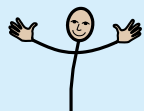


Thera Connex newsletter

Edition 29

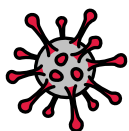
Tuesday 21 December 2021



welcome

Welcome to Thera Connex

We wanted to tell you about some changes to the **coronavirus guidance in England**, due to a **new coronavirus variant**.



coronavirus

Changes to the coronavirus guidance

The UK Government has announced some **changes** to the **coronavirus guidance**. This is because the new variant called **Omicron** is **spreading very fast**:



face covering

- You must wear a **face covering** in most **indoor public places**, at **large venues** and **events**, and **on public transport**.
- You should **work from home** if you can.
- You will need to show your **NHS COVID Pass** at **nightclubs** and at **some venues** and **large events** to show that you are **fully vaccinated**, have had a **negative test result** in the last **48 hours**, or you are **exempt**.



work from home



NHS



government

The UK Government is also **advising people** to take a **lateral flow test** before they **meet other people**.



government

Additional COVID-19 vaccinations



vaccine



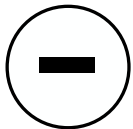
3 months

People who have a **weakened immune system** are being offered a **3rd dose** of the coronavirus vaccine. This should be given at least **8 weeks** after their 2nd dose.

People will also need to have a **booster vaccine 3 months** after the date of their 3rd dose.

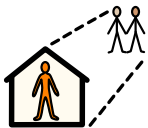
www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/coronavirus-vaccine-3rd-dose/

Travel rules



negative

All countries on the travel **red list** have been removed. You will still need to show a **negative PCR or lateral flow test** result before travelling to England from abroad. You must take the test in the **2 days before** you travel to England.



self-isolate

You are also required to take a **PCR test within 2 days of arriving in England** and **self-isolate** until you get a **negative test result**, even if you are fully vaccinated.



10 days

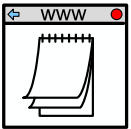
If you are **not fully vaccinated** you will need to **self-isolate** for **10 days** when you return to England. You will need to take a **PCR test** on **day 2** and **day 8**.

Booster vaccines



3 months

People over 18 can now get their booster vaccine **3 months** after receiving their second dose. The Government is advising people to **get their booster vaccine as soon as possible**.



website

You can book your booster vaccine online at:

www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/book-coronavirus-vaccination/



28 days

If you are eligible for a booster dose and you have had a **positive COVID-19 test**, you need to **wait 4 weeks (28 days)** before getting a booster dose.

The poster features a central image of a man's face against a background of diagonal stripes in yellow, orange, and red. In the top left corner is the HM Government logo. In the top right corner is the NHS logo. The text on the poster reads: 'COVID-19 OMICRON EMERGENCY' in yellow, 'GET BOOSTED NOW' in large white letters, 'Every adult in the country now needs to get a Covid-19 booster vaccine, because two doses does not give you enough protection against catching Omicron.' in white, and 'GET YOUR BOOSTER NOW' and 'NHS.UK/COVIDVACCINATION' in yellow at the bottom.

HM Government

NHS

COVID-19 OMICRON EMERGENCY

GET BOOSTED NOW

Every adult in the country now needs to get a Covid-19 booster vaccine, because two doses does not give you enough protection against catching Omicron.

GET YOUR BOOSTER NOW
NHS.UK/COVIDVACCINATION



christmas

Your wellbeing at Christmas time

Whilst Christmas time can be exciting and fun for many people there are still lots of things that you may be worrying about. Many issues that can affect your mental health can feel even harder to manage at Christmas time.



mental health

If you feel lonely, sad or anxious know that you are not alone.



contact

If you feel like you need some more support during the Christmas period you can contact some of the below "Listening Services" and tell them how you are feeling.



listening

Listening services are there to listen to you talk about how you're feeling. You can talk to them about anything. Sharing your problems can be helpful to manage your feelings. Often people on helplines will have their own experience of mental health issues.

Samaritans

Can be contacted by telephone, letter, e-mail and mini-com. There's also a face-to-face service, available at their local branches. They are open 24 hours a day, every day of the year.

Telephone: 116 123

Email: jo@samaritans.org

Website: www.samaritans.org

The Silver Line

Aimed at people over 55. Their helpline is open 24 hours a day, every day of the year.

Telephone: 0800 470 80 90

Website: www.thesilverline.org.uk

Shout 85258

Shout is a free, confidential, anonymous service for anyone in the UK.

Shout have trained volunteers available 24/7 to listen and support you to get to a calmer and safe place.

To start a conversation, **text** the word **SHOUT** to **85258**.

The goal of the conversation is to help you reach a calm and safe place, with a plan of how to support yourself going forwards. As well as listening without judgement, Shout volunteers may provide you with further resources or tools to help you get more expert support.

Website: www.giveusashout.org/

The Mix

Aimed at people under 25. Their helpline is open between 4pm and 11pm, 7 days a week. They also run a crisis text service which is open 24 hours a day, 7 days a week.

Telephone: 0808 808 4994

E-mail: through the website.

Crisis text message service: Text **THEMIX** to 85258

Webchat: through the website. (4pm - 11pm, 7 days a week)

Website: www.themix.org.uk

Support Line

Support Line provide a confidential telephone helpline offering emotional support to any individual on any issue. Their opening hours vary so you need to ring them for details.

Telephone: 01708 765200

E-mail: info@supportline.org.uk

Website: www.supportline.org.uk



Christmas Wordsearch

wordsearch

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

Find the following words in the puzzle.

Words are hidden → ↓ and ↘ .

ADVENT

BOW

BOX

BOXING DAY

CANDLE

CAROLING

CHOCOLATE

CHRISTMAS

COOKIES

DECEMBER

DECORATIONS

ELF

EXCHANGE

FAMILY

FESTIVE

FIREPLACE

GARLAND

GIFT

GINGERBREAD

GRINCH

MISTLETOE

MUSIC



colouring

Snowy Village on Christmas Eve colouring



paint the world
SUPER
COLORING

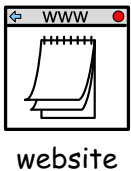


Let us know what you think of Thera Connex

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.



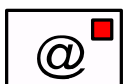
@TheraGroup



@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>