



Our News Our Views 2016

October ~ Issue 24

Unsuitable care for people in Herefordshire

- By Lisa Perkins

There was a recent article in the Hereford Times where a young man, who had a range of need's including Autism, was put in a care home which was not right for his needs.



This is because the social work teams have been over stretched and busy within Herefordshire. The Council agreed workload pressure was a factor in the delay.

Councils need to ensure social workers get enough support to meet their casework needs. The young man is now making positive progress in a new setting.

Herefordshire Council has agreed to apologise to the man and his mother and provide further training for social workers.



"I'm good enough, why can't I compete?"

Tell @IPCathletics #YesWeCan - A mencap petition.

Athletes like me are being excluded from the Paralympics.

My name is Stephanie. I am a 100m and 200m runner. I have trained all my life to compete at the highest level in these sports. I also have a learning disability. Unfortunately, this means I am unable to compete in the disciplines I am strongest in.

Did you know that the Paralympics exclude people with a learning disability from over three quarters of sports?

It's too late for those athletes who have missed out in London and Rio but we can change things for the 2020 games and beyond.

This is why I am calling on the International Paralympic Committee to bring about greater equality and give athletes with a learning disability the support and opportunities they deserve.

Please join me and Mencap in calling for change by signing the petition:

<https://www.change.org/p/international-olympic-committee-i-m-good-enough-why-can-t-i-compete-tell-ipcathletics-yeswecan>





Update from the Editors

Thank You to those of you that sent us information – we love to hear from you. The next deadline is 19th October for the November edition.

Congratulations to two of our editors Tracy and Peter, who were recently married.

Nobody found the answer to September puzzle - the answer was pollution. Good luck with this month's competition.

In this edition:

- Ralph Court Gardens,
- Places to go and things to do in Ross,
- Worrying news of difficulties with social Worker time to find the right placement
- And all the usual puzzles and jokes.

See you next month.

By Adrian Phipps on behalf of Our News Our Views editorial team.



Trip to Bromyard - By Laura Jolliffe, Adrian Phipps and Lisa Perkins.

In August we visited "The Time Machine" in Bromyard, and nearby, Ralph Court Gardens in Edwyn Ralph. It cost £8.50 at "The Time Machine." We saw:

- Doctor Who Monsters and Costumes and the Tardis
- Thunderbird puppets
- Star Wars robots and models

Our favourites were:

- Lisa: Thunderbirds
- Mary: Weeping Angel
- Adrian: Daleks



Afterwards we went to Ralph Court Gardens, which is 12 amazing gardens set in the grounds of an old rectory. From Italy to Africa the gardens transport you around the world.

We started off by having lunch in the tea room out in the open air. After lunch we walked round the gardens. We all enjoyed visiting Ralph Court Gardens, and thought:

- Laura: "I liked The Green Man, who spat water out."
- Lisa: "I liked the Flamingo's in the Alice in Wonderland garden."
- Adrian: "I liked it all, especially the Pirate Ship."
- Mary: "I loved the Dragon, guarding her eggs."



Ralph Court Gardens is a good place to visit, and the cost to enter is Adults: £7.50/Children (3-16) £5.00 / Family Ticket £24.00

Barrs Court Transition Event - By Adrian Phipps

On Tuesday July 5th Our News Our Views attended the Transition Event at Barrs Court Hub, Symonds Street, Hereford. We had a stall to talk about Our News Our Views.

Other stall holders included: ECHO, Affinity Trust, Healthwatch Herefordshire, Derwen College, Brandon Trust, Aspire and several others.



The idea of the event was for the students and parents to find out about what pupils might do when they leave college.

I thought that the event was very good, and I enjoyed having the opportunity to meet people, and also to talk about Our News Our Views.

Trip to Ledbury Carnival and a birthday party. – By Laura Joliffe

I went to the carnival on August bank holiday Monday at 12pm. The floats were very good going through the town.

There was a Pirates of the Caribbean one, a Christmas one, a school one, and a football one. All were very different and all very good.

Then we went to Ian's birthday party. He went in the big blow up swimming pool. The water was very cold. It was outside and funny seeing him get in!



There were sandwiches on the table, then a birthday Cake. It was lovely.

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

Puzzle Corner £10 Prize!

1. Complete the word search and send it in. Winner will be drawn from correct answers. (Send: correct word search, name, address, and email or phone number.)

One entry per person please!
Prize donated by Ms Brettina Meadows.
Thank You!

