



Our News Our Views 2017

December/January ~



Issue 36

Created and run by adults with a learning disability.

Edition sponsored by **jackson**
property

Plastic found in the ocean – By Laura Jolliffe

Plastic is now being found in every ocean at every depth.

Mussels - On average every mussel contains one tiny piece of plastic in its body.

Turtles - Hundreds of thousands of turtles die each year from eating plastic or getting tangled up in fishing nets that have been thrown away.

Whales - Whales can confuse plastic bags for jelly fish. One whale called a Beaked Cuviers whale was found to have 30 plastic bags in its stomach after it died.

Amphipods - These shrimp-like creatures live in the deepest parts of our ocean and mistake bits of broken down plastic for food.

Micro plastic - Plastic breaks into very tiny parts called Micro plastic. Soon micro plastics will form a pile of plastic rubbish at the bottom of the ocean - it has nowhere else to go.

We think this is scary – let's all do what we can to use less plastic and recycle too!



Recycle Christmas - By Peter Crum

Recycle six mince pie foil cases and save enough energy to watch EastEnders on Christmas day!



Recycle your cards at Sainsbury's or Marks & Spencer's, in January.

The woodland trust say that a tree will be planted every 1,000 cards recycled.

To get rid of your Christmas tree take to Herefordshire house hold recycling centres. Also take old Christmas lights to the waste electrical skip and recycle batteries there. Cut down on your food waste by only buying what you need. If you have any left overs which most do, check out the love and hate waste website for recipe ideas.

Recycle your bottles and cans by your local recycle by you.

If you get unwanted presents you can give to the poor who haven't got any money to afford Christmas and buy presents that are useful and will last.



Update from the Editors



Thank you to those of you who sent us information - we love to hear from you. Next deadline is 17th January.

A huge thank You to Jackson Property for sponsoring this edition.

Lots of festive fun and food for thought in this edition:

- Concerned about the environment?—remember to recycle – page 1 has some tips for you.
- Feeling creative? How about trying to make a candy cane lollipop!
- Congratulations to gardeners of the year on page 4.
- Feeling the after Christmas blues? See our tips on page 3.
- Plus all your usual, places to go, what's on, puzzles and jokes!



Have a very Merry Christmas and a Happy New Year and we'll see you in February – and happy reading!

By Editor Lisa Perkins, on behalf of Our News Our Views editorial team.



From the team at
jackson
property

One of Herefordshire's longest standing independent property agents. Contact: 01432 344779 hereford@bill-jackson.co.uk

Making a Musical - By Tracy Roberts

In August I spent a week making a musical

Our theme for the musical was going to a wedding. We created some characters for the musical. As there were 18 of us we had quite a variety! Each of us had to make up why each character was at the wedding – this is called a 'back story'. I was a ukulele player who came to help the party go with a swing.

We worked in groups to write songs from the beginning of the wedding to the reception. I wrote a song with one of the people who was on my course. The song is called the sky's no limit for me. Each group also wrote scenes for the musical

I brought my ukulele to summer school and I also learnt to play some steels drums and glockenspiel.

Overall it was an amazing week and I learnt so much.

Learning to play the Glockenspiel

While I was at NODA I learnt to play the glockenspiel. After I have been to summer school I decided to buy one so I am learning to play it and I am using it to produce some of the sound effects for Hansel and Gretel. I love my glockenspiel.

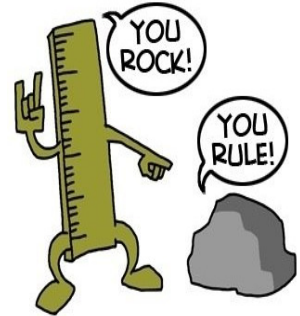


History of St. Martin's Church - By Adrian Phipps

St. Martin's Church was built in 1845 by R. W. Jearrad, but this is not the original St. Martin's parish church. In the middle ages, St. Martin's was the mother church of which all Saints was a chapel, but the original building within the city of Hereford was destroyed during the Civil War.

