



Our News Our Views



April 2018 Issue 39

Created and run by adults with a learning disability.

Stephen Hawking – By Laura Joliffe

The English physicist and mathematician who made a big difference to cosmology (study of space), died at the age of 76 on March 14th 2018. He suffered from amyotrophic lateral sclerosis (ALS) a rare and life-threatening condition, but that did not stop him. Here are some of his most inspiring and interesting quotes:

1. If you are disabled, it is probably not your fault, but it is no good blaming the world or expecting it to take pity on you. One has to have a positive attitude and must make the best of the situation that one finds oneself in...
2. In my opinion, one should concentrate on activities in which one's physical disability should not present a serious handicap.
3. I have managed however, only because of the large amount of help I have received from my wife, children, colleagues and students. I find that people in general are very ready to help, but you should encourage them to feel that their efforts to aid you are worthwhile by doing as well as you possibly can.
4. Although I cannot move and I have to speak through a computer, in my mind I am free.
5. Life would be tragic if it weren't funny.
6. I'm not afraid of death but I'm in no hurry to die I have so much I want to do first.
7. Where there is life, there's hope.
8. My advice to other disabled people would be concentrate on things your disability doesn't prevent you doing well and don't regret the things it interferes with. Don't be disabled in spirit as well as physically.



Young Persons' Network interview panel - By Peter Crum

The Young Person's Network is being led by 20-year-old Cameron Wood, from the Whitecross area of Hereford, who has had Cerebral Palsy and Hydrocephalus since birth. The Network has been designed for young disabled people aged between 11 and 18 and will give feedback to Hereford council with any issues that the group feel need to change the quality of their lives. It will give young disabled people in Herefordshire more voice.

The Young Person's Network have been invited to join a young people's interview panel on Friday 16th February at Plough Lane from 9 - 4.30pm. It will interview candidates for the new Assistant Director post for Children's Safeguarding Directorate of Herefordshire Council. The panel will run all day and will help the Council decide on the best person for the job. Herefordshire Council are going to be listening to people with a learning disability which is very good.





Update from the Editors

Thank you to all our readers for your news articles.

The deadline for the May edition is the 18th April.

After 4 years we have decided to raise our prices for adverts, but we still think it's a good deal and hope you do too.

Congratulations to Lee Jones, who won the word-search competition.



This month:

- Can you identify the celebrity bunnies?
- We tell you about Star College, and a film we enjoyed with all learning disabled actors.
- We were very sad to hear about the death of Stephen Hawking, a very famous and successful scientist read some of his quotes on disability.

Our News Our Views wishes you all a very Happy Easter!

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

Sanctuary review – By the team.

We all went to watch this film based in Ireland, with a cast of actors with a learning disability. It was about the rights of people with a learning disability to have relationships and sex and marriage. In Ireland until last year this was illegal.

Mary - It was refreshing to see a cast almost entirely of people with a Learning Disability. Their acting and comic timing was brilliant. It was funny and sad, full of areas that you could talk about with people with a learning disability, parents/carers and care workers. I loved it and hope The Courtyard Theatre shows more films like this and I would encourage people to go.

Laura – Not what I was expecting! The film was good in parts. If it was out on DVD I would watch it again.

Lisa – I enjoyed the two older gentlemen drinking in the pub! The one called Larry shouldn't have let Sophie drink the alcohol because she had epilepsy. The film was funny.



Peter – Really good, really funny in places, there was some rude words, it was a film for adults. I enjoyed it.

Tracy – It was interesting, because it had serious issues, The MCA (mental capacity act) is about protecting people who may not be able to make decisions for themselves safely. The central characters were able to make decisions for themselves and so it was more about their rights and choices and what stopped them from making their own decisions.

Overall, we all agreed, it was good and worth seeing!



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National Star

Realising the aspirations
of people with disabilities

The Dachshund – By Laura Joliffe

The Dachshund is a short legged long bodied hound type dog breed developed to scent, chase and flush out badgers and other animals living in burrows.

The name Dachshund comes from German and literally means badger dog from “dachas” (European badger), and “hund” (hound dog). In modern German they are more commonly known by the name “Deckle”. Or among hunters as “Teckle”.

