

# Thera February Connex newsletter

Edition 33

Friday 24th February 2023

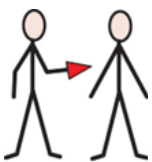


## Welcome to Thera Connex



welcome

Welcome to Thera Connex! This edition contains information about healthy eating and exercise. It also includes an interview with Andrew Bright, who is Group Lead Director - Quality and Involvement.



you

### Making Thera Connex Useful

To make sure **Thera Connex** is useful to you and to other people who read it, we want to know what interests you! We have asked people what they would like to see in this edition of Thera Connex.



exercise

We spoke to some people supported by **The Camden Society (London)** at one of their Being Heard events. They told us they would like to see more about healthy eating and exercise.



recipe

We have included some information about recipes and the benefits of exercise. We have also spoken to **Unity Works** about their 'confidence in the community scheme'.



email

We hope you enjoy this edition of **Thera Connex**! If you have an idea for the next edition, please email us at:  
**communications@thera.co.uk**

# Healthy Eating



healthy

Eating a balanced diet helps you stay healthy. We have put together some information to help you make the right choices and take care of your body and mind.

## What is a balanced diet?



food

Having a balanced diet means eating different types of foods with the right portion sizes to maintain a healthy weight.

Some people have special diets due to medical conditions. In this case, a GP or dietician can advise you.



nhs

The **NHS** states that in order to have a balanced diet people should:

- Eat at least 5 portions of a variety of **fruit** and **vegetables** every day
- Base meals on higher fibre starchy foods like **potatoes**, **bread**, **rice**, or **pasta**
- Have some **dairy** or **dairy** alternatives (such as soya drinks)
- Eat some **beans**, **pulses**, **fish**, **eggs**, **meat** and other **protein**
- Choose unsaturated **oils** and **spreads**, and eat them in small amounts
- Drink plenty of **fluids** (at least 6 to 8 glasses a day)

5

5



drink



website

To learn more about a balanced diet you can visit the **NHS's Eat Well Guide** at: [www.nhs.uk/live-well/eat-well/food-guide-lines-and-food-labels/the-eatwell-guide/](http://www.nhs.uk/live-well/eat-well/food-guide-lines-and-food-labels/the-eatwell-guide/)

## 5 benefits of eating well



prevention

1. **Prevents illness!** Eating well can reduce your risk of getting certain diseases, like heart disease or diabetes.



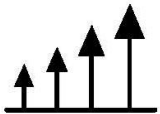
weight

2. **Helps you manage weight!** Most people at some point want to lose weight or gain weight. Eating a balanced diet helps you control your weight and maintain it over time.



mental health

3. **Improved mental health.** Eating well is good for your mind as well as your body. It can help improve your mental health and ease symptoms of depression and anxiety.



growth

4. **Good for growth.** As the body grows it is important to receive the right nutrients so that cells are built and maintained and the body grows at the right pace.



hair

5. **Healthier skin and hair.** Eating well can also help improve your skin, nails and hair



website

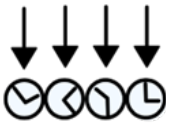
For more information on the benefits of eating well you can visit **HelpGuide** at: [www.helpguide.org/articles/healthy-eating/healthy-eating](http://www.helpguide.org/articles/healthy-eating/healthy-eating)

## How does diet affect mental health?



mental health

Bad diets can have bad effects on your mental health. By eating better, you can help your mood and sense of wellbeing. Some people with medical conditions should consult doctors before changing their diet. Some tips for on how diet can improve your mental health are below:



regular

1. **Eat regularly.** This can stop your blood sugar level from dropping, which can make you feel tired and bad-tempered.



water

2. **Stay hydrated.** Even mild dehydration can affect your mood, energy level and ability to concentrate.



protein

3. **Eat the right fats.** Your brain needs healthy fats to keep working well. They are found in things such as olive oil, rapeseed oil, nuts, seeds, oily fish, avocados, milk and eggs.

4. **Eat right!** Have whole grains, fruits and vegetables in your diet. They contain the vitamins and minerals your brain and body need to stay well.



vegetables

5. **Protein!** Include protein with every meal. It contains an amino acid that helps your brain. Protein includes eggs, meat and fish, nuts and beans.