According to Littlebury's Directory of 1876-7, it was consecrated by Bishop Orleton in 1325, and stood "without the city walls at the foot of Wye Bridge".

This was of course a reference to the old bridge, which today is bypassed by the modern Greyfriars Bridge carrying the A49 across the river, but the memory of St. Martin's remains, in the street of that name which is a continuation of Bridge Street, crossing what is now the old bridge.



Ways to beat the after- Christmas blues

- By Lisa Perkins

When all the excitement of Christmas has gone, many of us end up feeling down. Thankfully, there are many ways to get your spirits back up after the festive period. Here are some tips for beating the post-Christmas blues

1. Keep active. Research has shown that a daily walk in the middle of the day could be as helpful as light treatment for coping with the winter blues.

2. Get outside. Go outdoors in natural daylight as much as possible, especially at midday and on brighter days. Inside your home, sit near windows whenever you can.

3. Keep warm. Being cold makes you more depressed. It's also been shown that staying warm can reduce the winter blues by half. Keep warm with hot drinks and hot food. Wear warm clothes and shoes.

4. Eat healthily. A healthy diet will boost your mood, give you more energy and stop you putting on weight over winter. Eat plenty of fresh fruit and vegetables.

6. Take up a new hobby. Keeping your mind active with a new interest seems to ward off symptoms of the winter blues. It could be anything, such as knitting, joining a gym, keeping a journal, or writing a blog. The important thing is that you have something to look forward to and concentrate on.

7. See your friends and family. It's been shown that socialising is good for your mental health and helps ward off the winter blues. Make an effort to keep in touch with people you care about and accept any invitations you get to social events, even if you only go for a little while.



Gardeners of the year! - By Jonathan Ley

I go to a gardening activity once a week with Affinity Trust. It's called Growing Point and based at Holme Lacy College.

I go with a group of my friends: Matt, Paul, Keith, Daniel and Andrew.

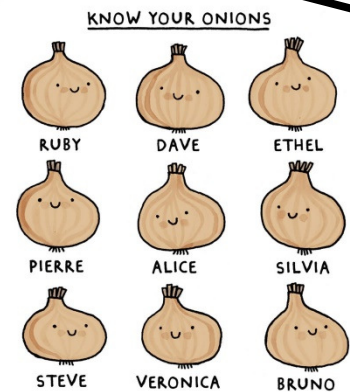
We work together to grow vegetables and we do all the gardening jobs: watering, digging, pruning, weeding and also gardening crafts.

At the yearly Autumn Show myself and my friends won first prize in The Onion Category and in The Largest Garlic category. We were delighted and very happy!

The best news of all was that our group was presented with "The Gardeners of the Year" trophy at the autumn show.



You certainly know your onions - Congratulations!



Prevent in Herefordshire - By Lisa Perkins

Prevent is the government's plan to stop people getting into terrorism.

Terrorism is when someone or a group of people use violence and fear to hurt and scare other people.

People who get involved in terrorism are extremists.

Extremists have very strong beliefs which are hateful, dangerous or against the law.

It's up to everyone to help prevent people becoming extremists and getting involved in terrorism.

If someone you know has started to say hateful things about people please tell an adult you trust.



The Send – By Adrian Phipps

We visited The Send Climbing Centre, Ramsden Road, in Rotherwas. It is open to all people, including disabled.

The Send has high climbing walls, with mattresses on the floor in case of people falling. You do not have to climb just straight up the wall. You can also climb across.

Someone is always on hand to give you help or advice if you need it. The opening hours at The Send are: Monday – Friday 10am to 10pm, Saturdays 10am – 8pm and Sundays 10am – 6pm.

