

# Thera Connex newsletter

Edition 28

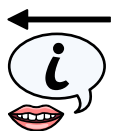
Wednesday 1 December 2021



welcome

## Welcome to Thera Connex

We wanted to tell you about some changes to the restrictions in **England**, due to a **new coronavirus variant** that is spreading in some areas in the UK.



announced

## New restrictions in England

The **UK Government** has announced some **restrictions** because of a **new coronavirus variant**. The variant is called **omicron**.



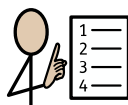
government

The omicron variant has been found in a few places in England and Scotland already. The Government wants to stop the spread.



face covering

From **Tuesday 30 November 2021**, it will become **mandatory** to wear a **face covering** in **shops** and on **transport**, unless you are **exempt**.



rules

The Government will **review** the **rules** again in **3 weeks'** time.

## Travelling to England from abroad



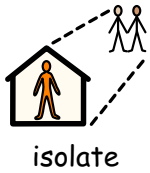
abroad

The Government has also announced that anyone travelling from abroad will need to take a **PCR test 2 days** after arriving back in England.



testing

If you have travelled abroad, you will need to self-isolate even if you have received both doses of your COVID-19 vaccine. You will need to self-isolate until you receive a **negative PCR** result.

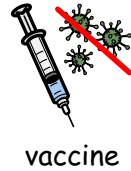


## Self-isolation changes

If you have been in contact with someone who has the omicron variant, you must self-isolate for 10 days, even if you have received both doses of the COVID-19 vaccine.



You will be contacted NHS Test and Trace if you are identified as a contact of someone with the omicron variant.



## Booster vaccine

The Government has changed the rules about booster vaccines. Anyone over 18 can now have a booster vaccine.



If you have had both doses of your COVID-19 vaccine, you can have a booster vaccine 3 months after your last dose.



### FACE COVERINGS

are compulsory

on public transport and in shops



### ALL INTERNATIONAL ARRIVALS

to take a day 2 PCR test and self-isolate until they receive a negative result



### ALL CONTACTS

of suspected Omicron cases must self-isolate for ten days, even if fully vaccinated or under 18



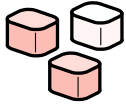
Source: [www.facebook.com/UKgovernment](https://www.facebook.com/UKgovernment)



christmas

## Festive Activities

Get into the festive spirit with these easy Christmas activities!