Ghost, Zombie, Witch, Pumpkin, Blood, Vampire,
Wicked, Party, Howl, Night, Dark

Ross: Garden Project **- By Peter Crum**

Just before we left Ryefield, we visited the garden project.

We met staff and centre users who grow vegetables and fruit in raised beds and in the green house.

They are very proud of their garden as you can see in this picture.



Our Wedding - By Tracy and Peter Crum

In August, after lots of months of planning, Peter and I got married and this is how we felt about the day.

Peter – I was very nervous on the day because of all the build-up and Tracy made me wait!

After the church, we went to the Three Counties hotel and I felt more relaxed. The photographer was really good and everything went to plan.

Tracy – I was very nervous as well. My mum made me cry, when she saw me in my dress.

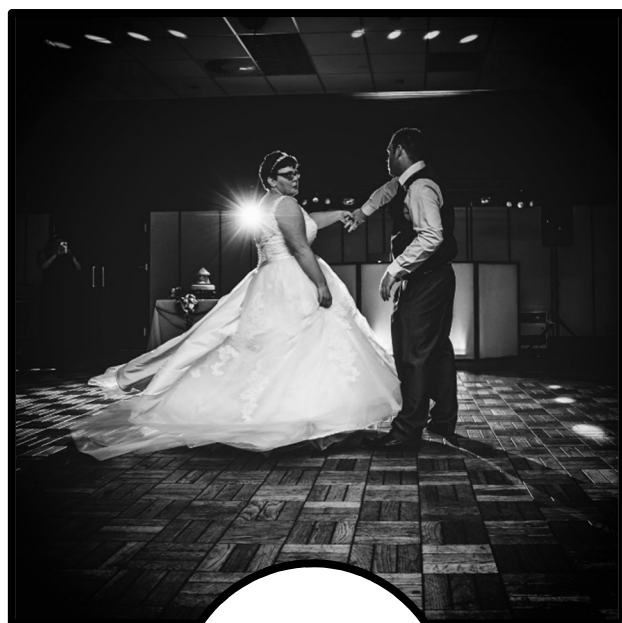
I was shaking when I walked down the aisle.

After the day reception, we had lots of guests turn up for the evening reception.

We had two cakes then we had our first dance to Elton John "Your Song". I choreographed it and everybody loved it because my dress twirled.

The disco was brilliant, he got everybody to dance.

It was amazing seeing everyone we knew in one place wishing us well.



**Congratulations
Peter and Tracy!**



Ross: Leisure Link - By Peter Crum

We asked Vicky to tell us about leisure link. She said we have a three-month programme.

There are events one night a week where people come along and socialise. Things like skittles, karaoke, musical bingo, there's lots going on.



It's all about getting people out and reducing isolation. If we have discos or live bands, we get lots of people but at other times we might only have 6. My job is to put the programme together.

How do people get involved? Just ring up and we will get a programme to you. It is simple as that. Telephone is 01989 7633887.

Ross: EnviroAbility

Leisure link is a part of enviroAbility. We took a tour of some of its many projects with Dennis Humble.

The general manager Dennis said, "We started in 1999 and provide projects which help disadvantaged people, local community and the environment".

We stopped at Bob's bikes where they do up donated bikes and sell cheaply.

Next we stopped at "take a pew" which takes old church pews and recycles them.

The work is done by disadvantaged groups and people with disabilities who are trained up.

"Sir grow a lot" is a farm project with a community cabin.



7 People can have a strip of land to grow things. The farm land is all organic.

Dennis showed us and told us about lots of other projects.

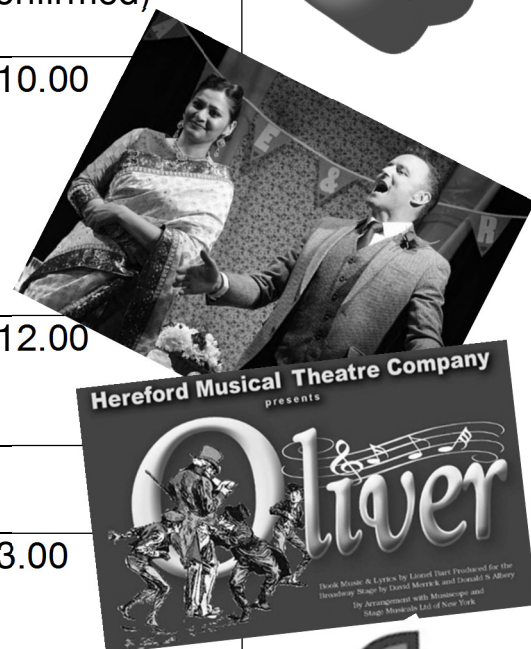
He said, "What we do is link and enable people helping them achieve almost anything. We see ourselves as helping Ross become a place where everyone is valued and any one can get involved".

