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Our News Our Views 2017

April ~ Issue 29

Created and run by adults with a learning disability.

Brandon Trust to leave Herefordshire — From a statement by Brandon Trust

Three years ago Brandon Trust came to Herefordshire to take over delivery of Hereford Council's day services for adults with a learning disability. In December 2016 Brandon Trust told the council that it would no longer offer services from May 2017.

Brandon Trust told service users: "Some organisations have told the council they are interested in helping make sure you still get your activities when Brandon Trust finishes in May. This week we have been talking to them to find out more about how they can help.

We are going to work with the council's buying team to run a mini competition. This will make it fair for all interested and give the council a chance to make sure you get to choose how your needs will be met. We have also been talking to social work teams to tell them what is going on.



Brandon Trust said, "We did not take this decision lightly, but have to look at all the services we provide to make sure that delivery is **sustainable*** across all sixteen of the local authorities where we work". (*Sustainable = Can survive, properly funded.)

If you need to talk to someone you can contact your centre co-ordinator at Brandon Trust: Cath Baker 07464 670462, Kate Evans 07464670510, David Powell 07464 670972, Sarah Holloway 07464 670983. Or Herefordshire Council on 01432 260065 or Laura Ferguson 01432 383873.

Update on Ledbury Road - By Lisa Perkins

No 1 Ledbury Road Hereford is a Respite unit for children with complex Special needs Disabilities. Parents are fighting to save this lifeline from closure. Here are some of their latest Facebook updates:

"One of the places that Herefordshire Council suggested for our children, to replace 1 Ledbury Road is unsuitable. Our children do not fit the rules to use the place. The Council claim we have been offered 'Various' options. Turns out only one option is suitable, and that option is already full till July and for most of school summer holidays. So what happened to the repeated statement from children's services that parents would have more choice?"

Other parents said "We have three options and yes, all are out of county! Our children should have an overnight residential provision in Herefordshire or if they could not find an alternative the council should not close the existing one".

"We are very confused and disappointed".



Update from the Editors



Thank You to those of you that sent us information – we love to hear from you. The next deadline is 15th April for the May edition.

Well done to Becky Whitlock for winning the March crossword puzzle – if you'd like to win £10 do take part! Good luck with this month's competition.



In this edition:

- Our hot issue is about support for carers by Brandon trust. We are worried May is just around the corner.
- History story of Hereford Victoria bridge.
- Classic cars.
- Now I am 18.
- Bowls at hub, and about art therapy.
- An article about what is gay pride.
- Usal puzzles, jokes and what on.



See you next month.

By Laura Jolliffe on behalf of Our News Our Views editorial team.

Old classic car - By Peter Crum

I like old classic car and their characters.

My favourite car is a Volvo P 1800 it is a nice car to have and fun to drive.

Old classic cars keep their value very well and better then modern cars.



History of Hereford's Victoria Bridge - By Adrian Phipps

Hereford's Victoria Bridge is a foot-bridge that was opened in 1898 to commemorate the Diamond Jubilee of Queen Victoria.

It is located on Mill Street and crosses the River Wye. The suspension bridge features iron lacework and built to replace an earlier ferry across the river.



Advertisement



At Salter's Hill Charity, our Creative Learning courses in Ledbury and Gorsley provide individuals with meaningful and fun daytime activities.

As well as being a chance to try something new, they develop useful life skills which could lead work experience, volunteering and employment.



What activities are currently available?

Morning Club	Sewing and Needlecraft
Clay	Gardening
Media/ Computer Skills	Numeracy and Literacy
Domestic Skills	Woodwork
Catering Club	Advocacy/ Drama
Animal and Rural Skills	Bushcraft
Arts and Crafts	Healthy Living

For more information about any of our activities please contact Lisa Park.



Email: Lisa.park@saltershill.org.uk



Phone: 01531 671080



My 18th Birthday Story –By Will Green.



