



Our News Our Views

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

Edition 43 – October 2018

Special points of interest:

- Footballing fun at Lads Club.
- An original horror story by Adrian Phipps.
- Autumn foraging and spooky things to do.

Inside issue

Editors Update	2
Amsterdam	2
What's On.	3
Spot the ball	4
Lads club story	5
A horror story	6

Threads in time —

By Tracy Roberts

Threads in time is all the works that Rose Tinted Rags have done, brought together after 4 years. The collection of traditional skills and design techniques makes this exhibition a truly amazing experience.

Peter and I went to the exhibition and thought it was brilliant. We liked each piece of the exhibition.

Michelle Roberts has displayed a rug that she made that is up for auction.

Well Done Rose Tinted Rags!



Cliff Richard— By Peter Crum

In 2014 the police raided his home as part of an investigation into past child sex claims.

The BBC named Cliff Richard as a suspect but he was never arrested or charged. The BBC sent a helicopter to film a raid on his home.

The judge ruled that they should not have said his name, and everyone has a right to privacy during early stages of a police investigation - if they are famous or not.



The BBC believes this is against press freedom and will appeal.

I think, it is possible the BBC got carried away thinking this was to be a case like Jimmy Saville. If it had been true, it would have been a sensational story and all press like that sort of thing. Perhaps there was a prejudice about cliff Richard as a single man, with a clean-cut reputation.

The BBC and police will both have to pay money for their mistake.

Update from the editors



**By Laura Jol-
liffe on behalf
of Our News
Our Views
Editorial Team.**

Thank you for sending in your articles. Sadly, nobody spotted all the differences in puzzle corner good luck with spot the ball this month. In this month:

- Lots of fun things to do for Halloween.
- We take a look at the Cliff Richard court case.
- We take you on a trip to Amsterdam and Turkey,
- And Tenbury and Ross.
- Well-done to Rose Tinted Rags, great exhibition!

I hope you enjoy our articles this month.

See you in November — deadline for your articles 17th October.



Amsterdam — By Lisa Perkins

Sally and I went on our holiday to Amsterdam in Holland.

We went to get a taxi to take us to the coach and to pick people up. We then went to catch the Calais Dover Ferry.

Sally + I walked around the Duty-Free Shop and we had a drink of water.

Our hotel was Golden Tulip Hotel. Sally + I had a room on the second floor. It was a good room with a nice chair and the bed was very comfortable to sleep on.

We went on a coach trip to Edam town to go around the Shopping Centre where we bought a Scarf and a lovely jacket.

We went on other trips which passed the red light district. We saw lots of things you would not see in Hereford town centre!

We took the canal water taxi. It was very hot there.

I liked Amsterdam because it was a very nice area.

They speak a lot of Dutch words. The people were friendly.

I did enjoy it because we went to see a lovely beach and the food was mostly great.

It was very nice there and I would like to go back someday.



WHAT'S ON OCTOBER 2018



Date	Time	What	Where	Detail/ Price
6th	Rolling programme between 10 to 3.30	Fungus Day—forays and bring your fungi to identify!	Queenswood Country Park and Arboretum, Dinmore Hill, Leominster, Herefordshire, HR6 0PY	Free 
6th	11.00	Sargent Stubby an unlikely hero. Film animation.	The Courtyard Theatre	£7 £6.50 disabled
8th		Fashion Show, in aid of Hereford Samaritans.	Oakchurch, Brecon Road, HR4 7NH 	£10 Ticket gives 15% discount for 1 week.
	10.30	Coffee and biscuits		
	7.00	Prosecco + canapes		01981 500125
20th	10.30 to 4.30	Apple celebration day. 	Hereford Cider Museum.	£5.50 £5.00 concession £16 Family
20th	9.30 to 3.00	Arts, crafts and vintage market.	Kington Market hall.	Free 
27th	10.30 to 5.00	Halloween Spooky fun, only time of year that Castle opens cellars.	Hampton Court Castle.	£14
27th	11.00 till 4.00	Spooky Halloween Family Trail.	Brockhampton Estate, Bringsty, near Bromyard, Herefordshire, WR6 5TB	£2.50 plus normal entry fee
5th Eastnor or 29th The Weir Gardens	12.00 to 3.30	Autumn Foraging Courses. 20 minute introduction, 2.5 hour walk identifying the different edible plants, fruits and mushrooms. Followed by a tasting over a light lunch.	Eastnor Castle, Ledbury, HR8 1RL OR The Weir Gardens, Swainshill, Hereford, Herefordshire, HR4 7QF	Both courses £45 £22.50 under 16 Free under 12 01981 590604

The Producers - By Tracy Roberts.

