



Our News Our Views

Created by People with a Learning Disability for the Learning Disability Community.

Edition 42 – July 2018

Special points of interest:

- How about going to the Community Games?
- Trump makes peace! Here's hoping...
- Wiki –Me — a useful tool.

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Community Games —

By Tracy Roberts

This year the community games is back and it's going to be opened by Sascha Kindred MBE.

For the community games I am on the steering group, I came onto the steering group because I wanted to be part of the community games.

There are lots of activities such as tennis, boxing, Tai Chi, trampolining, accessible bikes, dancercise and lots more. I am leading the dancercise and I am very excited to be doing this activity. Special Olympics are involved in the games this year.

At the end of the event people will have a certificate.

The event will cost £5 and it will be held at Hereford Leisure Centre, Holmer Road. It's important that you bring a packed lunch and £1 for a locker which you get back.



Trump and North Korea

— By Adrian Phipps



Donald Trump, the President of the United States, met with Kim Jong-un, the leader of North Korea. This was on June 12, 2018, in Singapore, and was the first top level meeting between the leaders of the two countries.

They agreed to make North Korea a more peaceful country without nuclear weapons and to have more follow-up talks between high-level officials.

Following the meeting, Trump announced that the U.S. would stop joint military exercises with South Korea, which upset North Korea and he would "eventually" take away any American soldiers from nearby.

Update from the editors



**By Peter
Crum on
behalf of
Our News
Our Views**

Thank you for sending in your articles. Well done to Rebecca Evans for winning the June word search.

In this month I was shocked to read about the disabled man who is having to live on his mum's sofa — what do you think of that?

Are you thinking of going to the Community games? I think it sounds like fun. Check out what's on in July and do have a go at Laura's new puzzle!

I hope you enjoy our articles this month.

See you in August — deadline for your articles 18th July.



Autograss — By Laura Joliffe

Autograss is a car race around a field. Cars can hit each other. There are 52 auto grass clubs in five countries.



There are 11 NASA classes differing by type of set and engine sizes from minis through to specifically designed space framed single seaters with monster v8 or motorbike power!

Up to eight cars start on a straight line grid and race over 4-10 laps. This results in the major race meeting most of which are staged over the course of two days offering upwards of 200 races. All classes normally race through qualifying heats and finals.

I just love to go and watch it.

Flash flood makes disabled man homeless — By Peter Crum

A disabled man from Birmingham had to sleep on his mum's sofa because his home still isn't safe after last months flash flooding.

Pat Thomas said her son Trevor was traumatised.

I think this is bad what they have done to this person they should help find him another place to rent while his other is being sorted .



WHAT'S ON JULY 2018



Date	Time	What	Where	Detail/ Price	
1st	10.00 am	Bromyard Gala	Bromyard, Burgess Farm, Avenbury, Herefordshire, HR74JY	Tickets £8	
6th	7.30 till 11.30pm	Ross country music festival	Ross on wye	Tickets £6 per person	
6th to 8th	2 till 11pm	Beer festival	Hereford Rowing club	£4 Friday £6 Saturday £1 Sunday	
8th	11am till 5pm	The great Ledbury Celebration	Ledbury High street	Free	
8th	12 till 4pm	Water works museum annual gala day	Hereford	£6 Adults £5 seniors £2 children	
14th	10am till 5pm	The Leominster/Hereford kite festival	Berrington Hall Leominster	free	
21st	10 am till 10pm	Much Marcle steam rally	Ledbury	Under 16s free Adults £10	
22nd	10.30 till 5pm	Hampton court castle circus skills and entertainment	Hampton court castle	Free	
28th	Midday until midnight	The three choirs festival	Hereford cathedral	£55	
5th	12.30 till 4pm	Summer garden party BBQ games music	SIL 1 Owen Way Leominster, HR6OLA	Free	

Forest of Dean – By Laura Joliffe



I visited the dean forest railway .