11th February was when I turned 18! Turning 18 is very exciting because you get to do more choices. It doesn't really feel different compare to being 17, but again, you get to make more choices. I also knew that now I'm a legal adult, I got to make my life as happy as I can.

FACT BOX.

When you're 18, you have the choice to drink alcohol, but you've got to be aware of the dangers of drinking. Also, you've got to be aware of the dangers of smoking, too. You can vote for a public vote, and you can also drive a car (As long as you passed your test and got your driver's licence.) You can do anything as long it's legal.

When it comes to drinking and smoking, those are some of the things I've decided not to do. It's important to make sure you make own decisions and learn from your mistakes.



I won the cup! - By Laura Joliffe.

Last Wednesday at the hub I played indoor bowls. It is easy to play, you have 4 turns with 4 bowls. You roll the ball along the mat and try to hit the holes to score points.

About 15 players were bowling. I won because I scored 240 which was the highest score.

It was a bit embarrassing but I was pleased - I had never played before!

If you want to play you could go to lots of places e.g.

- The hub
- MFA bowling at Station approach Hereford,
- The grove Leominster,
- The indoor centre Bridge Street
- Lots of pubs.

There are lots of different types of bowls – you could try them all!



Herefordshire Pride returns - By Peter Crum

Pride is a celebration for the LGBT (lesbian, gay, bisexual, and transgender) community and is a positive stance against discrimination and violence - pride, as opposed to shame.

Herefordshire Pride is returning this year on July 29th and will have live music, entertainment, stalls, bar and free entry.

A spokesperson said, "Herefordshire Pride is about promoting the dignity, equality and rights of the LGBT community in Herefordshire, aiming to reduce social stigma, violence and discrimination."

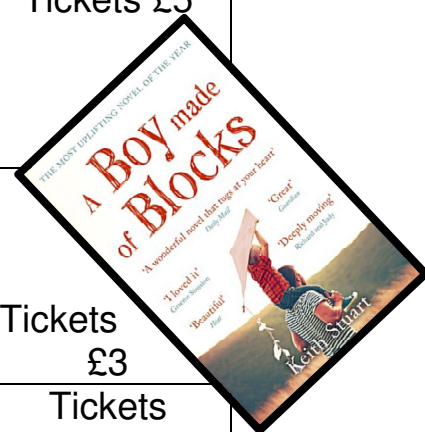
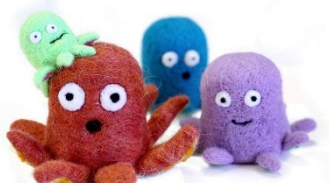
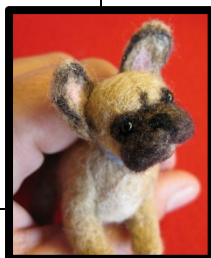
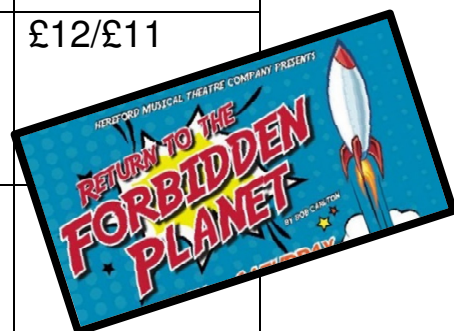
The first Herefordshire Pride was in 2012 at the Spread Eagle in King Street. There was live music and around 300 people attended.

In 2013 they went back to the Spread Eagle again with a larger outdoor stage and a larger line-up and 500 people turned up.



