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# Our News Our Views 2017

## February ~ Issue 27

### Funding Cut to Learning Disability Forum - by Laura Joliffe

The Department of health has decided to cut funding for the National Forum of People with Learning Disabilities in March 2017.

The National Forum is made up of people with learning disabilities who are elected from all nine regions of England. They work closely with the Government and national organisations to make sure that the voices of people with learning disabilities are heard. Lots of things have changed because of what forum members have said - sometimes even with announcements made in the House of Commons.

However, the Forum has now been informed by the Department of Health that their funding is to be completely cut in March 2017.



A member of the Forum said, "We think that this decision is very wrong. It will be another way of taking away our voice. We are campaigning so that the Department of Health changes its decision. Part of our campaign is to petition to David Mowat MP – who is the boss of the Department of Health. Please support us by signing our petition – because every voice counts".

If you would like to learn more or sign the petition, go to <https://you.38degrees.org.uk/petitions/novoice>

### One in 10 jobs in learning disability services at risk – report - Lisa Perkins

Lack of funding for rising wage bills could mean up to 30,000 jobs are cut, says a report by learning disability charity HFT.



Learning disability services could be most at risk from lack of funding for social care, a report by experts is warning. About 150,000 adults in England receive learning disability services.

Up to 30,000 jobs – one in 10 – in learning disability services could be cut over the next four years as rises in the government's "national living wage" (NLW) are put in place. Social care leaders were shocked by the absence of any help for this from the Government.

Robert Longley-Cook, HFT's chief executive, said: "The situation could lead to some of the most at risk adults ending up without the vital support that they need."



## Update from the Editors

**Thank You** to those of you that sent us information – we love to hear from you. The next deadline is 15<sup>th</sup> February for the March edition.

Nobody sent in the answer to December/January's puzzle – if you'd like to win £10 do take part! Good luck with this month's competition.

In this edition:

- Worrying news about cuts for the National Forum of People with a Learning Disability and possible job losses in learning disability services.
- Find out about what it is like at the hub.
- The history of Ludlow Castle
- A pizza recipe and healthy eating article –be sure to have some salad with your pizza!
- And reviews, puzzles, jokes plus what's on in February.

**See you next month.**

***By Peter Crum on behalf of Our News Our Views editorial team.***



## What I do at the hub - by Laura Joliffe

On Wednesday I go to Aspire Community Hub. I started making a bauble to go on my Christmas tree by using a round loom in the morning. In the Afternoon, we play bingo. I play indoors bowls and I enjoy the game and also do some cooking. I made:

Rice Krispie cakes  
Sausage Rolls  
Chocolate Log (yule log)



I would recommend the community hub to a people with a learning disability. They also have computer you can have a go on and they serve lunch. I enjoy going to community hub there are a lot of things to do.

## Birmingham German Market - by Tracy Roberts and Peter Crum

At the end of last year Peter and I went to the Birmingham German market. Where they sell different crafts and different foods. We had bratwurst (German sausage) Peter had some beer and we had some fudge.

We saw a singing moose who sang and was talking!

Overall, we had a good day.



# Valentine's Day Pizza – by Will Green

## Equipment.

- Baking tray.
- 1 measuring cup (Measuring 1 cup.)
- Wooden spoon.
- Baking paper.

## Ingredients.

- 1 cup of Whole wheat flour.
- 1 cup of Greek yogurt.
- 1tsp of Baking powder.
- Half a tsp of Salt.

**Toppings are up to you - what ever you fancy – Try Cheese, Ham, Mushroom, Onion, Tomato, garlic.....)**

## Method.

- Preheat the oven to 180c (Fan.)
- Put in all the ingredients and mix together.
- Knead the dough for 5 mins. (Add a bit of flour if it's still sticky.)
- Putting flour on the surface, roll out the dough with the rolling pin.
- Cut the dough into the shape of a heart, and put it on a tray with baking paper.
- Put your toppings on and put it in the oven for 20 mins. (Just make sure it's golden brown.) ENJOY!