The 4.5 mile line runs through beautiful woodland and countryside offering visitors a chance to experience the relaxing peace of a typical country branch line.

With the stations along the way we had time to explore the local area. You can take in woodland walks and country pubs or venture down to the Severn Estuary to explore Lydney Harbour with its fantastic views across the Severn .

The volunteers work hard to ensure you have a great day out it was lovely, I enjoyed it, and recommend it to others.

Herefordshire Community Games
 For people with a learning disability (16+ years)

Wednesday September 26th
10am - 3.00pm
Registration from 9.30

Only £5.00!

With tennis, boxing, Tai Chi, trampolining, accessible bikes, dancercise and much, much more!

Official opening by Sascha Kindred OBE
 7 times Paralympic Champion

Hereford Leisure Centre, Holmer Road, Hereford HR4 9UD

Partners: together, affinitytrust, Aspire, ECHO, halo, Herefordshire, men cap

Learning Disability Partnership Board 12th June — By Paul Choppen.

The meeting discussed two things Wiki Me — see next page — and the Learning Disability Strategy.

The cabinet has signed off the draft version of the Learning Disability Strategy. The cabinet is made up of local councillors. The cabinet discuss the overall management of Herefordshire Council.

Adam Russel said that councillors and senior managers had showed great enthusiasm for the strategy. He said the elected members also wanted to see a Learning Disability Champion appointed. The Learning Disability Champion would be a councillor.

The Cabinet had also agreed that the Council should discuss the possibility of creating jobs for people with learning disabilities.

Adam also talked about how the Learning Disability Partnership Board should be involved in developing future versions of the Learning Disability Strategy. He said that the Learning Disability Partnership board needs to become more independent of the Council. It needs to be able to offer its own opinions on learning disability services. The board will think about how it does this at its next meeting on Tuesday the 18th of September.

Steps Concert – By Adrian Phipps



“Steps” are a British dance-pop group consisting of Lee Latchford-Evans, Claire Richards, Lisa Scott-Lee, Faye Tozer and Ian “H” Watkins. They were formed in May 1997 by Tim Byrne, Barry Upton and Steve Crosby and released four studio albums, three compilation albums and seventeen singles. Their name was based on a marketing premise: that each of their music videos were to be choreographed, and the dance steps were included in the sleeve with most of their singles.

On Saturday, May 26th me and my best friend Julie Smith went to Cheltenham’s Whaddon Road Football Stadium to see “Steps”, who Julie has, for a long time, been wanting to see live. It was the first time either of us have ever been to a concert, but it was BRILLIANT!

There was a good singer named Sara Alto who sang first, then the singing group “Blue” performed. Then, finally, on came “Steps”.

“It was the first time either of us have ever been to a concert, but it was BRILLIANT!”



Wiki Me — By Tracy Roberts

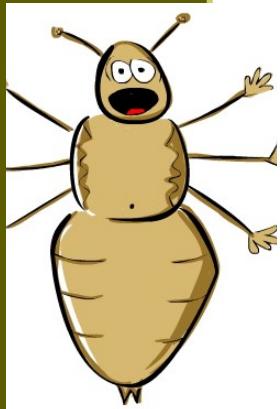
Wiki Me is a new way for children and young people with special educational needs and disabilities, their families and the people who work with them to talk to each other online.

Wiki Me is a simple secure personal website being trialed in Herefordshire.

The use of pictures, videos, sound, text and messages allows individuals and their families, along with the professionals involved in their education and care, to keep in touch and learn from each other.

People and their families can use Wiki Me to store and update important information and choose who they share it with. Professionals and other members of the individual’s circle can all work together around the young person’s education, health and well-being, supporting their care planning, goal setting and review meetings. (Continued over page...)

Women in War—By Lisa Perkins



...there was a very high risk....

Hilda Sikora

The daughter of an Austrian explorer, Hilda Sikora was born in 1889 in Madagascar. She had no formal education, but through self-teaching became an expert on insects.

