



Our News Our Views 2017

August/September ~

Issue 33



Created and run by adults with a learning disability.

The facts so far on the Grenfell Tower fire – By Peter Crum

The fire seems to have started by a fridge exploding in one of the flats but it spread to all the building. It is thought to be the cladding on the outside of the building that made it spread so fast.

The fire broke out at 1am on Wednesday morning at the Grenfell tower in north Kensington. Fire fighters arrived at the scene in six minutes and have been working there ever since.



Emergency services are helping the people who live there, and the London fire brigade said they could rescue, many people very early on. But sadly, at least 80 people are known to have died and many are injured in the fire.

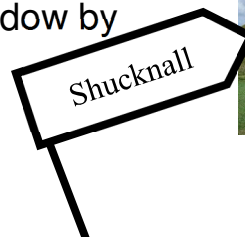
There has been a lot of anger about how it was handled by the Council but people are pleased with lots of help from local voluntary organisations.

Various groups and pop singers are raising money for the relatives and survivors.

Place Names – By Adrian Phipps

Ever wondered about the meaning of place names? Here are some places you may know:

1. Gloucester – Roman colony for retired legionnaires.
2. Holmer – Pool in a hollow.
3. Cheltenham – Probably enclosure or river-meadow by a hillslope called “Celte”.
4. Shucknall – Hill haunted by an evil spirit.
5. Shelwick – Dwelling or farm with a shelter.
6. Swainshill – Village of the young men on a hill.
7. Sutton – South farmstead or village.
8. Stoke Bliss - outlying farmstead or hamlet. Belonging to a man called “Bliss”.
9. Suckley – Woodland clearing frequented by sparrows.
10. Brecon Beacons – ‘Beacons of Brecon. The mountains were used for signal fires in medieval times.



Update from the Editors



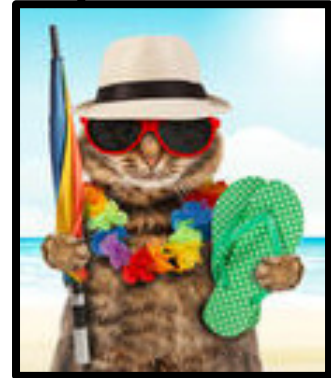
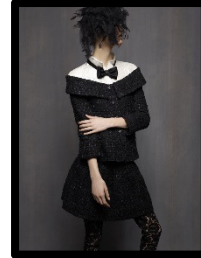
Thank you to those of you who sent us information- we would love to hear from you.
The next deadline is 20th September for the October edition.

Special thanks to Liam and all at Kirintec Ltd in Ross who gave us a very generous donation. We really appreciate it!

Congratulations to Matthew Bayley who correctly named ten three letter body parts. Check out the answers on page 11.

In this edition:

- . Want to find out what it's like to work at Pack it? Tracy has the answer for you.
- . An article from Lisa. All about French fashion.
- . Trips are fun to talk about. Here's one from Laura.
- . And as always, we have; what's on, jokes, and puzzles.



See you next month – and happy reading!

*By guest Editor Will Green, on behalf of
Our News Our Views editorial team.*

My top 5 holiday destinations and day trips - Peter Crum

Holiday destinations:

1 London west end shows and Buckingham Palace

2 Edinburgh castle



3 Windermere Lake Windermere

4 Liverpool Anfield stadium

5 Isle of Wight monkey haven



Top 5 Day trips.

1 Bridgnorth cliff railway

2 Alton towers



3 Chatsworth house

4 Black Country

5 Cadbury world



New Gardening course – Laura Jolliffe

At Houghton I am taking part in another gardening project.

We are growing food in a polytunnel. Eight of us are planting:

- Lettuce
- Peppers
- Spring onion
- Lots of other vegetables



We sowed them and then thinned them out. We keep the weeds away. When they are grown we will harvest them

And eat them in stir fry.

I like learning how to grow things and to actually do it rather than just talk about it.

FACTS ABOUT BEES - by Lisa

Bees are some of the hardest working creatures on the planet and we need to look after them.

- Bees are gentle unless frightened.
- Honey is high in nutrients.
- The average worker bee lives for just 5 to 6 weeks.
- The honey bee has been around for millions of years.
- It is the only insect that produces food eaten by humans.
- A bee's wings stroke very fast, about 200 beats per second -that's what makes the famous buzz.
- A bee visits 50 to 100 flowers during a collection trip.
- A colony of bees has 20,000-60,000 honey bees and one queen.
- Bees talk to each other by dancing.
- Bees sleep.
- Bees eat nectar and pollen which helps the environment.
- Bees cannot see red.