marshmallow

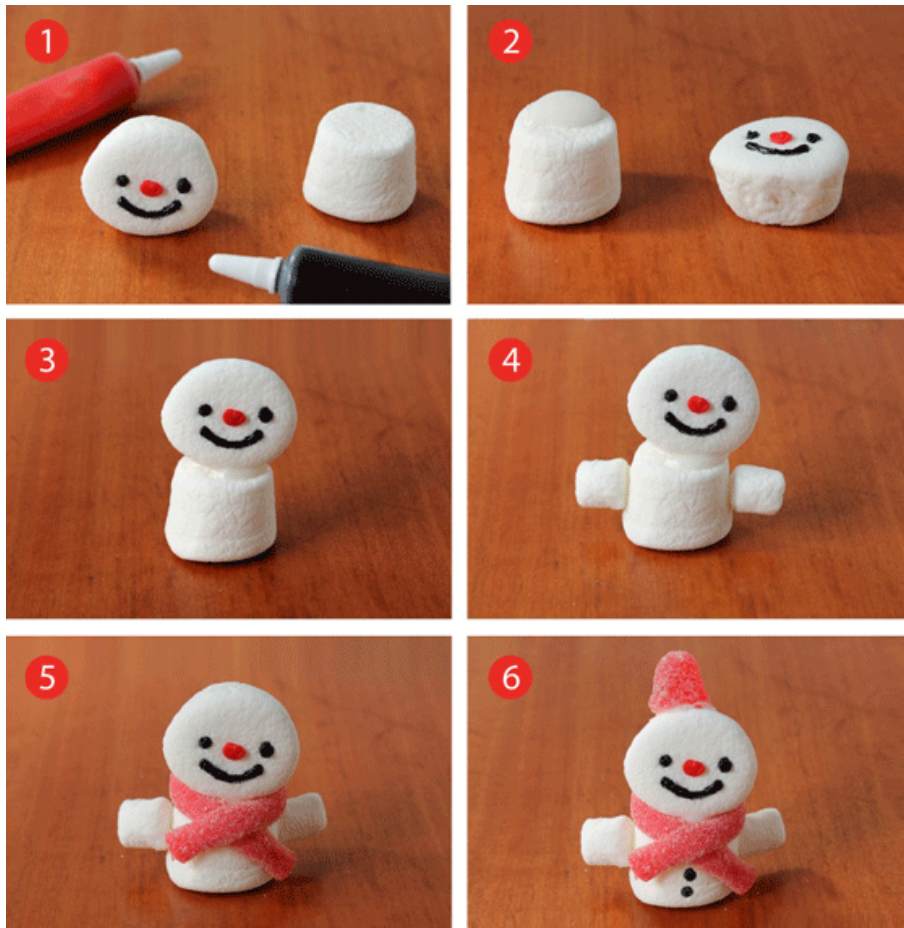
### Marshmallow snowmen

These sweet marshmallow snowmen are fun and easy to make!

To make your marshmallow snowmen you will need:

- Big marshmallows, tiny marshmallows and some gum drops for the hats.
- A red licorice lace or similar (try your local pick 'n' mix)
- Icing sugar and water to make your 'glue'. Add 3 heaped tablespoons of icing sugar into a bowl, then mix in 2 teaspoons of water and stir. This should give your glue a nice sticky consistency.
- Squeezy tubes of coloured icing

How to make: Look at the easy photo instructions below.







## Host a virtual Christmas craft party

Get the Holiday fun started by hosting a virtual Christmas craft party. Set up a zoom call with your friends and family and have a cup of tea and a natter whilst creating some festive crafts.



## Create an alternative Christmas tree

If you struggle to find space to fit a Christmas tree, why not create your own alternative Christmas tree? It is really simple to do and can be made out of items you already have, or holiday photos and cards.





## Festive Word Search

word search

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

Find the following words in the puzzle.

Words are hidden → ↓ and ↘

ADVENT

BAUBLES

BRUSSELS

CINNAMON

DECEMBER

ELVES

FAMILY

FESTIVE

MINCEPIE

MISTLETOE

NUTCRACKER

PANTOMINE

PRESENTS

REINDEER

RIBBON

SNOW

TINSEL

TURKEY

WREATH





recipe

## Gingerbread men



Preparation time: 30 mins to 1 hour

Cooking time: 10 to 30 mins

Serves: Makes 20 gingerbread biscuits

Dietary: Vegetarian



ingredients

### Ingredients

350g/12oz plain flour, plus extra for rolling out

1 teaspoon bicarbonate of soda

2 teaspoons ground ginger

1 teaspoon ground cinnamon

125g/4½oz butter

175g/6oz light soft brown sugar

1 free-range egg

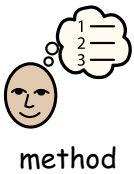
4 tablespoon golden syrup

### To decorate

writing icing (optional)

cake decorations (optional)





method

## Gingerbread men method

1. Sift together the flour, bicarbonate of soda, ginger and cinnamon and pour into the bowl of a food processor. Add the butter and blend until the mix looks like breadcrumbs. Stir in the sugar.
2. Lightly beat the egg and golden syrup together, add to the food processor and pulse until the mixture clumps together. Tip the dough out, knead briefly until smooth, wrap in cling film and leave to chill in the fridge for 15 minutes.
3. Preheat the oven to 180C/160C Fan/Gas 4. Line two baking trays with greaseproof paper.
4. Roll the dough out to a 0.5cm/1/4in thickness on a lightly floured surface. Using cutters, cut out the gingerbread men shapes and place on the baking tray, leaving a gap between them.
5. Bake for 12–15 minutes, or until lightly golden-brown. Leave on the tray for 10 minutes and then move to a wire rack to finish cooling. When cooled decorate with the writing icing and cake decorations, if using.



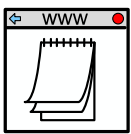
feedback

## 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.



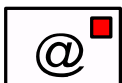
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email

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