

# Thera Connex newsletter

Edition 27

Wednesday 29 September 2021



welcome

## Welcome to Thera Connex

We wanted to tell you about the COVID-19 advice and guidance in **England**.



government

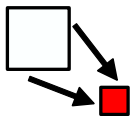
## COVID-19 advice and guidance in England

Between March and July this year, restrictions in **England** began to lift as part of the **Government's** roadmap.



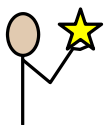
guidance

On **Monday 19 July**, rules on social contact were replaced with **advice** and **guidance** on how to **protect** yourself and others from COVID-19.



minimise

Since the **risks** from COVID-19 have **not disappeared**, the Government will continue to inform people of the **risks** and offer **advice** on how to **minimise** them.



important

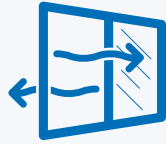
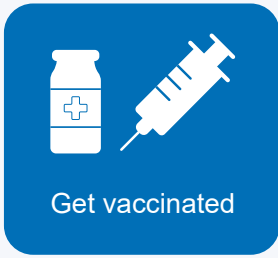
It remains important for **everyone**, including those who are fully vaccinated, to follow behaviours and actions that **prevent** the spread and help to keep people safe.



recommended

Following the recommended **advice** and **guidance** will also help limit the spread of seasonal illnesses, including flu.

## Safer Behaviours and Actions



Let fresh air in if you meet indoors. Meeting outdoors is safer



Wear a face covering in crowded and enclosed settings where you come into contact with people you do not normally meet



Get tested, and self isolate if required



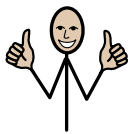
Try to stay at home if you are feeling unwell



Wash your hands



Download and use the NHS COVID-19 app



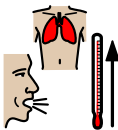
encouraged

The behaviours encouraged to prevent the spread include:

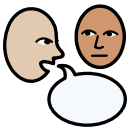
- Let fresh air in if you meet indoors. Meeting outdoors is safer. However, this is not always possible especially during winter.
- Wear a face covering in crowded and enclosed places where you come into contact with people you do not normally meet.
- Anyone with symptoms of COVID-19 should self-isolate and take a free PCR test as soon as possible. Anyone who then tests positive must self-isolate.
- Anyone who is notified they are a close contact of someone who has tested positive should also take a free PCR test as soon as possible and self-isolate if required.
- Try to stay at home if you are feeling unwell.
- Wash your hands with soap and water or use hand sanitiser regularly throughout the day.
- Download and use the NHS COVID-19 app to check if you have been exposed to the virus.



face covering



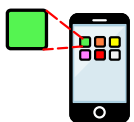
symptoms



notified



home



app

# Thera Art Exchange

**Do you have a passion for art?**

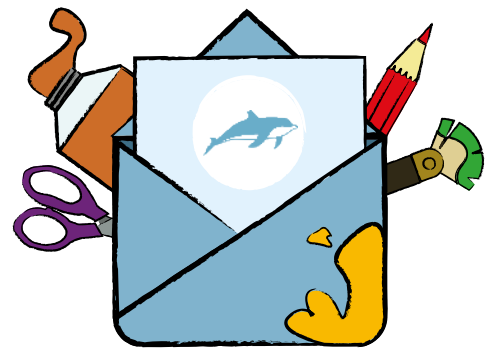
**Want to share your artwork with someone across the UK?**

Join Thera Art Exchange and support people with a learning disability.

## Want to join in?

1. Create an A5 size piece of art about anything you like. It has to fit in a standard A5 envelope
2. Write a message on the back of your art. You could write something about your art, or an inspirational message, it's up to you!
3. Fill in and cut out the slip below, then post both the slip and your artwork to:

Thera Art Exchange  
The West House  
Alpha Court  
Swingbridge Road  
Grantham  
NG31 7XT



By **Friday 15 October**

4. Wait to receive a lovely piece of art by another budding artist.

If you would like more information, or would like to donate visit:

[www.thera.co.uk/get-involved/fundraising/thera-art-exchange/](http://www.thera.co.uk/get-involved/fundraising/thera-art-exchange/)



Address .....

.....

.....

First name .....

Last name .....

Postcode .....

By taking part in Thera Art Exchange you understand any participating artwork submitted to Thera via post or any other means belongs to Thera and can be stored for up to three years and used in any marketing and promotional materials that Thera Trust deems appropriate. This may be in digital or paper format. Thera Trust may or maybe not contact you to advise that your artwork is being used, this is for your notification only.



autumn

## Awesome Autumn Activities

### Leaf Crafts



leaves

Collect fallen leaves from your local park or your garden and have a go at making a colourful autumn collage or you could try some leaf printing and painting - you could even submit it as part of Thera's Art Exchange (Page 3)!



bird watching

### Bird Watching

Try some bird watching, either from 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

It's really simple to make a pine cone bird feeder:

- 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!





## Autumn Word Search

word search

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

Find the following words in the puzzle.

Words are hidden → ↓ and ↘ .

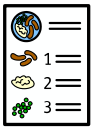
ACORN  
APPLE  
AUTUMN  
BONFIRE  
CHESTNUTS  
CHILLY  
HALLOWEN

HARVEST  
HAYSTACK  
LEAVES  
NUTS  
PUMPKIN  
RAINCOAT  
SCARECRW

SEASON  
SQUASH  
WEATHER  
WINDY







recipe

## Healthy apple crumble

Preparation time: less than 30 mins

Cooking time: 30 mins to 1 hour

Serves: 6

Dietary: Vegetarian



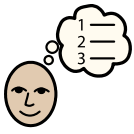
ingredients

### Ingredients for the filling:

- low-calorie cooking spray
- approx. 800g of peeled and chopped dessert apples (such as Fuji, Gala, Braeburn, Pink Lady or Jazz)
- 200g frozen mixed berries
- 1 tbsp finely grated orange zest
- 1 tbsp cornflour
- 1 tsp ground ginger
- 1 tsp ground cinnamon
- pinch of grated nutmeg
- 3 tbsp maple syrup

### Ingredients for the crumble topping:

- 75g porridge oats
- 75g walnuts, chopped
- 1 tsp ground cinnamon
- 2 tbsp maple syrup
- 1 tbsp coconut oil, melted if solid



method

## Healthy apple crumble method

1. Preheat the oven to 180C/160C Fan/Gas 4.
2. Lightly spray a baking dish or pie dish (approx. 20 x 25cm) with cooking spray.
3. Peel, core and cut the apples into 1.5cm cubes and place in a bowl with the berries, orange zest, cornflour, ginger, cinnamon, nutmeg and maple syrup. Mix well and spoon into the prepared dish. Press down gently with a spatula to create an even layer.
4. To make the crumble topping, mix together the oats, nuts and cinnamon in a small bowl. Make a well in the centre and pour in the maple syrup and coconut oil. Stir until fully combined. Crumble the topping over the fruit mixture to cover in an even layer.
5. Bake for 50–60 minutes, until the topping is lightly golden. Leave to cool for 20–30 minutes before serving.





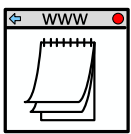
feedback

## 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)



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.



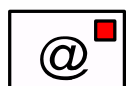
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@TheraTrust



@TheraTrust



email

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

<http://eepurl.com/mUID1>