6. **Look after your gut!** Your gut can reflect how you are feeling: it can speed up or slow down if you're stressed. Healthy food for your gut includes fruit, vegetables, beans and probiotics.



caffeine

7. **Caffeine can affect your mood!** It can cause sleep problems and anxiety, especially if you drink it close to bedtime. Caffeine is found in coffee, tea, cola, energy drinks and chocolate.



joy

**It is important to remember that eating healthy doesn't mean cutting out all the foods that you like!** Even small changes will have positive long-term benefits. Eating well should be a joy.



positive

**Mind** have provided some tips on remaining positive and enjoying eating better. You can access more of their resources at:

[www.mind.org.uk/information-support/tips-for-everyday-living/food-and-mood/healthy-eating-tips/](http://www.mind.org.uk/information-support/tips-for-everyday-living/food-and-mood/healthy-eating-tips/)

## Start Small



steps

Making changes can be tough. It might help to start by making small changes rather than changing your whole diet suddenly.

You might not feel better right away, but keep going! Even making very small changes can make a difference in the long term.

## Plan your meals



plan

Finding time to eat well can be hard. If you have times when you're feeling well and enjoying preparing food, try making some extra meals to store. You could make enough to last for several days, and freeze them in portions to use at times when you can't face cooking.

## Go on this journey together



friends

Preparing your own food might feel daunting, but cooking with others can be a lot of fun. Ask your family, friends, colleagues, or other social groups to join in – they might be very happy to plan, cook and eat a meal together with you.

# Word Search

## Fitness and Health

Words can be found in any direction (including diagonals) and can overlap each other. Use the word bank below.

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

### Word Bank

- |           |              |            |             |
|-----------|--------------|------------|-------------|
| 1. health | 2. diet      | 3. protein | 4. fruit    |
| 5. cycle  | 6. vegetable | 7. water   | 8. exercise |
| 9. walk   | 10. thera    |            |             |

## Share your stories!



stories

✦✦ We would love to hear how you are keeping healthy. If you would like to share recipes or stories with us please contact us at [stories@thera.co.uk](mailto:stories@thera.co.uk).

## Staying Fit



fit

Keeping fit is important for your health. There are lots of different exercises you can do to keep fit, keep your heart healthy, and feel better in yourself.



walking

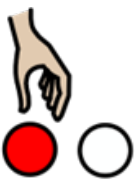
Going on short walks each day makes a big difference. Remember, like with diet, small steps can make big changes!



conversation

Exercising and finding motivation can be hard. We have spoken with **Gavin**, a person **Thera** supports, **Abdul**, a person Unity Works supports, and **Andrew Bright**, former **Service Quality Director** and current **Group Director**, who have shared their fitness journeys with us to help encourage people.

### Gavin's Story



decision

**Gavin**, who we support in **Thera (Scotland)**, went on a remarkable journey during 2020 and 2021.

After deciding he wanted to become healthier, over the course of a year, **Gavin** lost over 6 stone.



walk

Despite the COVID-19 restrictions in place he was dedicated to achieving his goal. He went on regular walks, and kept to a meal plan. He found he enjoyed making and sticking to meal plans.



feel good

Gavin was able to see and feel the progress he was making which made losing the weight enjoyable and kept him motivated.



vegetable patch

Gavin's fitness journey helped him develop new hobbies. He planted and grew his own vegetables, learning to take care of them. He also learnt how to shop online, to find things that he needed.

Gavin's story shows how exercising can be enjoyable, as well as healthy.

## Andrew's Story

**Andrew** agreed to a short interview about his own fitness journey, hoping it encourages others to begin exercising.



walking

### What exercises do you do?

Walking, running, and cycling - I've started doing more walking and even a bit of weight training at home.



life

### Has exercising made a difference in your life?

Quite a lot, actually, and people have recognised that and seen it in me. It has become something I'm addicted to.

### How has it helped your mental health?



confidence

It has really helped me with my mental health. Fitness has always been important to me as it helps you feel better. I have motivated my wife Jane to get involved. It has helped us both build confidence.

### What would you say to people struggling with confidence?



start

There is nothing to worry about just take it at your own pace. I worried what people would think about seeing me in the street which is why I ran at night. I don't feel like that anymore. Don't let anyone tell you, you can not do it. I haven't looked back.

To read more about Andrews fitness journey please visit

[www.thera.co.uk/news/andrews-fitness-journey/](http://www.thera.co.uk/news/andrews-fitness-journey/).



