

Thera Connex newsletter

Edition 24

Thursday 20 May 2021



welcome

Welcome to Thera Connex

In the last edition of Thera Connex, we asked you to take part in a short survey to help us understand how we can make Thera Connex better for you.



responses

We were amazed by the amount of responses we received and would like to say a huge thank you to everyone who completed the survey.



completing

By completing the survey you have told us what you like, what you think we should improve and what you would like to see more of.



improvements

This has been very valuable to us - it means we can make improvements to the future editions and include more of the information you want to see.



understand

Updating your preferences

We also understand that some people would like to stop receiving Thera Connex by post. We have included a form with this edition so that you can use to tell us if you would like to still receive Thera Connex, or if you would like us to stop sending it to you. Once completed, you can return this to us in the free-post envelope provided.



free-post

If you do not send a response, we will continue to use your previous consent response regarding Newsletters held on our Consent Database.



consent



rules

COVID-19 restrictions in England

From Monday 17 May, restrictions will be changing again in England in line with step 3 of the Government's roadmap.



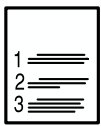
indoors

You can now meet up with up to 6 people (rule of six) or 2 households Indoors.



outdoors

You can also meet up with up to 30 people outdoors.



plan

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

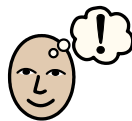
There will be a minimum of 5 weeks between each step.

We will only be able to move from 1 step to the next when the Government is sure that it is safe to.



safe

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



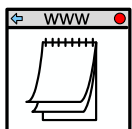
aware

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



easy read

We have included Easy Reads about the Government's 'four tests' and step 3 of the roadmap on the next 2 pages of this newsletter.



website

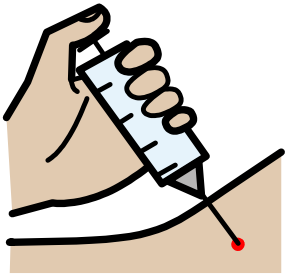
All the roadmap steps are available on the Thera Trust website: www.thera.co.uk/contact/coronavirus/about/england/



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



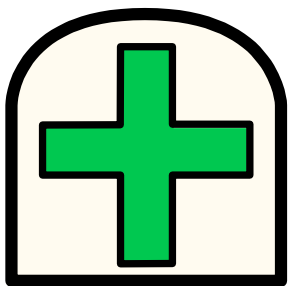
The **vaccine** programme continues **successfully**.

Test 2



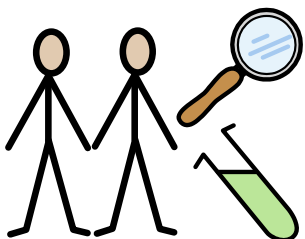
Evidence shows that the **vaccines are effective** in reducing the number of **people in hospital** and **deaths** in people who have been **vaccinated**.

Test 3



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

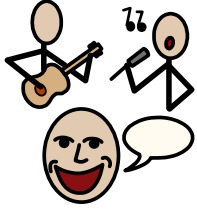
Test 4



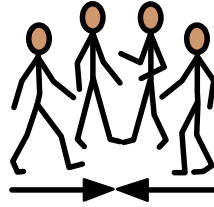
Scientists assessment of the **risk** is not massively changed by discovery of a **new variant of coronavirus (COVID-19)**.



5 weeks after Step 2 - no sooner than Monday 17 May

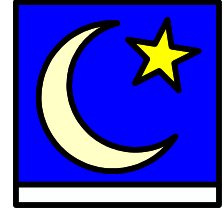


Indoor entertainment and attractions open.

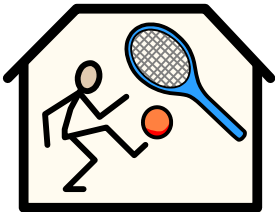


30 people can meet outdoors.

Rule of 6 or 2 households can meet indoors.



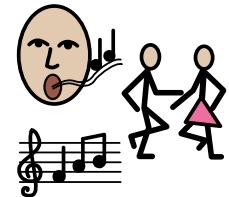
Overnight stays allowed in England.



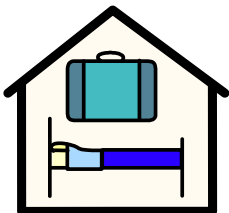
Organised indoor adult sport can open.



Most significant life events can happen with up to 30 people.