Contact EnviroAbility on 01989763388 or go to www.enviroability.org

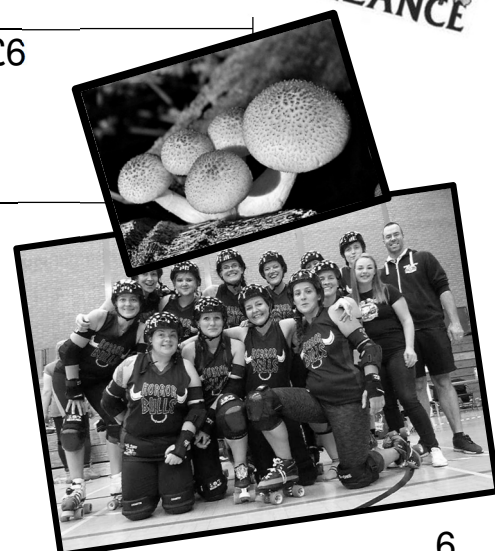
What's On?



Date	Time	What	Where	Detail Price
1 st October	10am-5pm	Tenbury Apple Festival	Burgage Recreational Area	TBC (To be confirmed)
2 nd October	7.30pm	My big fat cowpat	Conquest theatre, Tenbury road Bromyard HR7 4LL	£10.00
4 th October	7.30pm	Voskesfenije Choir of St Petersburg	ST Mary Church Hay on Wye	£12.00
2 – 5 th November	7.30pm	Oliver Musical	Courtyard	
6 th October	7.30pm 9pm	The Vanishing Viper	Christ Church Hall, Ross on Wye	£3.00
8 th to 9 th	See Herefordshire live for detail.	Big Apple Harvest time	Much Marcle	Most Events are free.
9 th October	12.30pm	Live Roller Derby Hereford Roller Derby	The Hereford Academy	£5.00 On the door
5 th November	5.45pm to 7.45pm	Fireworks Spectacular castle green Hereford	Castle Green Spectacular	6.00 in advert night £8.00
19 th - 22 nd October	7.30	Pirates of Penzance	Conquest Theatre Bromyard	£12
19 th October	10.30-12.30	Hereford wildlife trust Fungi foray.	Sturts North Nature Reserve, Klnnersley.	£6



Male Adder



Have you heard the one about.....?

By Peter Crum and Adrian Phipps

1. A resident said someone had entered his home at night and taken five pounds of bacon. Upon further investigation, police discovered his wife had gotten up for a late-night snack.



Send us your favourite CLEAN jokes. Make us laugh and we will feature your joke in the next issue!

2. My sister-in-law was teaching Sunday school class. The topic for the day: Easter Sunday and the resurrection of Christ.

"What did Jesus do on this day" she asked. There was no response, so she gave her students a hint: "It starts with the letter R." One boy blurted, "Recycle!"

3. "Did you hear about the kidnapping at school?"
"It's OK. He woke up."



We welcome your advertisements.

(Distribution 500 –website coming soon.)

Advert size	How much of a page of A4	Organisation rate £	Adult with a learning Disability. Special rate £
a	Sixteenth	15	2
b	Eighth	20	3
c	Quarter	30	5
d	Half	40	7
e	Whole	65	12
Front Page Under Header £109 or £155 (bumper issue)			

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www.echoherefordshire.org.uk



Herefordshire Mencap, making a difference for local people with a learning disability, their families and anyone with an interest in learning disability

Informing, campaigning, and plugging the gaps.

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Stay Up Late gigs; voting.
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**COMIC
RELIEF**



Your advert could be printed here!

(See excellent prices page 7)



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“Our News Our Views” is a pioneering initiative run by adults with a learning disability who have pooled their personal budgets to set up an accessible newsletter for the Learning Disability Community of Herefordshire.

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The deadline for articles and adverts for the November edition is the 19th October

(Please note: The editors reserve the right to edit all copy.)

Contact us: ournsourviews@hotmail.co.uk 01432 352085
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