Because of their long narrow build they are often nicknamed “Wiener Dog”, or sausage dog!

I live with 9 dachshunds. They all are different.

My favourite is Charlie because I like the chocolate coloured ones best. Dachshunds are little but can be quite a hand full. I enjoy living with them.



About Face Theatre Company News – By Tracy Roberts

Monday and Tuesday – Main company.

At the moment the main company are working on My Apple Dumping Girl and We Are All Stories and they are taking these two shows to the Brighton Fringe Festival - England's Largest Arts Festival. There are seven actors going to Brighton with two members of staff. They will be performing five times in three days

Wednesday – Drama Club

Review about Finding Daisy - I was really impressed with the show and I was there to start this project. The show was about a guy called Donald finding his true love Daisy and he travels to find out through song and dance. Now they are taking part in some workshops about different dances from different countries.

Thursday – Theatre Skills

They have been working on a project called Moving Out in which one of the actors is thinking about moving out so they performed this as a play and made a film and also performed a play called Wolves in the Wall.

Friday – Stagecraft

We are working on two shows, one called Man in the Moon, which uses shadows and making our own props. We are also working on a detective play called “Who Killed the Ice Cream Man”

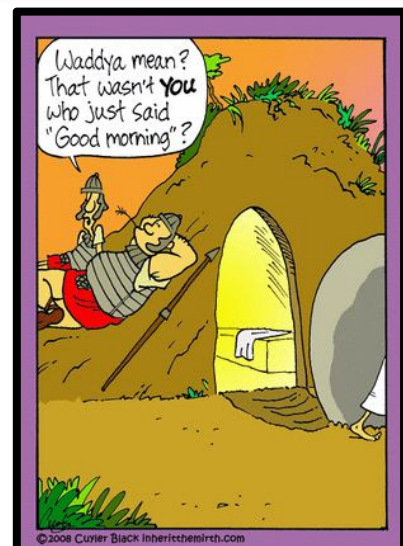
The About Face film was entered in Charity film of the year and reached the final stages but sadly didn't win.

MY APPLE DUMPLING GIRL
When Arlette's apple-dumpling dreams go pear-shaped, who will pick up the pieces?

ABOUT FACE THEATRE COMPANY

"The actors brought an unsettling quality to the performance that I have never experienced before... the very essence of theatre".

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MAY 11TH, 12TH, 13TH, 6.00PM. TICKETS £5.00
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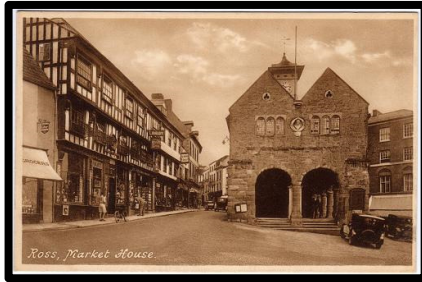


Community Cafe - By Lisa Perkins

On Wednesday Lifelinks we went to the community cafe at Saxon Hall run by adults with a learning disability and we had a soup and roll and cup of tea.

It was very nice to see Jacqui and the team working at the community cafe group.

The setup of the room was nice, the spacing had plenty of room and it has a lot of things to do at the community cafe, and the staff were very helpful to make us feel safe there. I enjoyed the food, the cakes looked nice. They are open every Wednesday for coffee and lunch 10 till 2.00 p.m.



History of the Ross-on-Wye Market House - by Adrian Phipps

The Market Hall was built between 1650 and 1654, replacing an older probably wooden building, and is now used as the Ross Heritage Centre.

Regular markets are still held under and in front of the Market House.

It is believed that the upper doorway that can be seen on the side, was the original entrance that was accessed via a wooden staircase added after 1690.

The clock tower was a later addition and dates from the 18th Century (1900's) although it may well have replaced an earlier structure removed due to problems sealing it with the roof.



Star College - By Adrian Phipps and Lisa Perkins

We visited Wessington Court Farm in Woolhope, which is part of Star College, and were met by Jon, Shelley, and other students.

