



# Our News Our Views 2017



## March ~ Issue 28

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### Difficult times ahead for Herefordshire's Carers

- by Lisa Perkins.

Recently, the Editorial Team at Our News Our Views spotted a Herefordshire Council news report about cuts to services that support unpaid carers – people who look after family members without being paid for it.

We contacted Herefordshire Carers Support who will be affected and they sent us some comments and would like people to have their say on these cuts...

The Council are making major cuts to services for Carers for the 2017/2018 year that begins on 1st April 2017. They put this on their website on Thursday 18 January with no warning.

The Council intends to cut Herefordshire Carers Support (HCS) funding by half for the coming year with further cuts in future years.

The Council say they are expecting Carers to replace this support with **self-help, self-management and volunteering**.



"We did not expect such a huge cut and we thought we would know what would happen a lot sooner than this". "This level of cut will mean redundancies among our talented, dedicated and loyal staff which we bitterly regret. **More importantly, this new situation will have the most impact on the unpaid Carers across Herefordshire**".

"To help us urgently to make the best case for proper funding for Carer support, please contact us or make your views known by other routes. If you want any information to help you to do this, we are still here so do please get in touch."

**Sheila Marsh, Chair of trustees. Jacqui Bremner, Director, Herefordshire Carer Support**  
Email: [help@herefordshirecarers.co.uk](mailto:help@herefordshirecarers.co.uk) or Call: 01432 356068

### Four weeks after printing the news Herefordshire Council asks for carer's views. Better late than never.....?

Carla Preston, Engagement Lead explained: "The council has published a survey on its website regarding funding to support Herefordshire carers. We would be most grateful if you could circulate this as widely as possible amongst your unpaid carer contacts and encourage them to complete this online by 15 March 2017".

[http://surveys.herefordshire.gov.uk/funding\\_to\\_support\\_herefordshire-carers/](http://surveys.herefordshire.gov.uk/funding_to_support_herefordshire-carers/)





**Thank You** to those of you that sent us information – we love to hear from you. The next deadline is 22<sup>nd</sup> March for the April edition.

In this month's edition:

- Our hot issue is about cuts to support for carers we are worried about how this will affect people with learning disabilities and their carers. See also a shocking update about 1 Ledbury road.
- Ever wondered how a place got its name? We tell you.
- We tell you about sign language and the importance of sleep.
- Find out about learning to play a musical instrument.
- Happy birthday to Stephen Levitt whose reached the grand age of 60!
- And all our usual puzzles, jokes and what's on.



**Thank you so much to  
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**See you next month.**

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

## **History of place names.... By Adrian Phipps and Peter Crum**

**Ledbury** – A fortified place on the River Leadon.

**Hereford** – The name “Hereford” is said to come from the Anglo-Saxon “here”, an army or formation of soldiers, and the “ford”, a place for crossing the river.

**Leominster** – The town takes its name from a minster, which is a community of priests in the district of “lene” or “Leon”, probably from an Old Welsh word “lei” to flow.

**Stretton Sugwas** – The “Stretton” in the name comes from the Roman road which passes east-west through the village, Sugwas comes from Sugwas Pool.

## **Stephen Levitt 60<sup>th</sup> – by Lisa Woakes**

This month we say a very special Happy Birthday to Stephen who turned 60. He has celebrated many birthdays with ECHO since his early days at the Pembridge Arts project.

The cake was made by staff member Lucy, who gave up her day off to create this chocolate masterpiece so that his friends at Friday Club could share the celebration.

Stephen is also a valued member of Clever Betsy who took him out for a pub lunch.



“I loved my cake” said Stephen, “it was fun to share it with my ECHO friends”.

# Signing - By Lisa Perkins

Signing is a very useful skill for people who are:

- Deaf.
- Are not able to speak.
- Struggle to speak clearly.
- Or find spoken words difficult to understand.

There are many different sign languages but in Britain we use BSL (British sign Language) and Makaton which is simpler.



Hello

Here are a few examples

yes



no



goodbye



where



why



Please



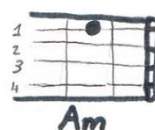
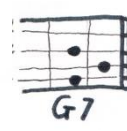
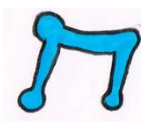
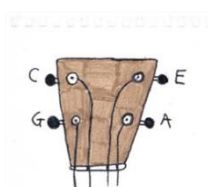
thank you



what



help



## Playing the ukulele – by Tracy Roberts and Will Green

We both enjoy playing the ukulele.

Will said “I have been playing the ukulele for two years”, and Tracy said, “I just started to play the ukulele in December”.

Here are our top tips for playing the ukulele:

- If you want to start playing an instrument a ukulele is a good one to start with.
- Make sure your ukulele is in tune.
- Play slowly, take it steady and keep practicing.
- HAVE FUN!





