

Thera Connex newsletter

Edition 30

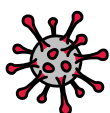
Monday 30 May 2022



welcome

Welcome to Thera Connex

This edition contains information about COVID-19 booster vaccines, jubilee-inspired activities, and information about the holiday support fund.



covid-19

COVID-19 vaccinations and boosters

Coronavirus can make **older people** and people with some **health conditions** more ill.



vaccine

People with a **learning disability** are also **more likely** to become **ill** if they get coronavirus. It is **important** that people consider getting their **coronavirus vaccine** if they can.



easy-read

The **UK Health Security Agency** has published an **Easy Read guide to booster vaccinations**. This tells you what happens when you get a booster, why boosters are important, and how to get one.

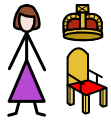
Visit the link at: assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/1037885/UKHSA-1222-COVID-19-booster-vaccination-easy-read.pdf



staff

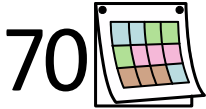
If you would like support to book your **COVID-19 booster vaccine**, please speak to your **staff team**.

Platinum Jubilee Celebrations



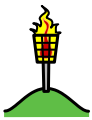
queen

Queen Elizabeth II celebrates her **platinum Jubilee** in June. This means she has been Queen for **70 years**. She is the first monarch to reach this milestone. There will be lots of events happening for the platinum jubilee and there are things you can do at home to celebrate.



70-years

Beacon Lighting (2 June)



beacon

More than 2022 beacons will be lit on 2 June. They will be lit in the United Kingdom, Channel Islands, Isle of Man and UK Overseas Territories. One beacon will also be lit in each of the capital cities of Commonwealth countries, in recognition of The Queen's long and selfless service.

Find out how to get involved and make your own beacons at: queensjubileebeacons.com

The Big Jubilee Lunch (2-5 June)



buffet

Get your family, friends and neighbours together for a Big Jubilee Lunch!

You can download an ideas pack at:

edenprojectcommunities.com/the-big-jubilee-lunch

Organise a Street Party



party

Street parties are a great way to get people together in your community to celebrate!

Before you get started, make sure you check out the Government's guidance on organising a street party:

gov.uk/government/publications/your-guide-to-organising-a-street-party

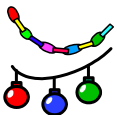


plant

Plant a Tree for the Jubilee

The Queen's Green Canopy invites people to plant a tree to celebrate the Queen's platinum jubilee. Planting will take place from October 2022 until the end of the year.

You can find out more at: queensgreencanopy.org



decorations

Here is Katy, preparing for Jubilee celebrations by making her own decorations!



trifle

Platinum Jubilee Trifle Recipe

Prep time: 10 minutes

Cook time: 2 minutes

How many people it serves: 6



ingredients

Ingredients:

For the Lemon Posset:

- **600 ml** fresh double cream
- **180 g** sugar
- Zest of **2** lemons
- **70 ml** - Lemon juice and about 1/2 a lemon

For the trifle:

- **6** ladyfingers or 170g sponge cake
- **500 ml** strawberry jelly made to packet instructions
- **300 g** strawberries roughly chopped
- **10** amaretti biscuits crumbled
- **500 ml** fresh double cream





method

Method:

For the Lemon Posset:

1. Place the cream in a saucepan with the sugar over low heat, and stir, until the sugar has melted.
2. Bring to a simmer and let it bubble for 1 minute.
3. Turn off the heat, and stir in the lemon juice and zest
4. Transfer in a large container and chill for at least 3 hrs, or up to 24 hrs.

For the Trifle:

1. Line the bottom of a trifle bowl or glasses with the ladyfingers or sponge cake in a nice even layer.
2. Add a thick layer of chopped strawberries over the ladyfingers, then pour just enough jelly mixture to cover the strawberries. Transfer the bowl (or glasses) in the fridge for at least 3 hours to let the jelly set completely.
3. Once set, spoon a thick layer of lemon posset over the jelly layer, and top with crumbled amaretti.
4. In a large bowl, whip the double cream until soft peaks form then spoon this over the top of the lemon posset and amaretti trifle.
5. Decorate with fresh strawberries and amaretti crumble and serve.