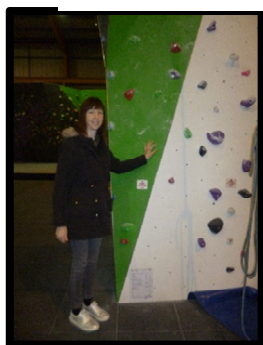
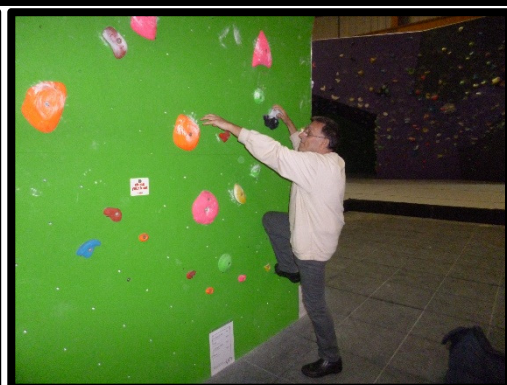
A one day entry costs only £9 with monthly passes starting from £55. If you need equipment The Send hire out harnesses, shoes, belay devices and chalk bags.

If you are disabled or going with disabled people, you are very welcome but please let The Send know in advance so they can make sure they can help you to enjoy your experience with enough support.

For me, I think The Send would be a good place for people who enjoy climbing and are unable to do any real climbing. As for me, although I am afraid of heights, I was tempted to try and climb the wall myself.



Nina Holland, manager.



Sixpence in a Figgy pudding - By Peter Crum

Stir up Sunday, the next before advent, is the traditional day to make the Christmas pudding.

Traditionally a silver sixpence was stirred in to the mix, to bring the finder wealth and good luck in the year to come.

In the past it was usual for every member of the household to give the pudding a stir and make a wish.

Some families have used the same Christmas six pence for as long as they can remember!



The Black Mountains and Hay on Wye - By Adrian Phipps

Hay on Wye was a very interesting and good place to go. We went to the top of the Black Mountains, which had a brilliant view. There was an ice cream van up there, and some sheep and horses.

Although it was very windy, it was still good.

The town of Hay on Wye is the town to go to if you want to find all kinds of books in different shops, and some second hand shops. There was a gold letterbox from the Paralympics.

It was disgusting though because the toilets were shut for cleaning, which was not a convenience (get it?!) Other automatic toilets were 20p to go to, and we could not understand how to lock the door!

We enjoyed ourselves travelling, and looking at scenery from the car window. Laura and Lisa enjoyed their sleep in the back of the car!



Tracy and Peter's Adventure in Spain

-By Tracy Roberts and Peter Crum

We got a flight from Bristol to Gibraltar. We had a hired car so we could get to the villa.

The villa was really nice and it had plenty of room. They had a television with a sky box and a DVD player. The view from the villa was gorgeous and beautiful, we could see the sea and a lighthouse, jet skis, some banana boats and some sail boats.

One of the days we went to Estepona. When you walked up every street they had different coloured flower pots also we went to a church and it was beautiful inside.

We also went to San Martin, Sotogrande, Castillo, Malaga and San Roque. We went swimming and it was in walking distance of the villa. We walked by the beach in Estepona and did lots of eating - Yum,Yum!

This is what we thought about the holiday:

Peter said "it was a really good holiday because while we were away I celebrated my 30th birthday. We went to a castle and went to San Martin and had a large beer and went to Blanco for a meal where I had a steak and two desserts"!

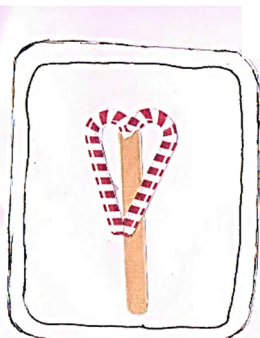
Tracy said "I was very nervous about flying as I had not flown for a long time but I enjoyed the holiday especially relaxing by the pool and it was nice to get away".



How to make candy cane lollipops – By Laura Jolliffe

1. Arrange 12 Canes on a tray like this.

Heat oven to 180°C or 160°C with fan and cook for 5 minutes.



