



Our News Our Views 2018



February~ Issue 37

Created and run by adults with a learning disability.

Plastic Update - By Lisa Perkins

Theresa May will commit the UK to getting rid of all avoidable plastic waste by 2042 as she launches the Government's environmental plan for the next 25-years.

Under the promise, waste such as carrier bags, food packaging and throw away plastic straws that litter the country and pollute the seas would be banned. Theresa May said,

"In years to come, I think people will be shocked at how today we allow so much plastic to be produced needlessly. In the UK alone, the amount of single-use plastic wasted every year would fill 1,000 Royal Albert Halls."

But environmental groups were not happy, saying the country "Can't afford to wait so long".



Happy Valentine's Day



Valentine's Day around the world — By Lisa Perkins.

Denmark: Valentine's Day is rather new in Denmark followed by the early 1990s. Rather than roses, friends and sweethearts exchange pressed white flowers called snowdrops and give each other "Lover's cards." White Lover's cards were originally see through with pretty cut out paper patterns. Men give these with a funny poem or rhyme and not signed. If a woman who receives the card can correctly guess the sender, she earns herself an Easter egg later that year.



France: It's been said that the first Valentine's Day card originated in France when Charles Duke of Orleans, sent love letters to his wife while in prison in the Tower of London in 1415. An old tradition in France for Valentine's Day was an event called "Drawing For love." Men and Women would fill houses that faced one another, and then take turns calling out to one another and pairing off. Men who were not happy with their match could simply leave a woman for another.



The women left with no partner got together afterward for a bonfire. During the bonfire, Women burned pictures of the men who wronged them and swear and shout insults at the opposite sex. The Event became so uncontrollable that the French Government eventually banned the Tradition all together.

South Korea: Valentine's Day activity lasts from February through April. On February 14th, Women woo their men with chocolates candles and flowers. On March 14th, White Day, Men not only shower their sweethearts with chocolates and flowers, but with a gift. There is a third holiday: Black Day On April 14th, when singles mourn by eating dark bowls of black bean-paste noodles. (Continued on Page 2....)





Update from the Editors

Thank You for your news and articles. The deadline for March edition is the 21st February. In January we rode over a hundred miles at Point 4 on exercise bikes to raise funds for print costs. That is like riding from Hereford to Stratford on Avon and back. So far we have raised more than £150. Thank You the Point 4! **This month read about** – Valentine's Day around the world, British owls, an update on plastics, a trip to see Little Mix and much more!

See you next month.

By Tracy Roberts on behalf of Our News Our Views editorial team.

Valentine's day around the world continued....

Wales: People in Wales celebrate Saint Dwynwen, the Welsh patron saint of lovers on January 25th. One Traditional Romantic Welsh gift are love spoons which started as early as the 1600's. Patterns and symbols were carved into these love spoons each with a different meaning for example – Horseshoes for good luck, Wheels for support and keys meaning keys to a man's heart. Today, love spoons are also exchanged for weddings anniversaries and births.

China: China has "Qixi", the seventh Night Festival on the seventh day of the seventh lunar month each year. It is based on an old tale of love. Zhinu, a heavenly king's daughter, and Niulang, a poor cowherd, fell in love, married and had twins. Zhinu's father sent his queen to bring Zhinu back to the stars. Hearing the cries of Niulang and the children, the king allowed Zhinu and Niulang to meet once a year on qixi. Young women prepare offerings of melon and other fruits to Zhinu in hopes of finding a good husband. Couples pray for happiness and prosperity. At night people watch as stars Vega and Altair Zhinu and Niulang come close during the star-crossed pair's annual Reunion.



England: On the Eve on Valentine's Day, women in England used to place five bay leaves on their pillows one at each corner and one in the centre -to bring dreams of their future husbands. In Norfolk, Jack Valentine acts as a Santa of sorts for Valentine's Day and children enjoy the candles and small gifts left on their porches.

Elsewhere people often send unsigned cards to their love interests.



Philippines: One tradition has swept the country and led to thousands of couples sharing a wedding day on 14th February hundreds of couples gather at malls or other public areas around the country to get married or Renew their vows.



