



# Our News Our Views



## May 2018

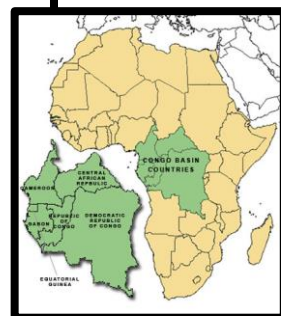
## Issue 40

*Created and run by adults with a learning disability.*

### Too many Wars - By Lisa Perkins.

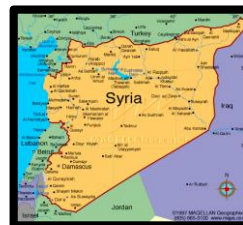
There has been fighting in the Congo in Africa beginning with attacks in December 2017.

Tens of thousands of members of the Hema Community have run away from the Lendu people. There are horrible stories of people being killed especially people who found it difficult to run including children.



In Syria there has been news of a chemical attack hurting lots of people and Europe and America are arguing with Russia and Syria and talking about attacking them back.

It is a scary world.



But in Hereford a group of children at Whitecross school are to do a project to remind people of what Polish people did during the war as they are fed up of people saying bad things about people from other Countries. This is called prejudice.



Wouldn't it be good if people stopped fighting, especially to stop hurting children and ordinary innocent people who can't defend themselves.



### Learning Disability Partnership Board Brief March - Paul Choppen

Danielle Mussell explained that she has finished working on the new Carers Strategy. The previous Carer's Strategy had ended back in 2015.

#### The new Carers Strategy's aims too:

- Improve the information and advice available for carers
- Use carers' knowledge to improve services
- Find ways to identify more carers
- Make it easier for carers to access social, education and employment opportunities



#### Draft Learning Disability Strategy

Adam Russell explained that the Council and the NHS have been working together on a Draft Learning Disability Strategy. The strategy explains how they will fund services for people with learning disabilities.

The Learning Disability Partnership Board discussed the strategy in more detail on the 5th April 2018. There will be more chances for people with learning disabilities to meet and say what they want. Sylvia Nicholls from Herefordshire Disability United is helping to arrange this in the next few months.

# Update from the Editors



Thank you for all your news and articles – we love to hear from you.

The deadline for the June edition is May 23<sup>rd</sup>.

In this edition we have:

- Cool down with Cider ice-cream now that warmer weather has finally come!
- Read about two ways you can keep fit.
- As we remember World War 1 a hundred years on we look at other war torn places.
- We feature an interview with Fiona Ritchie of ECHO who will be leaving this year.
- Also some animal articles lions and poodles and bears – Oh My!
- Plus all your favourite jokes, what's on and puzzles.



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

## **The Great Escape - By Lisa Perkins.**

In April a band of animal lovers including Khalil a vet, entered the city of Mosul. Their mission: To save Lulu the bear and Simba the lion, the last two Inhabitants of the city's destroyed Zoo.

But they faced hidden gunmen of ISIS\*, lots of rules and paperwork, and an Iraqi army general who wanted the animals dead. And then they tackled Syria.

\*(ISIS - Islamic State of Iraq and Syria - is a group of terrorists that took over land in Iraq and Syria. They have extreme views about how to live your life and do not allow people to behave differently. They even kill people who do not obey their rules).

Khalil returned to Mosul within weeks with plans to remove the animals quickly. He was to be disappointed as Montazah Al-Morour Zoo lies on the eastern banks of the Tigris River, which in April separated the government held part of the city from the remaining ISIS held area.

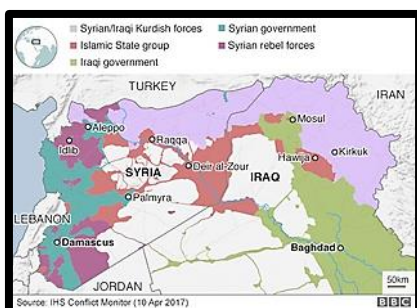
This watery red line was one of the most dangerous places in the Middle East, lined with ISIS snipers, (hidden gunmen), looking to pick off Iraqi forces. The animals were flown out over dangerous skies held by different governments and that took a lot of difficult talks.

"One of the lionesses, Dana, was pregnant the entire time", says Khalil.

"Within 12 hours of arriving in the safe place the cub was born. I like to think she was waiting until she was home."

The Team named the cub "Hajar" which is Arabic for "the Travellers".

Two months later, in Jordan, the animals are making steady progress.



## How to make cider ice cream – By Laura Joliffe

### Ingredients.

1 cup apple cider  
1 cup granulated sugar  
1 cup whole milk  
1 cup Double Cream  
3 Eggs yolks.