Jon and Shelly work with people aged 19-24 years old, and their aim is to get people into a paid job.

They take up to 8 people, and study for 1 year. The first thing they do is have breakfast and what jobs they are doing that day.

The first job is about jobs on the farm, like driving the tractor and looking after the animals on the farm. They always check the machinery that they use.

Then they work on qualifications for Maths, English and other qualifications.

Shelly's job is Job Coach, which is to help them find jobs and work placements. Each student has their own subject on which to study.

One of the students, Lee, was working in the Grafton Inn as a kitchen porter.

Jeremy does work with March's Family Network, and wanted to find a job as a youth worker. (Continued page 5...)



Star college continued....

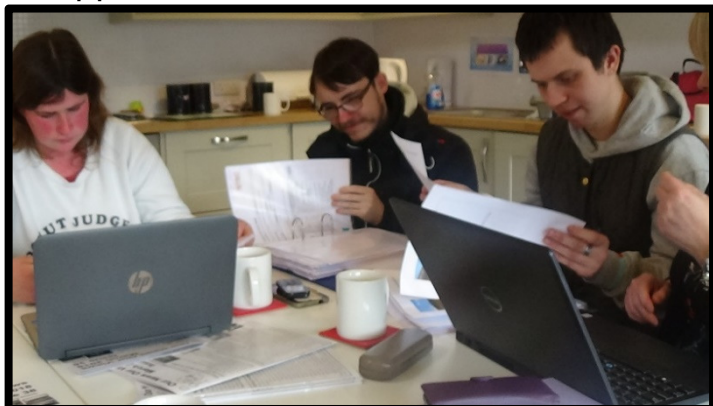
We talked to them about ONOV, and what we do, how we fund it and that there were 1 or 2 places for people to join after they finished Wessington.

We then asked if people wanted to come to Wessington, how they would apply. Jon told us they would have to make contact through National Star College. The college gets referrals from schools, colleges, and social workers.

We asked the students if they felt more prepared for work after Wessington, and Lee said that he has now got a CV and an e-mail address that Shelly helped him to set up. As Jeremy has now finished Star College, they are helping him find another job coach. Shelly went on to say that they helped not only job search, but also how far you are able to travel on your own. And she tends their interviews, helping them settle in their jobs. We asked the students what was their best time at Wessington, and Jeremy said it was getting a paid job and succeeding in his life with Shelly and Jon.

Finally we asked Jon and Shelly the same question, and Jon said: "seeing the students develop, and also seeing their confidence and independence grow." Then he said: "I am a farmer."

Shelly said that for her it was the seeing the students setting out to see what they do. We found Star College was a nice, friendly place to visit, and seeing how students are supported into their own work. Please see the advert on page 2.



Women International Day - By Lisa Perkins

The Right For Women To Vote - Until 100 years ago, women in the UK were not allowed to vote.

Here are some facts about how that changed:

- 1 The law that gave some women the chance to vote was called "The representation of the people Act." But you had to be over 30 and a property owner or well Educated. And became law in 1918.
 - 2 British Women would not get same rights to vote as men until 1928.
 - 3 Women could already vote in countries like Finland, Norway, Denmark, and Australia.
 - 4 Some women wanted to take violent action to change the law. But Emmeline Pankhurst a famous Women's Leader said "Not a cat or a canary to be killed no life".
 - 5 The USA did not allow women to vote in all states until 1920.
 - 6 Since women in the UK got the vote there has only been one queen. This is Queen Elizabeth" who became Queen 1952 and still is today;
 - 7 There have been two female Prime Ministers of the UK, Margaret Thatcher and Theresa May.
 - 8 Since the last Election There are Record numbers of women MPs 208 out of 690.
- Do you think after 100 years of women being able to vote that there should be Equæ Numbers of men and women MPs?



