

Thera Connex newsletter

Edition 25

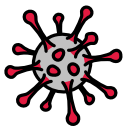
Thursday 10 June 2021



welcome

Welcome to Thera Connex

We wanted to tell you about some changes to the restrictions in **England**, and about a new type of COVID-19 that is spreading in some areas in the UK.



COVID-19

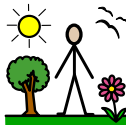
COVID-19 restrictions in England

On Monday 17 May, restrictions in England eased in line with step 3 of the Government's roadmap.



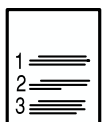
indoors

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.



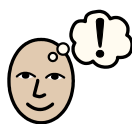
plan

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



safe

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.



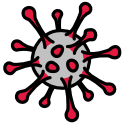
aware

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



easy read

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



COVID-19

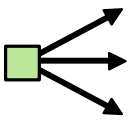
COVID-19 restrictions in England

A new type of COVID-19 is spreading fast in some areas in the UK.



identified

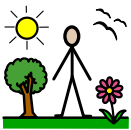
This new type of COVID-19 is sometimes referred to as the variant first identified in India, and can spread more easily from person to person.



spreads

The areas it is spreading fastest in are:

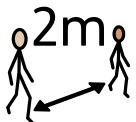
- Bedford Borough Council
- Blackburn with Darwen Borough Council
- Greater Manchester Combined Authority (Bolton, Bury, Manchester, Oldham, Rochdale, Salford, Stockport, Tameside, Trafford, Wigan)
- Kirklees Council
- Lancashire County Council (Burnley, Chorley, Fylde, Hyndburn, Lancaster, Pendle, Preston, Ribble Valley, Rossendale, South Ribble, West Lancashire, Wyre)
- Leicester City Council
- London Borough of Hounslow
- North Tyneside Council



outdoors

If you live in one of these areas, you should:

- meet outside rather than inside
- keep 2 metres apart from people that you don't live with (unless you have formed a support bubble with them), this includes friends and family you don't live with
- minimise travel in and out of affected areas



2 metres apart

You should also:

- Get tested twice a week for free and isolate if you are positive
- Get vaccinated when you are offered it

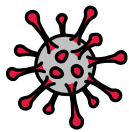


test



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”.



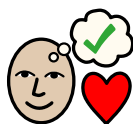
celebrate

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.



tips

We have included some video tips and tricks for staff on the next page.





phone

Guide for taking videos on your work phone

Go onto your camera and click the video option.

When recording a video please make sure you put the phone so that it's landscape:



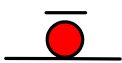
check

Check the lighting for where you are recording, try not to be in front of a window or in direct sunlight and make sure it's not too dark or too bright and that the video is clear.



quiet

Make sure you're in a quiet area and the sound is clear.



steady

Lean your phone against something so it doesn't move, and that the footage is smooth and steady.



consider

Consider how you want the camera to angle, do you want to be facing the camera straight on or do you want the camera to be facing you from the side.



positioned

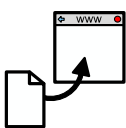
Make sure the camera is positioned so nothing goes out of shot.



play

When you have recorded, play it back to check for any sound interruptions or changes in the light.

We will send out a link for you to upload your footage. Please keep the clips relatively short and if possible, use WIFI when uploading to the link.



upload

If you need any help with the content or uploading the footage, please email communications@thera.co.uk



Last editions Connex challenge

Thank you to everyone who sent us a photo of their pet as part of the last Connex challenge!

Here are some of the lovely pet pictures we recieved:



Bob and Lady enjoying free range life in sunny Devon.



This is Joey. She is very well-loved by Tracey, Nicola and Rebecca.



Susie with her cat Sassy.



world

Challenge - What am I?

You can find a lot of me in the world. I do not always look the same.



different

I can be different colours depending on where you find me.



useful

I am very useful. People make bricks from me. They melt me to make glass. They use me to build roads.



rocks

I am made of small pieces of rocks, shells, or other hard materials.



abrasive

I am highly abrasive, so much so that I can be used for industrial grinding and polishing.



play areas

I am often used in children's play areas because I am able to cushion accidental trips.



fun

I make any beach trip way more fun! As people can build things with me - the most common thing is a castle!



what

What am I?

Pssst! Having trouble guessing or would like to see if your answer is correct, check the bottom of the back page.





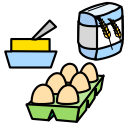
recipe

Apple elderflower cooler

Preparation time: less than 30 mins

Cooking time: no cooking required

Serves: 1



ingredients

Ingredients

- ½ lemon, juice only
- 1 tbsp elderflower cordial
- 125ml apple juice
- sparkling water, to taste (optional)
- mint sprig, to garnish
- Ice



method

Method

1. Pour the lemon juice, elderflower cordial and apple juice into a cocktail shaker full of ice.
2. Shake for 10 seconds, then pour everything (including the ice) into a half-pint glass or tumbler. (Alternatively, you can stir it all together in a large glass.)
3. Top up the drink, to taste, with sparkling water, if using. Add a sprig of mint to garnish.





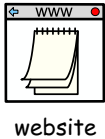
Let us know what you think of Thera Connex

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.



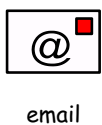
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If you would like to receive this newsletter to your personal email address, please sign up to our mailing list:

<http://eepurl.com/mUID1>

'What am I?' Answer: Sand