### Instructions

In a large saucepan bring the cider and sugar to the boil, cook stirring occasionally until reduced to 3 ounces - roughly 25 minutes. (Pour into a heatproof measuring cup to check). Remove from the heat and whisk in the milk cream and cinnamon.

In a small bowl whisk together egg yolks. Slowly whisk in some of the hot cider mixture to temper the eggs (bring to high temperature without cooking). Return to the saucepan and bring back to a boil. Whisk often, cook until it thickens and coats the back of a spoon.

Strain the mixture into heatproof bowl. Place the bowl in an ice bath and cool to room temperature. Remove from ice bath and chill in the refrigerator until cold.

Follow the directions on your ice-cream maker to freeze.

If you are freezing by hand place the mixture in a covered bowl in the freezer.

Whisk the mixture every 30-45 minutes to break up ice crystals for a few hours until the mixture is frozen solid. **Yum, Yum, Yum, Hic, Yum!**

## Keep Fit – By Laura Joliffe and Lisa Perkins

### Laura

On Wednesday I went to keep fit circuits in Aspire hub with a Hereford FC football coach called Luke.

It was too hard to do!

Lots of people did it to music and it was good fun.

I would get fit if I did it again and kept it up.

### Lisa

On Friday I went to the Gym at Halo, with Jacqui to do some of the Exercise.

I went on the Rolling Machine. I also went on the Bike Rider, and I did a two mile ride.

I did some of the hand wheel too.

All to keep myself fit. I did enjoy it. It was very nice there.





## **Dementia Friend Champion - By Tracy Roberts**

I have been working with the Alzheimer's society on a project and they asked me if I would like to become a Dementia Friends Champion I said yes!

I learnt all about Dementia so I can tell others about it. I enjoyed it and I feel like I would understand a person with dementia better.

I can now offer to give information sessions to any groups that are Interested, with the help of the Alzheimer society.

If you would like to become a dementia friend or would like us to come to your group please contact [ginnie.jaques@alzheimers.org.uk](mailto:ginnie.jaques@alzheimers.org.uk) and [tracey.exell@alzheimers.org.uk](mailto:tracey.exell@alzheimers.org.uk)

I hope more people with a learning disability will become a Dementia Friends Champion.



## **Poodles – By Laura Joliffe**

The poodle is a group of dog breeds that includes the standard poodle, miniature poodle and toy poodle.

They were originally hunting dogs but now can be good family dogs and show friendliness toward humans.

They may attack or try to dominate other dogs even if they are lovely with people. Others would rather play than fight and some will turn tail and run.

Dogs who live with their littermates and mother until at least 6 to 8 weeks, who spend lots of time playing with other dogs during puppyhood are more like to have good dog social skills.

Jasmine is the name of my toy poodle. When I am not happy she always cheers me up. She does not like going for walks in the rain and she plays happily with other dogs.



## **World War 1 Exhibitions –By Adrian Phipps**

I went to Hereford Cathedral to have a look at the children's Art Exhibition about The First World War. The pictures showed soldiers when they were on the hills fighting and the conditions while the war was on. Then it was nice to see the cards that were wrote in memory of soldiers, which were written by the soldiers' family.

Afterwards I went across to the museum to see another exhibition, which was about Hereford during The First World War. What it showed was weapons like war rifles, pistols and grenades that were used during the war.

I really liked what some ladies had wrote about their life while their husbands were fighting in the war. This was all very interesting for me because I have always wondered what it was like here in Hereford during the war.

There are lots of projects and activities around the UK to remember 100 years after the end of the war.

See website:

[www.greatwar.co.uk/organizations/rememberence - projects.htm](http://www.greatwar.co.uk/organizations/rememberence - projects.htm)



## **Interview with Fiona Ritchie, ECHO – By Lisa Perkins.**

**We were sad to hear you are leaving ECHO after 26 years. Why did you decide to move on?**

*26 years is a long time to stay in one job. ECHO is always growing and changing, but this has been especially true over the last year. It just felt like the right time to bring in someone new with fresh ideas and enthusiasm.*

**What do you think your biggest achievements have been with Echo?**

*Making sure that everyone in ECHO always listens to our participants and values their opinions. The way ECHO involves people with learning disabilities as staff, volunteers and trustees is definitely the thing I am most proud of.*

**And what have been the biggest changes and challenges in that time?**

*Money! It is always money sadly. We never have enough for all the things we would like to do.*

**What are your hopes for Echo in the future?**

*That it continues to be one of the leading voluntary organisations in Herefordshire, providing exciting and high quality services for people with learning and other disabilities.*

**We were pleased to see that you won a Lifetime Achievement Award recently. How did that feel?**

*I was very embarrassed. I don't like being in the limelight. At the same time I was very honoured, particularly as it was two members of staff who nominated me.*