She was employed from 1915 as an illustrator of creatures like crabs and scorpions at the Institute for Tropical Medicine, in Hamburg (Germany).

Hilda went on to study body and head lice which caused the fever called typhoid. Typhoid was a big problem in the first world war.

It was very brave to study typhoid because there was a very high risk of catching it.

Wiki Me Continued....

Continued from Page 5

The first part of this trial, which lasts for two years and will be evaluated by the University of East London, started with 15 families in November. It is now available for up to 250 families.

It was presented at the Learning Disability Partnership Board and I am going to give it a try. Don't worry, you don't have to be good at using a computer, as it's really very easy and training and support are available.

If you are interested take a look at <https://youtu.be/AdjKMnph6hw> or contact elspeth.dixon@herefordshire.gov.uk



Caption
describing

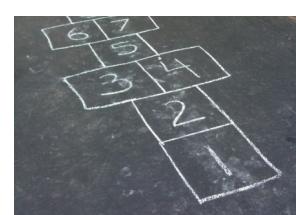
Have you heard the one about...?

What do you call it when a dinosaur makes a goal with a soccer ball? A Dino-score



What kind of dinosaur can you ride in a rodeo? A Bronco-saurus.

Why should bowling alleys be quiet?
So you can hear a pin drop.



What's a frog's favourite game? Hopscotch.



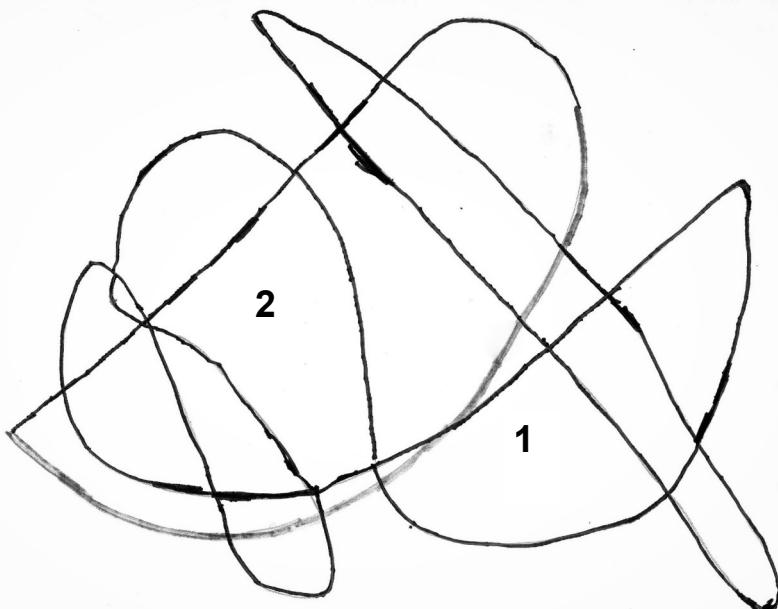
Puzzle

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

How many shapes are there?

Count the spaces and write the numbers in the shape.

The first two are written in...



Deadline July 18th. One entry per person please!

Prize donated by Ms Brettina Meadows. Thank You!

Shrek Adventure -

— By Tracy Roberts

I went to the Shrek Adventure with my friend Sarah. We went on a guided tour called Far Far Away.

The character Donkey managed to run over one of the Rumpelstiltskin witches so we go on the run and meet some different characters on the way. We had to get different ingredients for a special potion to set us free.

Unfortunately we were caught by Rumpelstiltskin but Shrek set us free.

It was really fun to take part in and I got a photobook to remember the adventure by.



Our News Our Views

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Created and run by adults with a learning disability.

“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 four years old in June 2018!

The deadline for articles and adverts for the August September edition is July 18th.
(The editors reserve the right to edit all copy.)

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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’.

www.herefordshiremencap.co.uk find us on Facebook and twitter @HerefordMencap.

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