The producers is about Max Bialystock is a producer and his show opens and closes after one performance then meets lots of interesting characters along the way. There are lots of good songs like “along came bialy”, “I wanna be a producer” and “Springtime for Hitler”.

Hereford Musical Theatre Company are doing the producers 6th – 10th November.

I am in this production and I am playing lots of characters and I am enjoying rehearsals.



Tenbury Show + Ross Carnival — By Laura Joliffe



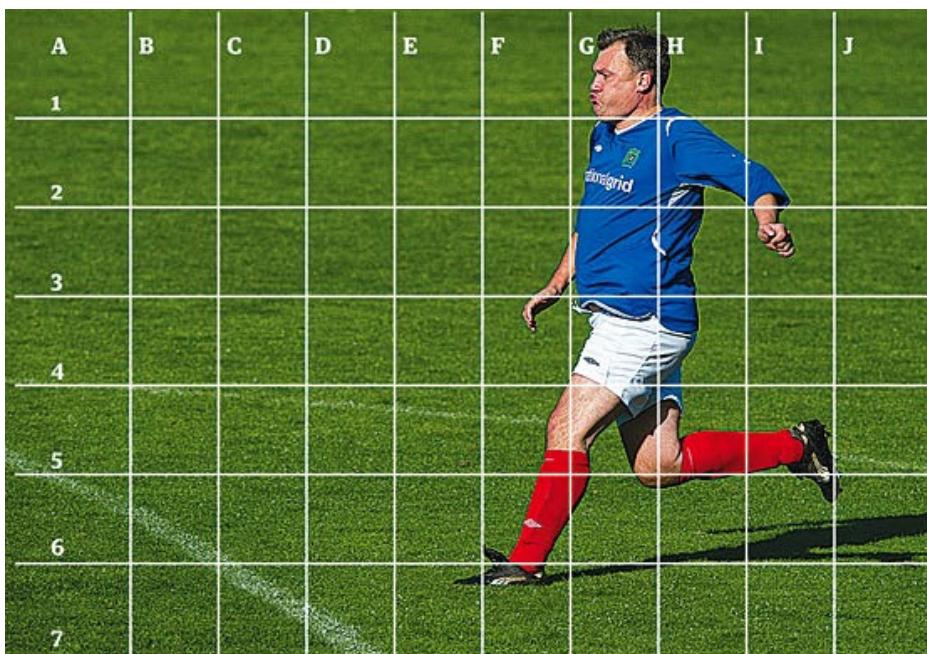
On Saturday 4th august 2018 I went to Tenbury to the countryside show.

It was very good with lots of scurry races. They are little carriages pulled by two horses that race each other. It was brilliant!

I went to Ross on wye carnival. It was very good there walking through the town .

I especially loved the steel drums.

Puzzle Corner— Spot the ball



Mark with a cross where you think the ball is and then send in with your name, address, and email or phone number.

Deadline October 17th. One entry per person please!

Prize donated by Ms Brettina Meadows.
Thank You!

Lads Club – By Peter Crum

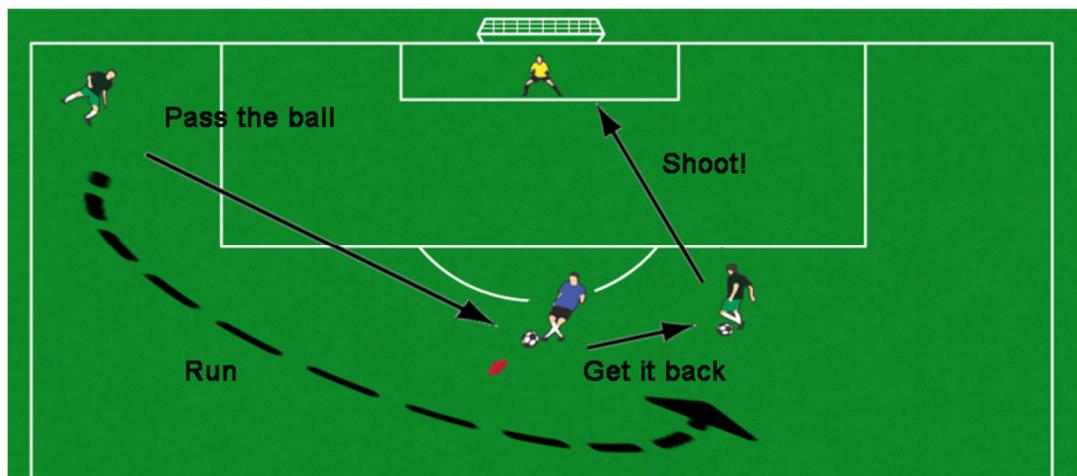
Inclusive Football sessions are for young people who enjoy football regardless of their skill levels or their additional needs. These sessions provide opportunities for structured football training on a weekly basis with qualified coaches.