Learning Disability Partnership Board Meeting – 13th June 2017 summary.

A new **Carers Strategy** is being developed following talks with carers. This will be presented to councillors in July for approval.



A new **Learning Disability Commissioning Strategy** is being created by Adam Russell. The Strategy details what services the Council will need to fund in the future to care for people who have Learning Disabilities. Adam Russell also wants the Board to have its say on what's in the Learning Disability Commissioning Strategy.

Diabetes Prevention Programme Kate Layton and Gwenda Ellison gave a talk about the Diabetes Prevention Programme. The programme helps people who are over the age of 18 become healthier and fitter, lowering their chance of developing diabetes. People are referred to the Diabetes Prevention Program by their GP.

For more information visit: <http://reedmomenta.co.uk/healthieryou/your-local-area/herefordshire/>

Active-Here

Jan Pembridge explained that Active-Here helps people find out about local activities they can do to keep fit and healthy. For more information visit: <https://www.facebook.com/ActiveHere0/>

Transport- Bus Passes Paul Williamson from the Public Transport department at the Council came to speak to us about issues people with disabilities have had getting their bus passes renewed.

An Independent Medical Advisory Board decides who gets a disabled bus pass. If you have had any issues applying for a new bus pass please contact jgorman@herefordshire.gov.uk. The Board agreed to look into creating an easy read disabled bus pass application form. The form would then have to be approved by the Independent Medical Advisory Board.



Learning Disability Partnership Board Meeting continued...

Rob and Gill Gorle told us about the work they do with ACSYL (A circle supporting you for life).

They aim to connect people who might be getting a bit lonely with a circle of long term friendships who will support them. ACSYL is particularly keen on ensuring that people have a voice. More information about Voice Ability can be found here

<https://www.voiceability.org/>

More information about ACSYL can be found here <http://www.acsyl.co.uk/>

The Paint Runner and Foam Zone After Party - By Will Green

On the 17th June 2017, there has been a very fun but very messy event called, The Paint and Foam Zone After Party. It took place at King George V Playing Field, Hereford at 11am. This was the perfect opportunity to get plenty of exercise, raise money, and to have lots of fun.

This event has always been attracting more than 1,500 fundraisers.

There's an event happening in Brighton at September 23rd.

Go to; thecolorrun.co.uk, to get your tickets!



The Big Pit - By Laura Jolliffe.

The pit head building houses and uses objects and images to tell the story of coal mining in Wales.

Themes include:

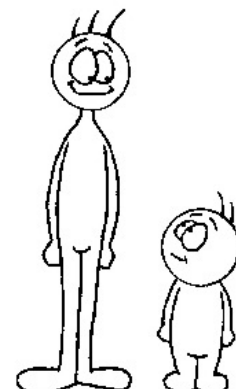
- Children in the mines
- Health
- Home
- Life and the mining communities



You can see how the life and work of a miner has changed from 1850 to 2000.

The big pit national coal museum can be found at Blaenafon, Torfaen, NP4 9XP. It is open 9.30-5.00 daily. Underground tours 10.00 - 3.30.

It was good. The underground tour is slippery and not great for your back. It is ok for short people!



What fashions are the French famous for? - By Lisa Perkins

Yves Saint Laurent Yves Saint Laurent became popular changing male clothes into female styles.

He was the first one to introduce power dressing – he made “power suits” in the year 1966.

He is also thought to be the person who designed the men’s smoking jacket.

He was also first to invent “ready-to-wear” fashion clothing.

Pierre Cardin This designer liked to make very wacky space-age clothes.

An example is bubble dresses which have out-of-this-world colors and modern design.

They were thought to allow women freedom to express their independence.

Christian Dior This French designer was best known for his “New Look” styles.

In 1947; his suits and dresses greatly changed the way women dressed after the Second World War.

Ralph Lauren Ralph Lauren invented the famous short sleeve Polo shirt and it soon became a classic.

These shirts have been collected by men all over the world ever since.

Coco Chanel Gabrielle “Coco” Bonheur Chanel, is well-known for modern thought, practical design, and finding expensive simplicity.



IN
ORDER
TO BE
IRREPLACEABLE,

ONE MUST
ALWAYS
BE DIFFERENT.
—COCO CHANEL

Our visit to Pack IT – by Peter Crum, Lisa Perkins and Tracy Roberts

We recently went to see Pack it. We met Helen. She told us they rent store space and some of their customers want their products sent out and the trainees pick out the products and some of the trainees do the I.T.