Pepper mint
Candy canes

Baking
parchment
+ baking
tray

Lolly
stick

2 Pinch the canes
Together at the top and at
stick.
They will be hot and soft so
be careful!



3. Melt white
chocolate in
glass bowl.



Sauce
pan

Hot water
boiling a
little

4. Pour melted
chocolate
carefully into
candy cane
hearts and
scatter your
choice of
sprinkles before
it sets.



5. Wrap in
cellophane with a
ribbon to give as a
gift.

Good places to visit – By Adrian Phipps

On the 17th August we went to **Kington Museum**. The museum was small, but had lots of interesting things. There were some enormous elephant bones and lots of historical things about World War I and II, and pictures of the railway line. The museum also had some old food containers and clocks from years ago. The people who were in charge of the museum were nice and friendly people with a nice and friendly dog, which was a Dachshund/Jack Russel mix.

The Border Bean tea shop that we went to in Kington was a nice clean place, and the staff were very friendly. The cold drinks were a bit different and quite posh.

Blue Ginger Gallery

On the 24th August we had a good trip to Blue Ginger Gallery, which was a very interesting place, although not suitable for people with wheelchairs. The art and crafts were nice, but very pricey. There were toilets and a picnic area, and lovely homemade cakes. The staff were friendly and welcoming.



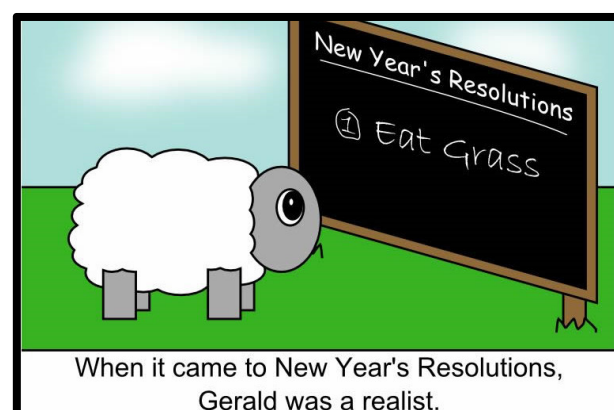
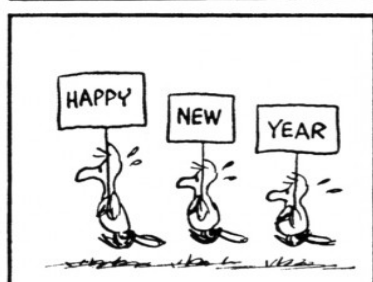
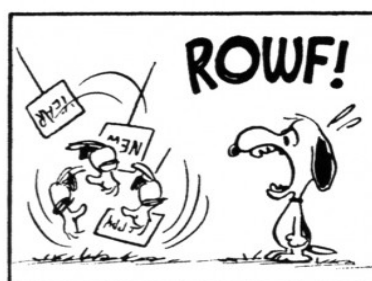
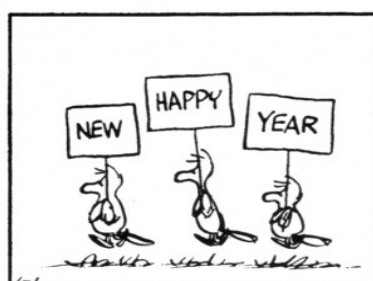
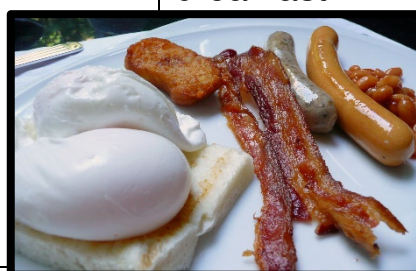
What's On – By the team.



