

Thera Connex newsletter

Edition 29

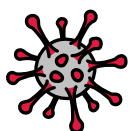
Thursday 23 December 2021



welcome

Welcome to Thera Connex

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



coronavirus



advice

Changes to the coronavirus guidance

The Scottish Government has issued new **COVID-19 advice**. This is because the new variant called **omicron** is **spreading very fast**:

- **meet** in groups of **no more than 3 households**
- **avoid** crowded places – **shop at quieter times** and **follow safety measures** in shops and other places
- take **regular lateral flow tests** - especially before mixing with other people
- **wear a face covering** where required
- **work from home** if you can
- **wash your hands regularly**, and **cover your nose and mouth** if coughing or sneezing
- **open windows** when meeting indoors



self isolation

Self-isolation guidance

The **self-isolation guidance** in Scotland has **changed**. If someone in your **household** tests **positive** for any variant of **COVID-19**, you are advised to **self-isolate for 10 days**. Your vaccination status, PCR test result and age does not matter – **you should still self-isolate**.

Self-isolation guidance



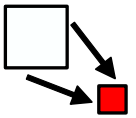
10 days

For **non-household contacts**, if you are a partially or non-vaccinated adult, you will be asked to self-isolate for 10 days, whether or not you have symptoms.



vaccinated

If you are a **fully vaccinated** adult identified as a **non-household close contact**, you should isolate and get a PCR test as soon as possible. You can **end** your **self-isolation** if you have a **negative PCR test result** and remain **free of symptoms**.



reduce

Guidance on meeting other people and visits

The Scottish Government has advised that people should **reduce** their social contact both in private and public settings to **3 households**.



households

In **supported living households**, the Scottish Government advises no more than **2 households** should visit an individual at any time.



safe

They are not advising people to cancel Christmas celebrations, but have given the following guidance to make things as safe as possible:

- take **lateral flow tests before** you **meet** people
- keep **groups** as **small** as possible
- keep a **safe distance** from those not in your household, especially indoors
- no one with symptoms or in self-isolation should attend
- practice **good hand hygiene**
- keeping rooms **well ventilated**



visits

Guidance has also been updated for **visiting care homes** with **no more than two households** to visit a person at a time. In **hospitals**, no more than **two visitors** are allowed at any time.

+1

additional

Additional COVID-19 vaccinations

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.



3 months

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/

Booster vaccines



3 months

People 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/



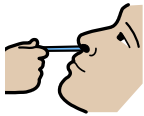
28 days

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.

Get vaccinated as soon as you're able to.

NHS SCOTLAND Living safely this winter Healthier Scotland Scottish Government

Travel rules



test

You are also required to take a **PCR test within 2 days of arriving in Scotland** and **self-isolate** until you get a **negative test result**, even if you are fully vaccinated. If you **test positive**, then you will need to **self-isolate for 10 days** from the date of your positive result.



10 days

If you are **not fully vaccinated**, then you will need to **self-isolate for 10 days** and complete an **PCR tests on day 2 and day 8**.



advises

The Scottish Government **advises** that wherever possible, **vehicle sharing** should be **avoided** with anyone outside of your household or support bubbles.



face covering

You must wear **face coverings** if you are travelling on **public transport** unless you are exempt. This is the **law**.



abroad

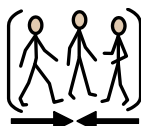
All countries on the travel red list have been removed. You will still need to show a **negative PCR or lateral flow test** result before travelling to Scotland from abroad. You must take the test in the **2 days before** you travel to Scotland.



boxing day

New rules from Boxing Day in Scotland

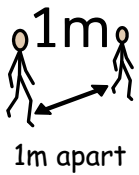
The Scottish Government has announced that there will be some **new rules** from **Sunday 26 December 2021**.



events

From 26 December:

- There will be **limits** on how many people can go to **large events**. This means a maximum of:
 - **100 people** at **indoor standing** events
 - **200 people** at **indoor seated** events
 - **500 people** at **outdoor events** (whether seated or standing)
- Adult non-professional contact sports will not be allowed to be played in indoor spaces.



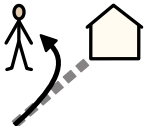
From 27 December:

- you must keep **one metre distance** from **other people** when meeting in **groups** of up to **three households**. This **includes indoor and outdoor hospitality** and **leisure settings** like bars, restaurants, theatres, music venues, cinemas, and gyms.
- **table service** will be needed in places like **restaurants and pubs** where **alcohol** is served.

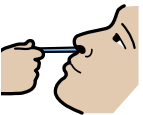


The Scottish Government also advises you to:

- **stay home as much as possible** to limit the number of contacts you have – if you meet others, gather in small groups of no more than three households.
- **avoid crowded places** – shop at quieter times where possible and follow the rules in shops and hospitality venues.
- **work from home** if you can.
- take a **lateral flow test** before you visit someone in hospital or a care home or to accompany someone to medical appointments.



work from home



test



staff

Your **staff will** continue to follow **health and social care rules**, which **may be different** from the rules above.



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

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

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

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

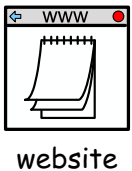


Let us know what you think of Thera Connex

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.



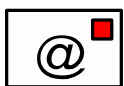
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email

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<http://eepurl.com/mUID1>