Italy: Originally, Italians celebrated Valentine's Day as the spring festival. People gathered outside in gardens to enjoy poetry readings and music before taking a stroll with their beloved. Also, young, unmarried girls would wake up before dawn to spot their future husbands. The first man a woman saw on Valentine's Day was the man she would marry within a year. Or he'd at least strongly look like the man she would marry..... Gift exchanges between lovers and romantic dinners are one of the most popular Valentine's Day gifts in Italy and small, chocolate covered hazelnuts wrapped with a Romantic quote printed in four Languages.



Brazil: Brazilians skip the February 14th celebration and instead celebrate "Lovers Day," On 12th June. Gift giving isn't limited to couples, either, in Brazil, people give gifts and share dinner with friends and relatives, too. The following day is Saint Anthony's Day, the patron saint of marriage. Single women perform rituals called simpatias in hopes that St Anthony will bring them a husband.

South Africa: As well as usual cards and gifts, women in South Africa wear their hearts on their sleeves on February 14th. Women actually pin the names of their love interest on their shirtsleeves!





My Trip to Liverpool - By Tracy Roberts

About Face went to Liverpool to see a production of Golem at the Liverpool Playhouse. It took us 3 hours to get there. We did a workshop with the cast for an hour in the afternoon when they showed us some of the special effects they use in the show. Later we went for a walk Around Liverpool and had tea before the show.

The show was about a man who makes creatures called Golem out of clay and other materials. There were three sorts of Golems.

The first one was made from clay and was big, the second one was smaller and moved quickly and the last one was a piece that went inside the ear.

The special effects were really good and I enjoyed the live music and it inspired me to play my ukulele in Hansel and Gretel. They used a white screen and used a projector they had to use it 500 times

My Favourite special effects was when the character called Annie was lifted up by the Golem. Overall I really enjoyed the show.

Little Mix Concert - By Rachel Exelby

On Tuesday 21st and Wednesday 22nd November I went to see little mix concert at Manchester arena



The little mix concert was fantastic I was in such a buzz after the concert. I love the outfits that little mix wear. The songs are amazing!

One of my favourite bits of the concert was when little mix sang "no more sad song", where they walk on a long walk way and are waving at the audience.

Being an Occupational Therapist: interview with Carly Day

Our News Our Views was contacted by Carly Day who is an occupational therapist who has worked with adults with learning disabilities for the past 20 years. We thought it would be good to talk to Carly about her work...

Our News Our Views: Tell us something about what you do

Carly: I have been an Occupational Therapist for 20 years working mainly with people with mental health problems, learning disabilities and autism, and I love my job.

Our News Our Views: What is an Occupational Therapist?

Carly: For those of you that don't know, Occupational Therapists are trained staff that work with people of all ages to help them carry out the day to day activities that are important to them. These activities could be things such as getting washed and dressed, cooking a meal, using a bus, paying bills, finding a job, carrying out a favourite hobby, or looking after a relative.

Our News Our Views: What the best thing about your job?

Carly: I love getting to meet lots of different people and being able to make a positive difference in their lives. It's nice when your job is one where you spend your time helping people and seeing them progress.

Our News Our Views: Who do you work for?

Carly: After spending many years working for the NHS, for private companies in hospitals, residential homes and rehab centres, I now work for myself as an independent Occupational Therapist.

Our News Our Views: How have that changed things for you?

Carly: It's been difficult learning how to set up and run my own business but I'm my own boss now and it's great being able to decide what services I want to offer and when I want to work.

Thank You! (To find out more about the services Carly offers, see her advert page 7)



Electric cars - By Peter Crum

Why is it good to have an electric car? An electric car is a great way for you to save a lot of money on petrol.

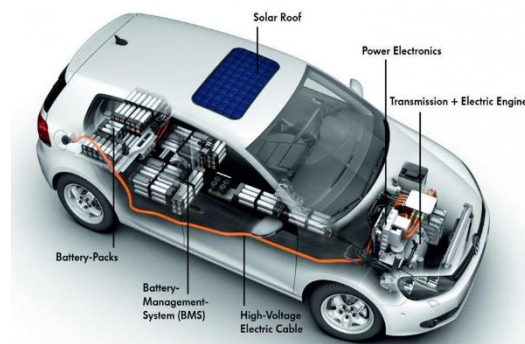
How much does it cost? The price has gone down as more are made.