## History of Ludlow Castle – Adrian Phipps

The Castle, firstly a Norman Fortress and extended over the centuries to become a Royal Palace, has ensured Ludlow's place in English history.

Since 1811 the castle has been owned by the Earls of Powis, who have looked after it, and allowed this magnificent historical monument to be open to the public.

Today the Castle is the home to Ludlow's major festivals throughout the year and open for all to enjoy.

Walk through the Castle grounds and see the ancient houses of kings, queens, princes, judges and the nobility – a glimpse into the lifestyle of a very old-fashioned society.





# Healthy Eating Tools – By Lisa Perkins

The eat well guide divides the foods we eat and drink into five main food groups (1-5 below). Try to choose a variety of different foods from each of the groups to help you get the wide range of nutrients your body needs to stay healthy.

## 1 Fruit and Vegetables

Eat at least five a day! Most of us still aren't eating enough fruit and vegetables fresh, frozen, tinned, dried or juiced. They should make up over a third of the food we eat each day. A good source of vitamins minerals and fibre.



## 2 Pasta or other starchy carbohydrates (potatoes, bread, rice).

Starchy food with wholegrain where possible, higher-fibre wholegrain varieties such as whole-wheat pasta and brown rice, should make up just over a third of the food we eat. Starchy foods are a good source of energy and the main source of a range of nutrients in our diet.



## 3 Dairy products.

Milk, cheese, yoghurt and fromage fraise are good sources of protein and some vitamins, and they're also an important source of calcium, which helps to keep our bones strong.



## 4 Protein.

Eat some beans, pulses, fish, eggs, meat and other protein. These foods are good sources of protein, vitamins and minerals.

Pulses such as beans, peas and lentils are good alternatives to meat because they're lower in fat and higher in fibre and protein too. Eat less red and processed meat like bacon, ham and sausages. Aim for at least two portions of fish every week, one of which should be oily, such as salmon or mackerel.

Choose unsaturated oils and spreads e.g. vegetable, rapeseed, olive and sunflower oils and eat in small amounts.



## 5 Fats

It's important to get some fat in your diet, but foods that are high in fat, salt and sugar are not necessary as part of a healthy balanced diet and most of us need to cut down.

## 6 Drinks

Drink plenty of fluids-the government recommends 6-8 cups/glasses a day e.g. water tea and coffee.



## 7 Sweets and treats.

These foods include chocolate, cakes, biscuits, sugary soft drinks, butter and ice-cream. They're not needed in the diet. Limit to a rare treat!

## 8 Food labels

Finding out how food labels work can help you to choose between foods and to pick those that are lower in sugar and salt.

## Star Wars review - by Tracy Roberts

I went to see Star Wars rogue one with my mum.

It is set in a time before the first three films that were shown in the series (see diagram below).

It tells the story of how the rebels got hold of the plans to the death star that helped Luke Skywalker to destroy it in the film a new hope.

The film was very good because it had:

- A great female lead
- Good special effects
- Good acting.

Hereford Odeon is easy to get around and friendly.

I urge you to go and see it!

Films in the Star Wars series so far:

Phantom Menace		A new hope	
Attack of the clones	Rogue One	The empire strikes back	The force awakens
Revenge of the Sith		Return of the jedi	



## Jody makes a difference - by Lisa Woakes

Jody Gorle (pictured) has just started work at ECHO as an office assistant. She is very excited to be working in the office as it is her first paid job.

She currently volunteers at a charity shop, as well as being part of ECHO's About Face theatre company.

Jocelyn Hughes, chair of ECHO's board, says Jody's new role brings to fruition a long-standing ambition to employ someone with a learning disability to be part of the team running ECHO.

Jody says she will bring lots of enthusiasm to the role.

Jody explained that some of her confidence comes from being an actor at About Face.

