pine cone in peanut butter
- Roll the pine cone in bird seed
- Hang it outside and wait for the birds to arrive!



### Throw an indoor picnic



picnic

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

### Learn to cook a new meal



cook

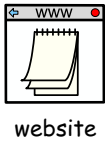
There are plenty of recipes online and videos that you can download that will help you make that fancy meal you always wanted to. If you need some inspiration have a look at [www.bbc.co.uk/food](http://www.bbc.co.uk/food)



## Let us know what you think of Thera Connex

We want to hear your feedback about Thera Connex so we can make improvements for the future and include content you want to see.

The survey takes less than 5 minutes to complete and we would love to hear from you! [www.surveymonkey.co.uk/r/TheraConnex](http://www.surveymonkey.co.uk/r/TheraConnex)



## 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)

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