They have different training programmes. They work towards various key skills. Helen took us on a tour of the warehouse and showed us some of products which they storage and send out which included everything from:-

- Tea
- Salt
- Incontinence pads
- Charcoal
- Birds seeds and feeders
- Traffic cones



And many more products.

After we talked to Helen we went to see Pink Mountain which is where they pack the Himalayan salt. We talked to Paul who said, “good laugh here they are good people.” Paul went on to tell us how they measure out the salt and charcoal.

We went to see the packaging department where the trainees were working with bolts and washers.

We interviewed Neil about pack it and he said “Pack it is a very important job I do, I have all sorts of jobs to do, my favourite is making the traffic cones, I also like working Pink Mountain packing the salt and I help Helen in the mailing room.”

We thought Neil worked very hard but seemed very happy at Pack IT.

Then we spoke to Simon the manager of Pack IT.

Generally, he told us about the day to day running of Pack IT and how Pack IT have developed over the years. Simon was passionate about his jobs.

Peter said “I felt they were very welcoming and the space was fantastic. The projects were good. I found the work interesting and I’m thinking I might like to work there.”

Lisa said “It was very good and I did enjoy visiting Pack IT and I like it and some of the things they did. I enjoyed it”.

Tracy said “I like everything especially the space and I like looking at all the stocks and enjoy the blending room and the smells of tea was fantastic.



We are Pack It Hereford and we are based on the Foley Trading Estate, Hereford.

We are a day care provider and a business.

We do mailings which involves “stuffing” envelopes with magazines & newsletters for local businesses such as Hereford Cathedral, Herefordshire Wildlife Trust, Wiggly Wiggles, Herefordshire Vintage Auctions, Herefordshire Historic Churches Trust to name just a few.

We fill, label & pack Pink Himalayan Salt and supply it to the majority of Wholefood Wholesalers in the UK.

We Pick, Pack & Despatch internet orders on an hourly basis for our customer

All the trainee’s that attend Pack It Hereford are on an OCR accredited training program. The trainee’s work on selected modules and once the module is complete OCR assess the work and if you pass they issue a lovely certificate. OCR (Oxford, Cambridge & RSA) is an examination board that sets examinations and awards qualifications (including GCSEs and A-levels)

These certificates are great to add to your portfolio of documents you can take along to job interviews to prove you have work place skills.

We have 14 adults with learning difficulties who currently attend Pack It Hereford using their Direct Payment Personal Budget

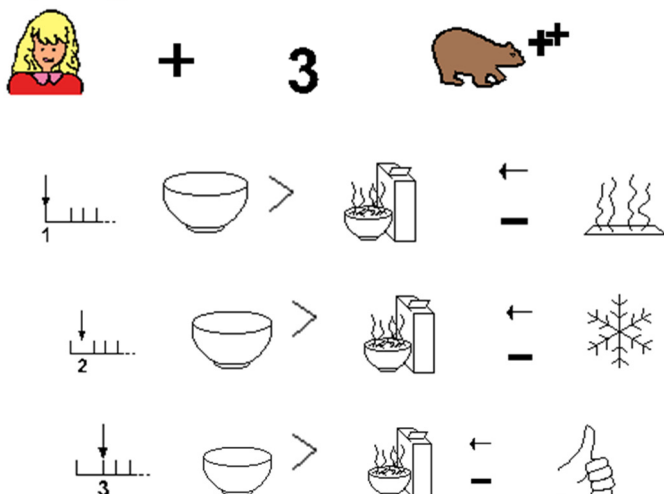
If you would like a FREE taster day please contact Simon on 01432 351 589 or visit our website www.pack-it-hereford.com

It’s a great place to spend your day, the atmosphere is warm and welcoming and you will be surrounded by lots of friendly & familiar faces.

Stories in symbols - By Tracy

Roberts

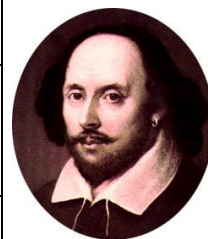
Can you guess the story?



“What fits your busy schedule better, exercising one hour a day or being dead 24 hours a day?”





What's On – By the team.