ECHO aims to make a real difference to the lives of disabled people in Herefordshire. Jody is a great example of how that can be achieved.



## What can you remember about 2016 – Quiz - By Peter Crum and Adrian Phipps

1. A hurricane that hit Haiti? AWEHMT
2. A home that offers a place to go for people with a learning disability to give their families a break was threatened with closure? NEO ELBUDYR DAOR.
3. A new person who will be moving into the White House? NDLADO RTPUM
4. A world-wide sporting event that took place in Brazil? IRO OMCSILYP
5. On the hottest day of the year a soldier died here. BREBONC
6. This local newsletter was 2 years old in 2016. ROU SWNE ORU EVSIW



## Puzzle Corner £10 Prize!

1. Complete the quiz 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!

## Comedy last of the summer wine - by Peter Crum

Last of the summer wine is a British sitcom created and written by Roy Clarke that was originally broadcast on the BBC.

It was launched as an episode of comedy playhouse on January 1973, and first series of comedy followed on 12th November 1973.

I like last of summer wine it is funny and really good to watch.

I recommend this in my top 10 Comedy TV sitcoms!



# What's On

Date	Time	What	Where	Detail/Price
2nd Feb	7pm	I am Beast (Theatre)	Courtyard	£11- £13
2 <sup>nd</sup> Feb	8pm	Absolutely Fabulous (film)	Market Theatre Ledbury	£5
10 <sup>th</sup> Feb	8pm	Sunjay Blues/Folk music	Hay On Wye	£7
3 <sup>rd</sup> Feb	7.30pm	Max Boyce and Special Guests	Courtyard	£26
1 <sup>st</sup> Feb	10.30am	Ledbury Memories on Film	Market Theatre Ledbury	£6
18 <sup>th</sup> Feb	5pm	Hans Christian Anderson. The Tinder Box	Kingsland Coronation Hall	£5 Kingsland Post Office
28 <sup>th</sup> Feb	7.30-9.00pm	Birds of Herefordshire Wild life Trust	Kington Primary School	Free
1 <sup>st</sup> - 28 <sup>th</sup> Feb	Sundays 10am	Photography Classes	Globe at Hay, Hay on Wye, HR3 5BG	£80
4 <sup>th</sup> Feb	10am-3.30pm	Environmental Working Parties	Bromyard Downs Bromyard Herefordshire HR7 4Q	Call 01432 356872/07341 736182

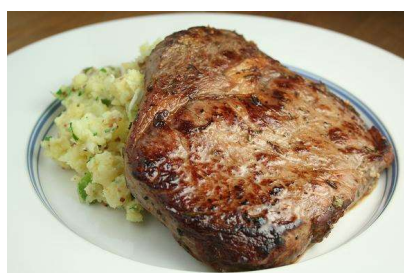


## Have you heard the one about.....?

By Peter Crum and Adrian Phipps



1. What do you get if you dial 666? An upside down policeman
2. What's black and white and red all over? A newspaper
3. A man walks into a chip shop and calls out, "Fish and chips twice!" says the owner. "I heard you the first time".
4. "How did you find your steak, sir?"  
"I just moved a potato and there it was."
5. Knock Knock! Who's there? Lettuce who?  
Lettuce in and we'll tell you.



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



# We welcome your advertisements.

(Distribution 500 –website coming soon.)



Distribution  
now up to 500!

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
<b>Front Page Under Header £109 or £155 (bumper issue)</b>			

## Thank you Funders and Sponsors!



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lives of disabled people in Herefordshire*

Leisure, learning, social, voluntary and  
work-based activities during the daytime,  
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[www.echoherefordshire.org.uk](http://www.echoherefordshire.org.uk)



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[www.herefordshiremencap.org.uk](http://www.herefordshiremencap.org.uk)  
Find us on Facebook and twitter.

**“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.**

**The deadline for articles and adverts for the March edition is the 15<sup>th</sup> February**  
(Please note: The editors reserve the right to edit all copy.)

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