## Abdul's Story



football

Abdul is supported by Work Train Greenwich and has been doing football sports coaching. He has previously won the Spirit of Grassroots Football Award 2021-22 award.



course

Due to his interests in well-being and fitness he wanted to do ACL (adult community learning) courses at **Unity Works** to share his knowledge in sports and fitness and learn from other people to work on his knowledge and skills.



health

He attended 'Staying Well Hearts and Bodies' course where he learnt about health and fitness, and spoke about his knowledge to the other people in the class.

"My (Work Train Greenwich) advisor told me about courses. It gave me more insight on how to deal with stuff and keeping motivated."



support

"I like to share my knowledge in sports, how to get out of the house, be more active and give positive vibes."

Abdul has previously received mentoring support from his Employment Advisor and advice on how to be a mentor himself.



coaching

"My advisor supports me with training for my job and I want to start my own sports coaching company."

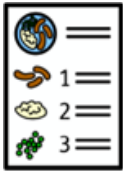
Following on with the course Abdul has been continuing with developing his professional goals in sports coaching with the FA.

"My message is **Unity Works** courses are brilliant because you get to share what you know and work on your knowledge, skills, training, and making new friends."



email

Unity Works are running Adult Learning courses for people with a learning disability living in Greenwich. If you would like to find out more about these courses, contact Suzanne at [acl-courses@unityworks.org.uk](mailto:acl-courses@unityworks.org.uk).



## Meal recipe: One Pot Red Lentil Sweet Potato Stew

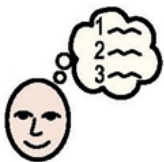
### Ingredients:

recipe

- 1 cup red lentils - rinsed
- 3 cups room temperature water
- 1 tablespoon vegetable oil
- 1/2 teaspoon cumin seeds
- 1 2-inch cinnamon stick
- 1 cup diced yellow onion
- 1 green chili pepper - stemmed, seeded, and minced (serrano for spicy, jalapeno for more mild)
- 4 garlic cloves - minced
- 1 tablespoon finely minced ginger root
- 1/2 teaspoon ground turmeric
- 1/2 teaspoon ground cardamom
- 1/2 teaspoon paprika
- 3/4 teaspoon kosher salt
- 1 medium tomato - diced



ingredients



method

### Method:

#### Step 1.

Place the rinsed lentils in a large saucepan along with room temperature water. Turn the heat to medium and allow the lentils to cook for 20 minutes.

#### Step 2.

Meanwhile, heat the oil in a medium skillet set over medium heat. Add the cumin seeds and cinnamon stick; cook for 60 to 90 seconds, until fragrant



heat



### Step 3.

Add the onion, green chili pepper, garlic, and ginger. Cook for 4 to 5 minutes, until the onions are turning translucent.



### Step 4.

Add the turmeric, cardamom, paprika, salt, and tomato to the pan. Cook until the tomato begins to fall apart, about 2 to 3 minutes. Discard the cinnamon stick.



### Step 5.

Once the lentils are cooked, drain off any excess water that is on top of the lentils, but do not drain off all the water. Stir the spiced onion mixture into the pot of lentils. Add the lemon juice and stir well.



### Step 6.

Serve with basmati rice and/or naan.



Source: [thewanderlustkitchen.com/indian-red-lentil-dal/#wprm-recipe-container-13375](https://thewanderlustkitchen.com/indian-red-lentil-dal/#wprm-recipe-container-13375)

# Thera Grants



money

**Thera Trust** has a small amount of money which is available for loans or grants. We take applications for things that make a difference to people's quality of life.



grant

These grants or loans are only made to people currently supported by **Thera**, who are unable to fund the item themselves.

If people can't afford to fund the item then other funding options, such as local authorities, should be explored before applying to **Thera Grants**.



support worker

Please speak to your support staff if you think **Thera Grants** could help you.

## Holidays and Day trips



holiday

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



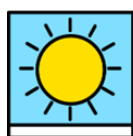
cost

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 as well as the costs of a support worker joining them, which might prevent that person being able to have a holiday.



fund

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

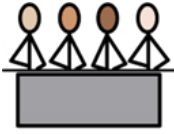
If someone doesn't wish to go on a holiday, funding for support costs is available for day trips that will open up new opportunities for an individual.

People should only apply to this fund if their personal circumstances mean there is no way they can pay for the support themselves,



money

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.



panel

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.



support worker

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

## Let us know what you think of Thera Connex



feedback

We want to hear your feedback about Thera Connex so we can make improvements for the future and include content you want to see.

Email us at: [communications@thera.co.uk](mailto:communications@thera.co.uk)

## Keep in touch



website

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)

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