**What are your plans for the future?**

*I'm not sure yet. I still need and want to work. But I would like to do less hours and sleep better at night!*

**If you were Prime Minister what would you do for adults with learning disabilities in the UK?**

*I would make sure that all the promises made in "Valuing People" were finally put into practice.*

**Thank you for taking part in this interview, thank you for your help and support, and best wishes for the future from the Our News Our Views Team!**



## **The Little Match Girl - By Tracy Roberts**

I went to see The Little Match Girl in Malvern with About Face Theatre Company

The show was about a little girl who sold matches on a winter street and every match she lit took her to a different story. The stories were: - Thumbelina, Emperor's New Clothes and The Princess and the pea.







I thought the show was amazing! I loved the puppetry because I liked the way the actor and the puppet were working together. I loved the live band onstage and how the actors worked with the puppets.

Overall it was an amazing production I would recommend people to see this show.



# What's on - May



Date	Time	What	Where	Detail/Price
5 <sup>th</sup> May 	10.00-1.00	Storytelling and story making workshop for over 16's –with Carol Florence Graham – storyteller, poet and performer.	Kington Library	FREE but book ahead 01544 231732 Library4kington@yahoo.com
6 <sup>th</sup> May	12 - midnight	Eastnor castle chill festival	Eastnor Castle	£11/ £7/ £30
10 <sup>th</sup> May 	1.40pm till 4.55	Season opener horse races 2018	Worcester racecourse WR1 3EJ	Go to website www.worcester-racecourse.co.uk
10 <sup>th</sup> May/13 <sup>th</sup> May 	9am to 6pm	RHS Malvern spring festival 	Malvern Three Counties Show Grounds WR13 6NW	For prices go to the website www.rshmalvern.co.uk
11-13 May	6pm 11am	My Apple dumpling girl We are all stories	Brighton Toy Model Museum	£5/£3
18 <sup>th</sup> May	12pm-2pm	Royal wedding celebration	SIL	Free donation to MIND contactus@s4il.co.uk or call 01568616653
21 <sup>st</sup> May	1pm – 4pm	Celebration of the learning disability and Dementia project	Courtyard Theatre Hereford	Contact tracey.exell@alzheimers.org.uk
25 <sup>th</sup> May to 4 <sup>th</sup> June 	Various events at different times	Hay festival 	Dairy Meadows Brecon Road Hay On Wye HR3 5PJ	Various prices See www.hayfestival.com

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

- How do you count cows? With a cowculator
- What's the difference between England and a teabag?  
A teabag could stay in the cup longer
- A teacher asked her students to use the word "beans" in a sentence. "My father grows beans," said one girl. "My mother cooks beans," said a boy. A third student spoke up. "We are all human beans."
- Can February march? No, but April may.
- What do computers eat for a snack? Microchips.

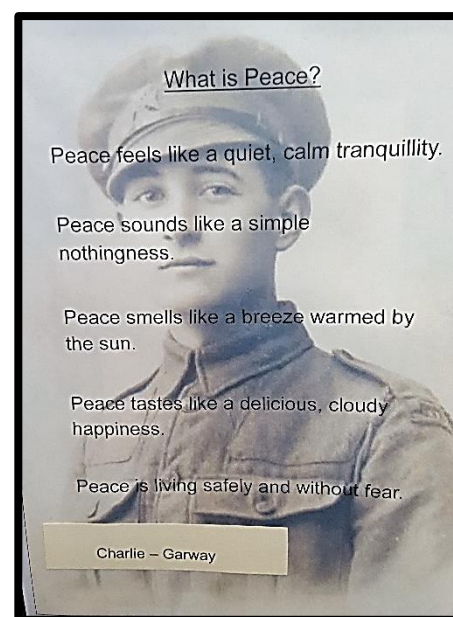




# Puzzle Corner £10 Prize!

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

Poppy , Trenches, Army, World War, Jeep, Gun, Munitions Factory, Rotherwas, Factory, Gas Mask, Canary, Girls, Land, Girl, Death, Peace, Horse,



Send in with your name, address, and email or phone number.  
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Distribution  
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b	Eighth	21	3
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d	Half	42	7
e	Whole	67	12
Front Page Under Header £112 or £160 (bumper issue)			

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*Making a real difference to the lives of disabled people in Herefordshire*

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[www.echoherefordshire.org.uk](http://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'.

[www.herefordshiremencap.co.uk](http://www.herefordshiremencap.co.uk)  
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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](mailto:matt@skatehereford.co.uk) \ 07799662266

[www.skatehereford.co.uk](http://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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**COMIC RELIEF**



**The deadline for articles and adverts for the June edition is May 23<sup>rd</sup>.**

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

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