Credit: Andrea Soranidis, The Petite Cook www.thepetitecook.com/wprm_print/18483



Wordsearch

wordsearch



Find the following words in the puzzle. Words are hidden → ↓

FESTIVITY

ELIZABETH

MONARCHY

CARNIVAL

PLATINUM

CHARLES

JEWELS

JUBILEE

PARTY

PALACE

QUEEN

CELEBRATION

CARRIAGE

CROWN

OCCASION

HORSE



Colouring

colouring

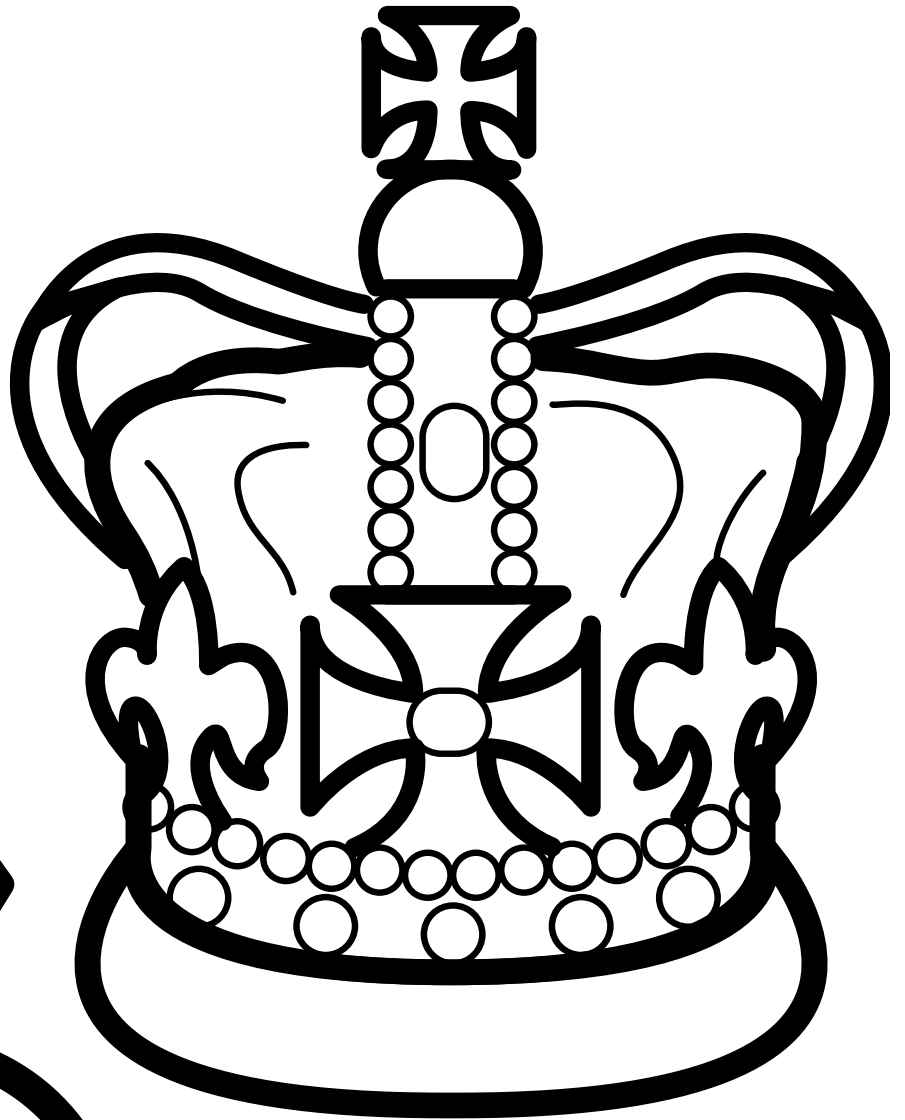
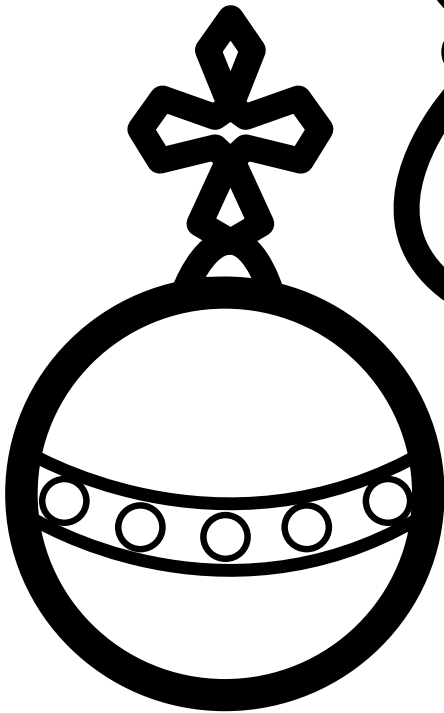
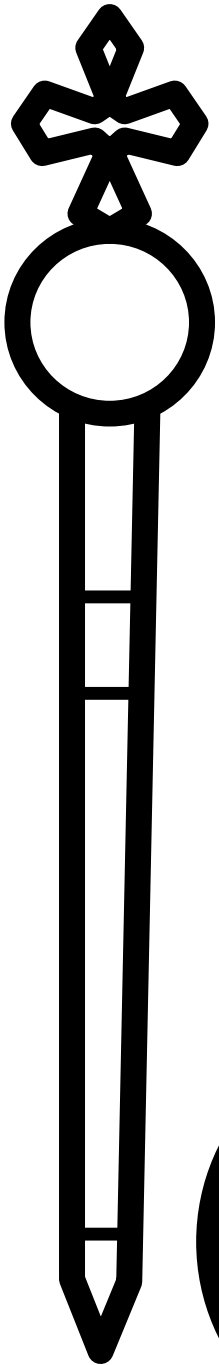


