

# Thera Connex newsletter

Edition 25 (Scottish Edition)

Thursday 10 June 2021



welcome

## Welcome to Thera Connex

We wanted to tell you about some changes to the COVID-19 protection levels in **Scotland**.



scotland

## COVID-19 restrictions in Scotland

Scotland follows a COVID-19 levels system (0-4). Each level has a different set of rules on what you can and cannot do.



changed

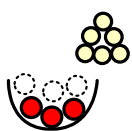
On **Saturday 5 June**, many areas in Scotland changed into a new COVID-19 protection level.



decisions

The following decisions have been made:

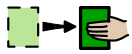
Glasgow **moved** to Level 2



remain

13 mainland authorities will **remain** in Level 2, these are:

- East Dunbartonshire, East Renfrewshire, Renfrewshire
- East, North, and South Ayrshire
- North and South Lanarkshire
- Edinburgh and Midlothian
- Stirling and Clackmannanshire
- Dundee



moved

15 mainland authorities **moved** to Level 1, these are:

- Highland; Argyll and Bute
- Aberdeen City, Aberdeenshire, and Moray
- Angus; Perth and Kinross
- Inverclyde and West Dunbartonshire
- Falkirk
- Fife
- West Lothian and East Lothian
- The Scottish Borders
- Dumfries and Galloway



moved

The islands that were in Level 1 before **Saturday 5 June** **moved** to Level 0. This includes:

- Orkney, Shetland
- Na h-Eileanan Siar
- all islands in Highland (except Skye)
- Argyll and Bute islands of Coll, Colonsay, Erraid, Gometra, Iona, Islay, Jura, Mull, Oronsay, Tiree and Ulva



unsure

If you are unsure of what COVID-19 protection level you are in, you can check by using the postcode tool on the Scottish Government website: [www.gov.scot/check-local-covid-level/](https://www.gov.scot/check-local-covid-level/)



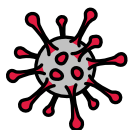
aware

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



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](mailto: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:



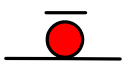
check

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

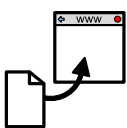
Make sure the camera is positioned so nothing goes out of shot.



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](mailto: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

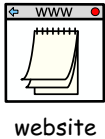
We want to hear your feedback about Thera Connex so we can make improvements for the future and include content you want to see.

The survey takes less than 5 minutes to complete and we would love to hear from you!

[www.surveymonkey.co.uk/r/TheraConnex](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)

You can get in touch with us through our social media pages.



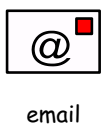
@TheraGroup



@TheraTrust



@TheraTrust



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**