Is it safe? Electric cars must go through the same safety tests as other cars.

What happens if they crash? In petrol cars the danger of a crash is that the big tank of fuel will catch fire or explode. In electric cars the danger is that the batteries could catch fire or explode. Car makers are trying to make batteries that switch off in a crash, have cooling systems and are split in to smaller batteries with steel fire proof cases. It is thought that electric cars will soon be safer than ordinary cars.

When do they come out? They are already on sale today.

If it was me, I think I'd wait till they have been around a bit longer before getting one as it still sounds like they need to sort a few issues like how long the battery lasts.



Sweet and sour chicken- By Peter Crum

Chicken, Peppers, add your own veg. Carrots, Onions.
For sauce - white wine vinegar, Light soy sauce,
Tomato sauce, Corn flour

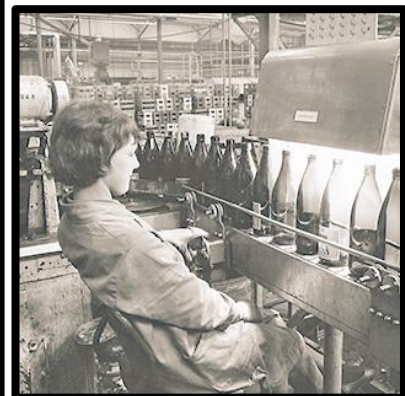
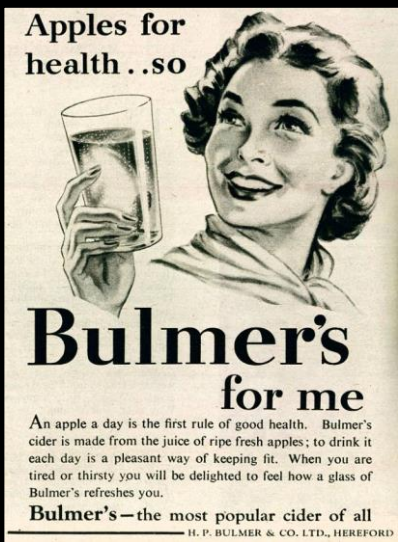


Cook the vegetables till soft and chicken cooked, add the sweet and sour sauce. To make the sweet and sour sauce mix sauce ingredients with corn flour in a jug. Add to the wok till nice and thick.

History of Bulmers - By Adrian Phipps

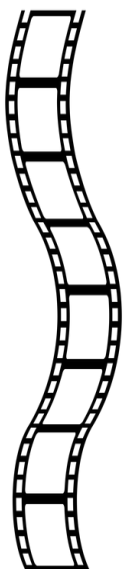
Fred and Percy Bulmer grew the apples at their family orchard at Credenhill in Herefordshire which would be later used to make the cider for which they became known. Production was initially at Ryelands Street in Hereford. The original building, including cider cellars, survives today as the Cider Museum and King Offa Distillery. Production moved to the current Plough Lane site in the late 1970s. Today HP Bulmer makes 65% of the UK's cider exports. From 1937 to 1949, Bulmers operated with Wm. Magners of Clonmel, expanding into Irish distribution markets. From 1949 Magners withdrew from the partnership but retained rights to trade under the name HP Bulmer Ltd. In Ireland.

I interviewed Alicia Roberts who worked at Bulmers from 1965 to 1968. When I asked her what was it like working there, she said: "I started each day at 7.45a.m. to 4.45pm and had to be all ready to work with overalls on. If I was late they docked my pay. I had £6 a week and gave £2 savings to my mum and had £2 to spend. The jobs I did were: bottle washing, spotting bottles that had not been filled, putting labels over stoppers and other tasks." "It was hard work but I enjoyed the people, the money, and the social club. Best of all, I met my husband in the social club!"