Queen Elizabeth II



colouring

Colouring



Crown Jewels

Holidays and Day trips



thinking

Thinking of taking a holiday but struggling to cover the cost of support?



struggle



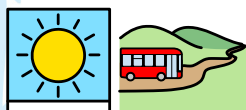
cost

People who have paid support may need that support to join them to make a holiday a possibility. They may find they have to fund their own holiday and also the costs of a support worker joining them, which might prevent that person being able to have a holiday.



support

Thera's 'Holiday Support Fund' aims to cover the additional costs of the support needed to make that holiday a reality. It only covers those support costs and does not pay for the holiday for the person with the learning disability.



day-trip

If someone doesn't wish to go on a holiday, funding for support costs is available for day trips that will open up new opportunities for an individual.



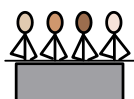
no-support

People should only apply to this fund if their personal circumstances mean there is no way they can pay for the support themselves, there is no provision made in the support contract, or that the local authority or their friends and family cannot support with funds for it.



funds

The fund has a limited amount of money to award each year so applications will be considered by a panel to decide whether applications will be successful or not.



panel

Applications can be made by support staff, who can find guidance and application forms on Thera's public drive under 'Fundraising'.



fundraising

Thera's Royal Quiz!

How much do you know about the Queen? Test your knowledge with these questions. Find out your answers on page 12.



palace

1. What is the **name** of the **palace** that the **Queen** lives in?



dog

2. What is the Queen's **favourite breed** of **dog**?



children

3. How **many children** does the **Queen** have?



colour

4. What **month** does **Trooping of the colour** take place?



tower

5. What **famous tower** are the **Queen's Crown Jewels** kept at?



son

6. What is the **name** of the **queen's eldest son**?



mechanic

7. Princess **Elizabeth** was **trained** to be a **mechanic** in the **military**. **True**, or **False**?



church

8. What **famous abbey** was **Queen Elizabeth II** coronated at?



uk

9. In the **national anthem**, what **follows** the line, '**Send her victorious**'?



language

10. The **Queen** can **speak English** and **what other language**?

The Quality Company



quality

The Quality Company work across all of the Thera companies. We employ people with a lived experience of learning disability as Quality Assessors who, alongside a Quality Supporter, check the Quality of support people receive, from their perspective, and report this to the companies.



home

During 2021-2022 our Quality Assessors and their Supporters carried out 557 Quality Checks with 345 people who have support to live at home.



talk

It's a great opportunity for people who have support to talk to someone with a lived experience about their support. It is also a chance for someone independent to look at the support, choices and opportunities people have. This can provide the chance for people to effect change and also evidence good support.



observe

The staff who support you with your Health and Wellbeing have, over a period of 3 years, supported you to make changes and supported you with your diet. This has helped you to improve your mobility and social confidence.



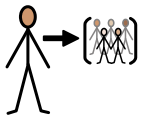
diet



confidence



We also get involved in other projects and are currently involved in delivering the RESTORE2 mini and STOMP training and projects CQC's expert by experience program.



Get involved with The Quality Company!

involved

If this sounds like something you, or someone you know, would like to be a part of, we have vacancies for Quality Supporters across the country and a limited number of Quality Assessor vacancies.



develop



skills

Our Quality Assessors and Quality Supporters work between 6 to 20 hours a month, have ongoing opportunities for learning and a chance to develop their skills.



proud

I feel proud of myself because I like taking part in someone's Quality Check and really like finding out if people are happy, like living where they do, if they like who they live with, and if they are happy with their support. I feel that my role helps me with my confidence and improves my skills, like reading.

I like to meet new colleagues and working with them and helping new staff to settle in and get used to their job role.

Adam Chilcott – Quality Assessor

Quiz answers:

- | | |
|----------------------|-----------------------|
| 1. Buckingham Palace | 6. Charles |
| 2. Corgi | 7. True |
| 3. 4 | 8. Westminster Abbey |
| 4. June | 9. Happy and glorious |
| 5. Tower of London | 10. French |

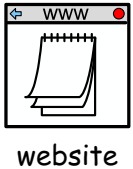


Let us know what you think of Thera Connex

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!

surveymonkey.co.uk/r/TheraConnex



Keep in touch

Visit our website to find out more about Thera Connex:
thera.co.uk/contact/coronavirus/thera-connex

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



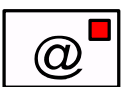
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email

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