Date	Time	What	Where	Detail/Price
1 st December 2017 	10-30 am - 500	Christmas Fair 	Hampton Court, Hope under Dinmore Leominster Hereford Hr6	Adults £3.50 GBP 1.50pm
Saturday 2 nd December 2017	11am 5pm	(Etsy made Local) Shopping Markets Craft	The Left Bank Hereford 	Free
2-17 December 2017	10am 4.30pm	Craft Show Guild Craftsmen	Market House Ledbury (Upstairs)	Free
Saturdays And Sunday 03 December 2017	10am-1pm Then 1.30 4.30	Santa's Workshop	Radway Bridge garden Centre City Of Hereford 	£6.00
7 th December 2017	9.00am 4.00pm	Festive Markets	Hereford High Town	
8 th December	7.30 – 10pm	Echo Christmas Party	Leominster Sports Club	£4 mini bus more details www.echoherefordshire.org.uk
8 th -9 th December 2017 	7.30	HMTC Goes Christmas Crackers (Christmas song show)	Tomkins Theatre Whitecross Road	£10. Includes Mince Pie Ticket Source.co.uk 03336 663 366
Friday 8 th December 2017	All Day	40 Christmas Market Stalls	In The High Town Hereford	Free 10.4pm
Saturday 9 th December 2017	7pm	Sleeping Beauty Performance	Courtyard Hereford	£10
Sunday 10 th December 2017	7.00pm	Roh Live The Nutcracker	The Courtyard Hereford	£18
Tuesday 11 th December 2017 	7.30pm	Hay Music Elin Manahan Thomas	Richard Booth's Bookshop Brook Street Hay-on-wye Hereford HR3 5AA	£15



Saturday 16 th December 2017	10.20 12.20 15.45	Hereford Christmas Jumper Race Day.	Hereford Race Course	£22 On The Gate
From Saturday 11 th November 2017	See Website for times	Webbs Christmas Grotto Huge Shop good food, worth an explore.	Wychbold, Droitwich, Worcestershire, WR90DG	9.99 Per child 2.00 adults.
29 th Dec to 15 th January	Various	Paddington 2	The Courtyard Theatre Hereford	£7.00 £6.50 Concession. See Website
5 th January till 26 th January	8pm	Heineken Comedy Club	The Courtyard Theatre Hereford	£12.50
12 th January	7.30	The Hey Yah	The Courtyard Theatre Hereford	£10
18 th to 19 th January	8pm	Conspiracy	The Courtyard Theatre Hereford	£9.00
26 th - 28 th January	8.30 am – 3.30pm	The Big Breakfast	Ledbury Annual big breakfast	Free For any further information please contact: Griff Holliday, Secretary, Ledbury Food Group t: 01531 633637 w: www.ledburyfoodgroup.org



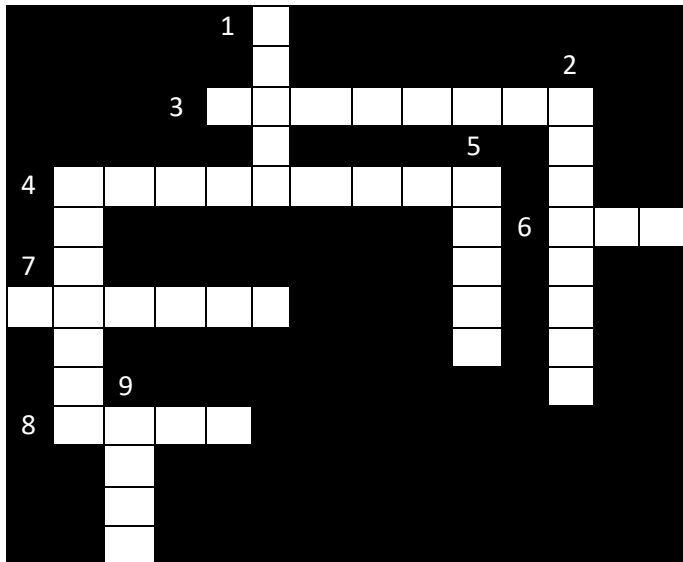
Puzzle Corner £10 Prize!

Prize for puzzle 3. Send in your coloured Santa to win!

Winner will be chosen by team. (Don't forget to send in your name, address, and email or phone number.) Deadline 17th January 2018. One entry per person please!

Prize donated by Ms Brettina Meadows. Thank You!