What's on - February

Date	Time	What	Where	Detail/Price
10 th Feb	10am – 4.30pm	Wool Sculpture course	Trumpet Corner Tea Room Galleries And Garden	£ 65.00
23 Feb – 11 March	12.00am	Borderlines Film Festival – Lots Of Varied Movies	Lots Of Different Places	See courtyard Website
3 rd March	10.00am – 5.00pm	Lucton Food Festival	Lucton School	Free
20-21 March		Spring Workshops	Hereford College Of Arts	
8.2.2018 22.2.2018	1.50	Horse racing 7 races	Ludlow race course	Gates open at 12.00 call for details 01584856221 £10-£17



British Owls- By Laura Jolliffe

Britain has 7 types of owl:

Name.

Snowy owl

Tawny owl

Barn owl

Long eared

Short eared

European eagle owl

Size

55-65cm

38-40cm

34-38cm

32-35cm

35-40cm

173cm



Owls like to eat voles, mice and other small mammals.

They live in different places including

- Old farm buildings.
- Out of the way grassland marshes, field edges.
- Coastland.
- Wood land heathland.

They mostly come out at night but short eared and Snowy owls hunt in the daytime.

If you would like to learn more about Owls and see them close up why not visit the small breed farm park and Owl centre near Kington.

Puzzle Corner £10 Prize!

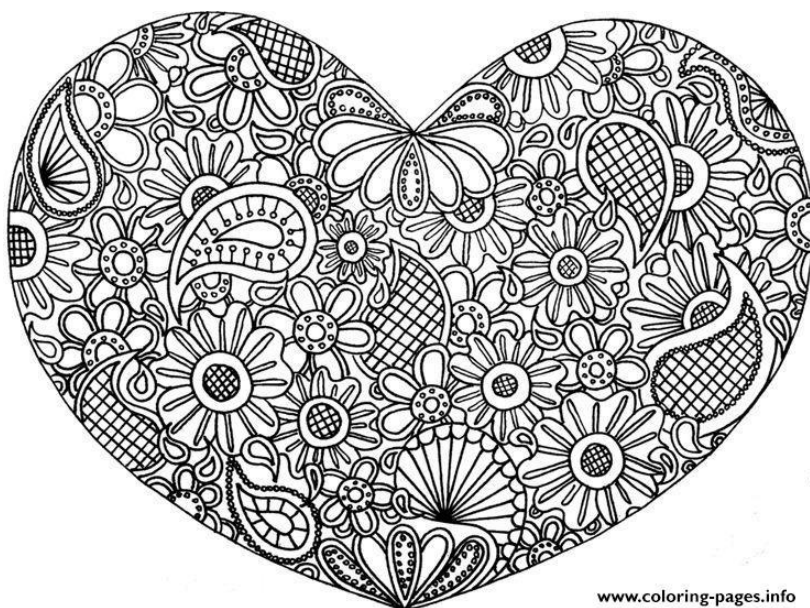
CHEERFUL HAPPY LOVE ROSE
CHOCOLATE TEDDY CUDDLE KISS
CARD YES RING FILM ROMANCE ME

Send in with your name, address, and email or phone number.

Deadline November 22nd. One entry per person please!

Prize donated by Ms Brettina Meadows. Thank You!

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



www.coloring-pages.info

Have you heard the one about...?

What did the octopus say to his girlfriend when he proposed?
Can I have your hand hand hand
hand hand hand hand hand hand in
marriage?

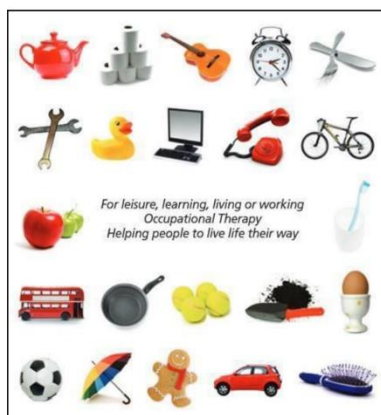
Knock knock, Who's there?
Cow go
Cow go who?
Cows go moo not who!

Two aerials in love met on a roof and got
married. Their wedding ceremony wasn't
fancy, but the reception was excellent.

Why did the boy put his girlfriend in jail?
She stole his heart
How did the phone propose to his girlfriend?
He gave her a ring



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b	Eighth	20	3
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d	Half	40	7
e	Whole	65	12
Front Page Under Header £109 or £155 (bumper issue)			

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

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For all information contact:

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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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**COMIC
RELIEF**



The deadline for articles and adverts for the March edition is the 2st February

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

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