What's On

Date	Time	What	Where	Detail/Price
2 nd April		Bromyard speed racing festival. Ring for information	Centre of Bromyard	Free
3 rd –6 th May	See next month's edition.	Return to Forbidden Planet Musical Theatre	The Tomkins theatre Whitecross Rd	£12/£11
1 st April	10am-4.30pm	Needle-felting classes@ The globe at Hay on Wye	The Globe at Hay. Newport-street Hay on Wye HR3 5BG	Tickets £65
2 nd April	8 pm	Saturday Shenanigans: Slippery Slope+ DJ Max Walker @ The Globe, Hay on Wye.	HR3 5BG 52.0764313. 125161.15	Tickets £5
20 th April	7pm	A Boy Made of Blocks by Keith Stuart (talk) @ Rossiter Books Ross-on-Wye.	Rossiter Books 7 High Street Ross-on-Wye	Tickets £3
25 th May-4 th June	Various	Hay Festival 2017@ Hay on Wye.	Hay on Wye	Tickets Check website.
11 th May	10am-4pm	Photography Work Shop @ Stockton Bury Gardens, Leominster.	Stockton Bury Gardens, Kimbolton, Leominster HR6 0H4	Tickets £69.62
3 rd May	7.30pm	Rory Bremner @ The Courtyard, Hereford.	The Courtyard, Hereford, HR4 9YJ	Tickets £25



Puzzle Corner £10 Prize!

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!



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

Easter Sun Tweet

Eggs Trees Decorating

Chicks Chocolate Bees

Flowers Birds Smells

Rain Butterfly Buzzing

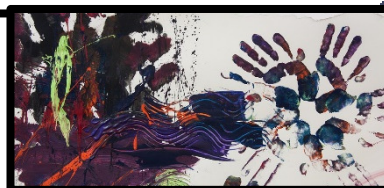
Rabbit Vegetables Colours



Art Therapy - By Lisa Perkins

What is Art Therapy?

Art Therapy helps people to express and understand emotions through artistic expression and through the creative process.

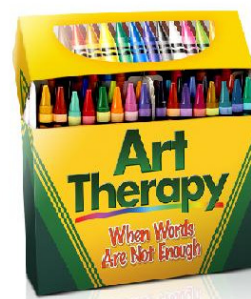


What does an art therapist do?

Art Therapists are trained in both therapy and art. They provide services, individually and as part of teams that help people in other ways e.g. mental health services. They work in many places e.g. hospital, day centres or village halls. It can be used for many healing purposes for example to help you relax or to sort out your feelings about a difficult event in your life. Or just to make you feel good through art.

Who can use art therapy?

Anyone can use art therapy. One of the beauties of art as therapy is the ability for a person to express his or her feelings through any form of art like painting, drawing, photography or sculpture.



Why would I use Art Therapy?

Art as therapy is generally used to improve your emotional state or mental well-being. It can be used to relieve stress or tension, Or It can be used as a way of self-discovery.

Do you need to be talented? Absolutely not and you need not be "afraid" of expressing yourself through art, though it may seem different and unnatural at first, the creative process can be very rewarding.

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

By Will Green

Q: What do you call a pile of kittens?
A: A meowtain.

Q: Why cant you give Elsa a balloon?
A: Because she will let it go.

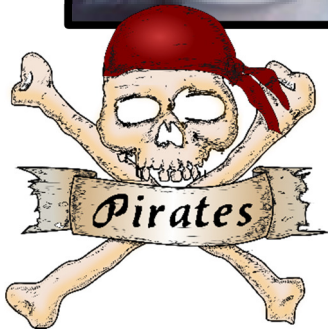
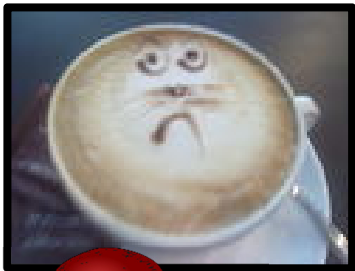
Q: What do you call a sad coffee?
A: Despresso.

Q: Why did a computer go to the doctors?
A: Because it had a virus!

Q: Why are pirates called pirates?
A: Because they arrrrr!



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 – and website.)



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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Stay Up Late gigs; voting.
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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 May edition is the 15th April

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

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