1. Crossword: Answers back

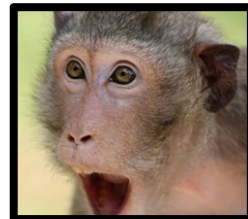


	Down		Across
1.	Recycle yours after Christmas	3	One of these had a shiny nose
2.	You put these under the tree	4	The annual Christian festival celebrating Christ's birth, held on 25 December
4.	These are crunchy and Orange and eaten by 3 across	6.	Santa's Helper
5.	Another name for Father Christmas	7.	You hang this on your door
9	The First	8	Small soft white pieces of frozen water

2. The unbelievable truth – By Adrian Phipps and Peter Crum.

6 of these are unbelievably true! Can you spot which?
(Answers back page).

- If you want a rabbit to sleep, all you need to do is tickle its stomach with a banana. 
- Animals are so clever. In 1943 Dr. David Rutherford taught a duck to herd sheep.
- In 1963 a cow was bred with five legs, but its meat did not taste good.
- In 2003 Dr. Roger Mugford invented the Wag-o- meter device that claims to tell a dog's exact mood by measuring the wag of its tail. 
- Houseflies don't allow their short lifespans (14 days) to stop their musical abilities. They always hum in the key of F.
- Some animals live a surprisingly long time. For instance, did you know, the longest living ant lived for 42 years?
- Animals can be rather violent, like the lesser spotted Pickle Monkeys, which are trained by humans to throw poo at neighbouring tribes.
- Kangaroos can be a bit fearsome too but, did you know that if you lift their tails off the floor they can't hop? Good luck trying.....
- Many people like to hunt animals. For example: Moose hunting begins in July.
- Sometimes animals are very like humans. An experiment in Edinburgh last year proved that different dog breeds prefer to drink lager over wine, although one sheep dog will only drink whiskey.
- But, even a small amount of alcohol placed on a Scorpion will make it go crazy and sting itself to death. 
- In the wild, the North American porcupine has a diet of mainly leaves and bark, leading to a lack of salt. As a result, some porcupines resort to eating car tyres in winter (for road salt) or outdoor toilets for urea. Yum!

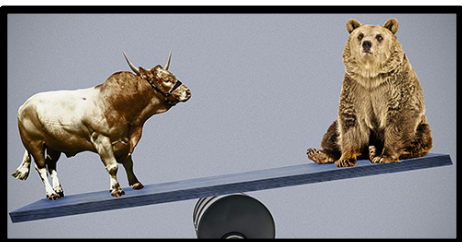


Have you heard the one about...?

By Peter Crum.

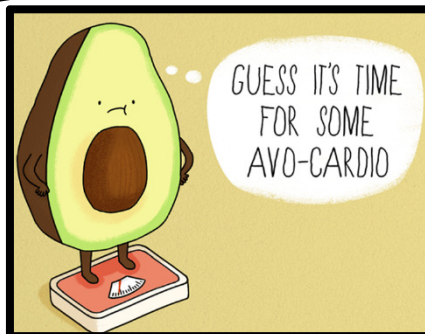
I was going to quit all my bad habits for the New Year, but then I remembered that nobody likes a quitter.

Don't blame Christmas you were fat in August.



What do you do tell someone you didn't see at New Year? I haven't seen you for a year!

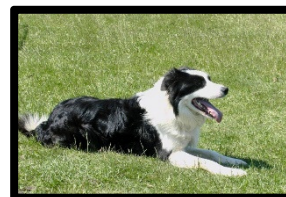
Why is it not a good idea to jog on New Year's Eve? You might lose your ice cubes and sausage rolls.



3. Colour Santa - prize to the one we like the best!



4. Can you match the dog to its breed? By Laura Jolliffe.



Greyhound

Pug

St. Bernard

English Sheep Dog

Husky

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We apologise for any mistakes we make.

Puzzle 1 Answers: Down 1. Trees, 2. Presents, 4. carrots, 5. Santa, 9. Noel. Across 3. Reindeer, 4. Christmas, 6. Elf, 7. Wreath, 8. Snow

Puzzle 2 Answers: 2, 4, 5, 8, 11, and 12 are true.

Puzzle 4 answers left to right: St. Bernard, Pug, Greyhound, Husky, and English Sheep Dog.

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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 February edition is the 17th January.

(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

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