## How to get a good night sleep - By Lisa Perkins.

We need to have restful sleep so that we feel our best the next day. How do we make sure our sleep is good? Here are some good sleeping tips:

- Exercise (30 minutes, 3-5 times a week) but not too close to bedtime. Relaxing before bedtime helps us feel less tense and can help us clear our minds of all the daily worries.
- Have regular sleep times for enough hours for you. Avoid napping in the day.
- Avoid having meals, caffeine, nicotine and alcohol close to bedtime.
- Make sure you have a relaxing bedtime routine such as having a bath.
- Avoid watching television in bed try listening to the radio or reading instead.
- Make sure your bedroom is a relaxing place and clutter free.
- The room should not be too hot or cold or too bright.
- Make sure you have enough natural day light in the daytime especially if you don't go out of the house that much.
- It is important for our sleep-wake cycle.

**Sleep well! ZZZZZZZZZZZZZ**



## Puzzle Corner £10 Prize

Complete the crossword 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!

P		P		G		J		S
M		V						
						Z		
					W		W	
		E		R			K	
		D	S					G
				R				
	E			P				R

### Crossword by Will Green

#### Clues

V-E: You sing with your....

P-R: When you have energy.

P-P: When a balloon bangs.

S-G: Talking in a music way.

G-R: An instrument with six strings.

D-E: Moves to music

M-E: To make your voice louder.

R-k: R... and roll

J-Z: A type of music.

S-R: Something that shines at night.

w-w: When you feel amazed.

## Going to a wedding - what shall I wear? – By Laura Jolliffe.

I am going to a wedding in July and am not sure what to wear. This is what my ONOV editors think I should wear. I like their choices I may even wear a hat!



**If you went to a wedding, what would you wear?**

### **Inclusive Football Sessions for Herefordshire Youngsters – By Nick Baker.**

Inclusive Football sessions are for young people who enjoy football regardless of their skill levels or their additional needs. These sessions provide opportunities for structured football training for boys and girls of secondary school age on a weekly basis with qualified coaches.

At the moment, a core of a dozen or so young people, of varying disabilities, meet in their Hereford Lad's Club kit every Wednesday evening during term time to practice their skills, run through exercises and drills and enjoy each other's company. However, Lad's Club are now working with ECHO to open up the session for players aged 18 – 25, so the team need more players!

The sessions run every Wednesday in term time from 6.00pm – 7.00pm at The Point 4, Hereford.

One Inclusive Football player said, "I like the football sessions because I like scoring goals and having fun with my friends. I think my football is getting better and I really like being part of a team and our kit is great! I hope some more players will come and join the team."

**For more information or if you or someone you know might like to join the session, contact the Inclusive Football Coach Nick Baker on: 07876 569428 or email [nickbaker98@yahoo.com](mailto:nickbaker98@yahoo.com)**



## What's On?

Date	time	what	where	Detail and price
3 <sup>rd</sup> march	2pm	By the time, it gets dark	Courtyard theatre	£7 under 16 £5
11 <sup>th</sup> March	11.40-5.10pm	Ladies day	Hereford racecourse	Under 18s £22 adults £20
16 <sup>th</sup> march	8pm	Alasdair Roberts music – traditional songs	Courtyard Theatre	£15 concession £13
17 <sup>th</sup> march	Various times	Beauty and the Beast	Hereford odeon	Various prices
29 <sup>th</sup> march	9 - 4	ECHO Lifelinks stall bric a brac and handmade crafts	Hereford buttermarket	Bring your purse!
30 <sup>th</sup> march	7.30 – 9pm	Mark Duffell poetry	Aymestrey village hall	Members £1 non members £1.50
1 <sup>st</sup> April	11am	Lego batman movie	The courtyard	£6 includes free activity
3 <sup>rd</sup> -6 <sup>th</sup> may	7.30pm	Return to the forbidden planet	Tomkins theatre Hereford	£11 to £12



### Update 1 Ledbury Road

#### – By Save no.1 Ledbury Rd, Facebook page.

“Further to our post dated 27/1/17 we wrote that the council had released the list of alternative residential services to replace no 1 Ledbury rd.

It saddens me to have to report nearly 3 weeks later that the alternative services are still not open, we have only 6 weeks left till no 1 closes its doors to our children. What on earth are the council playing at?

Where is the transition period we were promised? When will the new provisions be ready to start the transition process?”



**“Come on council you have had an additional year to prepare for this!”**



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

By Peter Crum

1. Waiter, your thumb is in my soup?  
Don't worry, sir it's not hot



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

2. Waiter, will my burger be long?  
No sir it will be round.



3. What do you call a cow in a hot tub? Stew



4. How does a Welshman grate cheese? Caerphilly



5. What do you call a man covered in leaves? Russell



*(Distribution 500 –website coming soon.)*

Advert size	How much of a page of A4	Organisation rate £	Adult with a learning Disability. Special rate £
<b>a</b>	Sixteenth	15	2
<b>b</b>	Eighth	20	3
<b>c</b>	Quarter	30	5
<b>d</b>	Half	40	7
<b>e</b>	Whole	65	12

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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 April edition is the 23rd March**

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

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