What's on - April



Date	Time	What	Where	Detail/Price
1st till 29th	All day and eve.	Poppies weeping Window tour	At Hereford cathedral	Free
8 th April	9-5.30	Bromyard Speed festival (on tour)	Shelsley Walsh, Bromyard WR66RP	Free
18 th April	1-7pm	You got dragons 	At The Courtyard Theatre	£7.50 concession £5
April 21st	10am till 2pm	Herefordshire Wildlife Trust	Across Lugg Meadow 	£7 per adult. Children up to 14 years go free
April 24th	11am - 4pm	Herefordshire spring for aging and fine dining events	Byford court 2 hours walk 5 course wild food meal.	£75 
April 25 th to 28th	7.30pm	Girls night too...	The Tomkins Theatre Whitecross road HR4 0DH	£12 ticket Concession £11
26 th April	11am till 4pm	British red cross great spring gardening event	Newport house Almeley, Herefordshire HR3 6LL	£6 in advance or £7 on the door
27 th April		Friday Night Out – 80's Disco. Ticket includes hot food (support staff free but food not included) soft drinks on sale.	Aspire Community Hub, Canal Road, HR12EA	£7 Tickets in advance from Aspire Community Hub or telephone Frances on 07730 530073
April 28th	10am to 5pm	Lucton food festival	Lucton school HR6 9PN	Free
28 th April	All day	Steampunk market and entertainment	Water works museum Hereford	Suitable ages (15 up) ticket £12

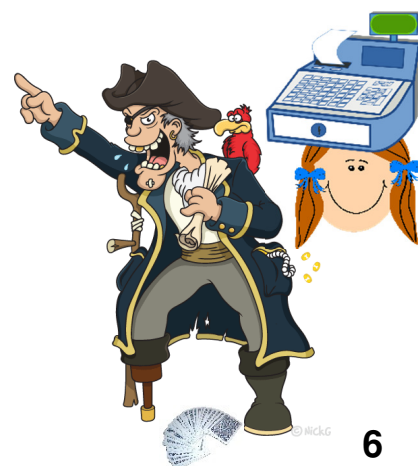
Have you heard the one about...?

I was dog tired last night - I slept in a kennel.

I've got a dog, you know, I have. He's a one-man dog. He only bites me.

What do you call a girl with a cash register on her head? Tilly

Why couldn't the pirate play cards? Because he was sitting on the deck!

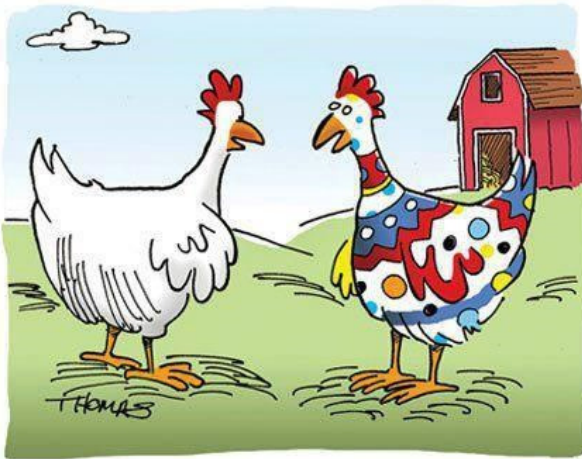


Puzzle Corner £10 Prize!



Name the celebrity bunnies.

Send in with your name, address, and email or phone number.
Deadline April 18th. One entry per person please!
Prize donated by Ms Brettina Meadows. Thank You!

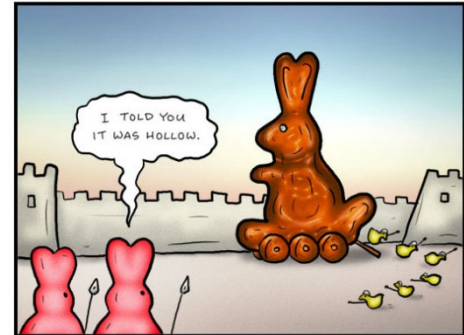


"I was an Easter egg."



Idiot!

DOCTOR FUN



The Trojan Easter Bunny

We welcome your advertisements. (Distribution 500 –website coming soon.)

Note: New prices



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	16	2
b	Eighth	21	3
c	Quarter	31	5
d	Half	42	7
e	Whole	67	12
Front Page Under Header £112 or £160 (bumper issue)			

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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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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 May edition is April 18th.

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

Contact us: ournoursourviews@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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