Date	Time	What	Where	Detail/Price
5 th + 6 th August	6.00	Disney Concert	Tomkins Theatre Whitecross RD.	£8 Adult £5 Child £20 family Ticket Source Website.
5 th August	12-4	Carnival	Ross on wye	Free
6 th August	7pm to 10pm	Madcap Productions As you like it (out-door theatre)	Queenswood Country Park& Arboretum, NR. Leominster, Herefordshire, HR6OPY	£13 over 60s Under 16s + Students £11, Family tickets £40
9 th August	No details yet.	Los Fastidios @ Booth Hall, Hereford	The Booth Hall, East Street, Hereford, HR1 2LW	No details yet.
11 th - 13 th August	Please check Online.	Down on the Farm Festival @ Abbeydore	Gwatkin Cider, Moorhamton Park Farm Abbeydore, HR2 OAL	Gwatkin Cider, Moorhamton Park Farm, Abbey Dore, HR2 OAL
12 th August	10am to 11pm	Wye Float 2017 @ River Wye, Hereford	Hereford Rowing Club.	Buy tickets. Herefordshire live. Co.Uk
26 th August	8pm to 3am	Ministry of Sound @The Left Bank Hereford	Left Bank, Bridge Street, Hereford, HR4 9DF	Buy the tickets at Herefordshire live. CO.UK
26 th - 28 th August	Please check Online.	Hereford Indie Food Festival	Aubrey Street, Hereford HR4 OBU	Please check Online.



Date	Time	What	Where	Detail/Price
27 th August	12pm to 6pm	Bromyard Hop Festival and World Championship Hop Pocket Races 2017 @Bromyard.	Bromyard, Hereford 	Free 
8 th September	Please check Online.	Bromyard Folk Festival 2017	Delahay Meadow, Bromyard, HR7 4NT	£50 (11-17 years) £105 Adult Weekend Camping. 
9 th September	Various 	h-Art @ Herefordshire Venues	All over Herefordshire in community spaces and artist homes. Look out for pink signs!	FREE 
10 th September,	Please check Online.	Bromyard Folk Festival 2017	Delahay Meadow, Bromyard, HR7 4NT	£50 (11-17 years) £105 Adult Weekend Camping. 
20 th September	7.30	The Glenn miller	Malvern Theatre Grange Road, Malvern WR14 3HB	£29.12-£45.36(Including 12 Booking Fee).
21 September	Wed, Thursday sat mon 2.30pm	The Glenn Miller Story @ Malvern Theatres	Malvern Theatre Grange Road, Malvern WR14 3HB	£29.12-£45.36 (Including 12 Booking Fee). 
24 th September	Please check Online.	Walking Festival	Kington	Ring 07585055984 for more details. Free. 
22 nd September	Please check Online.	Ross Walking Festival @ Ross-on-Wye	Ross-on-Wye Herefordshire.	All tickets £5 Person unless specified otherwise. 

We do our best to print correct details using Internet sources but it is advised that you check the details for yourself as they can change after we go to print

and we may sometimes make mistakes!

Thank You.