Remaining outdoor entertainment open (including performances).

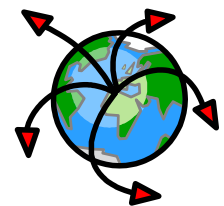


Remaining accommodation open.



Some large events.

**Indoor: 1,000 or 50%
Outdoor: 4,000 or 50%
Outdoor seated: 10,000 or 25%**

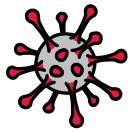


A new traffic light system of rules means international travel will no longer be illegal.



birthday

Celebrate good times this summer for Thera's 23rd Birthday!



COVID-19

COVID-19 has had a big impact on the way we have lived our lives over the past year, but even in uncertain and difficult circumstances people have found new ways to have “good times”.



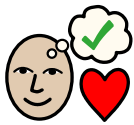
celebrate

This summer, Thera is turning 23. Our staff and the people we support have demonstrated amazing resilience over the past year, and that is why this year we want to celebrate **you!**



good times

We are looking for anyone in our Thera family that would like to dance, sing or pose along to the song ‘Celebration by Kool & The Gang’. We would also love to include photos of your ‘good times’ over the past year!



interest

If you would like to get involved and celebrate good times with us this summer, please email stories@thera.co.uk to register your interest.

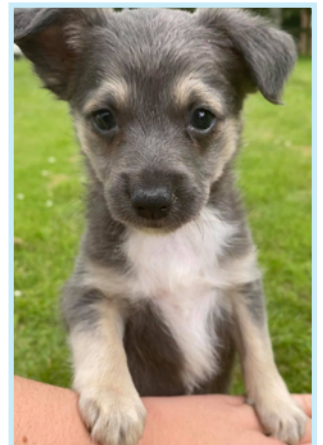
Connex challenge



pet

Send us a photo of you and your pet for the chance to feature in the next edition of Thera Connex!*

To take part email your photo to stories@thera.co.uk along with your name.





Spring Word Search

word search

E	S	W	E	A	T	H	E	R	X	E	F	M	E	T	H	L	A
U	G	O	U	I	M	D	S	D	R	C	H	I	C	K	H	P	A
M	U	G	W	P	S	A	D	P	D	A	I	S	I	E	S	L	P
A	B	E	S	E	U	D	Y	A	R	M	I	N	O	R	U	A	R
R	L	A	B	Z	T	D	P	P	F	O	Z	N	Z	P	N	N	I
C	O	S	C	K	F	C	D	N	C	F	U	V	C	L	N	T	L
H	S	T	U	M	B	R	E	L	L	A	O	T	A	O	Y	L	R
Y	S	E	W	I	N	D	Y	F	E	Q	S	D	I	G	A	P	A
B	O	R	N	A	T	U	R	E	Y	S	Q	M	I	N	S	T	I
L	M	V	F	L	O	W	E	R	S	T	F	J	U	L	G	G	N
R	A	I	N	B	O	W	J	T	D	R	S	E	E	D	S	Q	I
S	W	B	U	D	S	T	W	L	G	A	R	D	E	N	D	D	H

Find the following words in the puzzle.

Words are hidden → ↓ and ↘

APRIL	FLOWERS	RAINBOW	WINDY
BLOSSOM	GARDEN	RAINCOAT	
BUDS	MARCH	SEEDS	
CHICK	MAY	SPROUTING	
DAFFODILS	NATURE	SUNNY	
DAISIES	PLANT	UMBRELLA	
EASTER	PUDDLES	WEATHER	
EGGS	RAIN	WET	



recipe

Porridge with berries

Preparation time: less than 30 mins

Cooking time: less than 10 mins

Serves: 2



ingredients

Ingredients

- 80g whole rolled porridge oats
- 200ml semi-skimmed milk
- 150g frozen mixed berries; such as strawberries, raspberries and blueberries, thawed
- 15g flaked almonds, toasted
- 150g fat-free natural fromage frais



method

Method

1. Put the oats in a saucepan with the milk and 300ml water. Cook over a low-medium heat for 3-4 minutes, stirring constantly, until rich and creamy.
2. Pour into two deep bowls and top with the mixed berries. Scatter the almonds over and serve with the fromage frais.





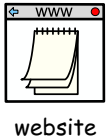
Let us know what you think of Thera Connex

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

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.



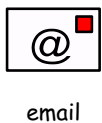
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<http://eepurl.com/mUID1>