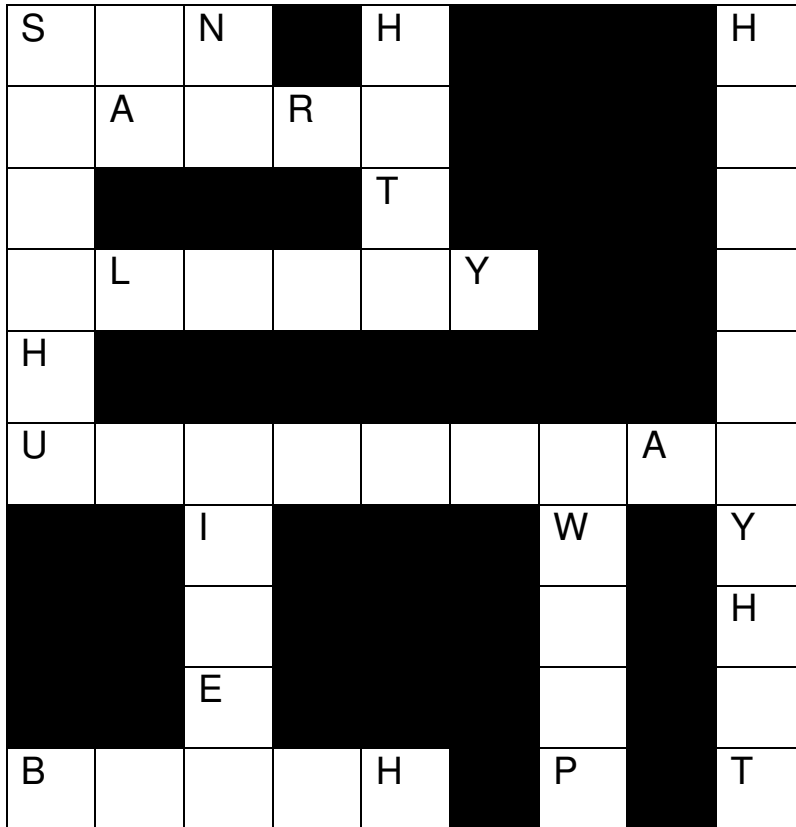


Puzzle Corner £10 Prize!

Prize for puzzle 2. Send in the mystery dog in the centre boxes to win!

Winner will be drawn from correct answers. (Don't forget to send in your name, address, and email or phone number.) Deadline 5th July. One entry per person please!

Prize donated by Ms Brettina Meadows. Thank You!



1. Clues.

S-N. Something that shines during the day.

H-Y. Time off.

S-h. An icy cold drink.

L-y. You lick it.

B-H. Somewhere to go on a hot day.

H-T. The sun is...

W-P. Something that buzzes.

A-R. A fresh breeze on your face.

U-A. Something that keeps your head dry.

I-E. Something you have in your drink.

H-T. Something you wear on your head.

2. Name the dogs and find the mystery dog - By Tracy Roberts



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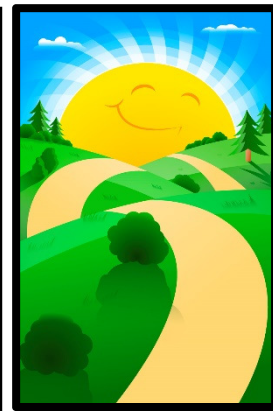
Have you heard the one about...? By Laura Jolliffe.

I stayed up all night wondering where the sun went.
Then it dawned on me.

I just flew back from my holiday in Spain.
My arms are very tired.

My company is better at making sun cream than our competitors.
I don't like to rub it in.

My friend went for a job at a sun cream factory but didn't get it.
He's going to reapply.

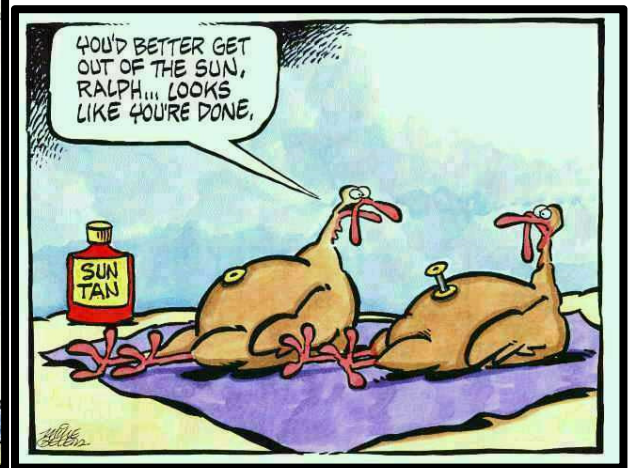


Answer to last month's puzzle

What ten body parts that you can see have three letters?

You could have had any of these:

Ear, Lip, Eye,
Gum, Leg, Toe,
Arm, Jaw, Hip,
Lid, Rib, Gut



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
Front Page Under Header £109 or £155 (bumper issue)			

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www.echoherefordshire.org.uk



Herefordshire Mencap, making a difference to people's lives. Working with local people with a learning disability, their families and anyone with an interest in learning disability.

Informing, campaigning and plugging the gaps.

'Safe places'; 'changing places' toilets; advocacy; 'Stay Up Late' gigs; 'Stop Gap Press'.

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Weddings, parties or events.

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A community project offering **Roller Skating** sessions for **all abilities** and **ages**.

We also offer a wide range of non-skating activities during the week.

In the summer we are holding an activity camp to keep the children entertained.

For all information contact:

matt@skatehereford.co.uk \ 07799662266
www.skatehereford.co.uk

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We apologise for any mistakes we make.

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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. We were three years old in June 2017!  
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The deadline for articles and adverts for the October edition is the 20th September.

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

Contact us: ournsourviews@hotmail.co.uk 01432 352085
Our News Our Views, c/o Hereford South Wye Team Office, 89 Ross Road, St. Martin's Church, Hereford. HR2 7RJ

DON'T MISS THE DEADLINE!