At the moment, a core of dozen or so young people, of varying disabilities, meet in their Hereford Lad's Club kit every Wednesday evening during term time to practice their skills, run through

exercises and drills and enjoy each other's company. I went along to take part in a session.

Nick said we do a warm up so that we don't get any injuries.



There were 14 young people with disabilities and the coach Nick. In the warm up we did a little gentle jog, then got a little faster. Then we did some side steps and finished with a sprinting game.

Nick said we do a warm up so that we don't get any injuries.



A walk down Myers Lane — An original story — By Adrian Phipps



...you're not getting me down that street Emily. Not on Halloween night.



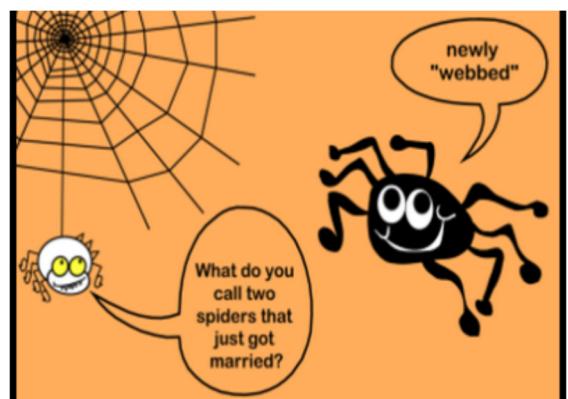
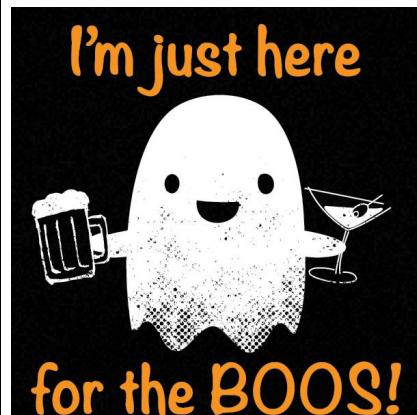
It was a dark Halloween Night as Julie and her sister Emily were on their way home. “Emily,” said Julie, “mum said we have to be home before 8 o’clock. It’s almost quarter to now. I don’t think we are going to make it. What shall we do?” Emily thought, then said: “we can only make it home in time if we go down Myers Lane. Julie quickly said: “you’re not getting me down that street Emily. Not on Halloween night.” Emily held on to Julie’s hand tightly and said, “we have no choice. And so, although it was very dark, to make sure they were home in time Julie and Emily turned and began to walk down Myers Lane. Everything seemed all right – that is, until they heard footsteps coming behind them, and a gate slamming shut. Then they heard a voice cry, “Dad, help! Michael’s coming!” They looked behind them, starting to feel frightened. Suddenly there was a loud bang and a sound like someone was either coughing or choking. “We’ve got to get out of here!” Julie shouted. She looked at Emily, with a scared look on her face, and said, “I told you we shouldn’t have come this way,” and both girls ran quickly. Meanwhile, back up Myers Lane a young boy named Mark, along with his father, helped his Uncle Michael to carry his suitcases into the house.

What did the ghost teacher say to her class?



“Watch the board and I’ll go through it again...”

Have you heard the one about...?



Introducing Turkey — By Lisa Perkins



Few places rival Turkey as an East -west Meeting point. This was the birth place of the Greek civilization seat of the Ottoman empire which spanned nearly 500 years and stretched from the Danube to the Persian Gulf.



According to the guide books, modern Turkey has amazing historical sights, splendid beaches, sports, trekking and mountaineering, many religious shrines dedicated to the Christian, Islamic and Jewish faiths, a history stretching back over two millennia and romantic setting second to none.



Along the Aegean and Mediterranean coasts you can admire some of the finest classical ruins including entire cities such as Ephesus and Pergamon .



The coast line also has superb scenery and the barren heartland of Anatolia contains sites dating back to the bronze age.

Then there is the vast incredible underground cities and cave dwellings of Cappadocia on the Black sea coast where Jason and the Argonauts sought the golden fleece.

On the east Turkey beckons with lake Vanan and biblical sites including mount Ararat.



Inclusive Football
12 - 16 years
17 - 25 years

F.A. qualified coaching
For all levels of skill and/or disability
Emphasis on health & fitness
Free taster session, then £3 per week

**At the Point 4, Hereford, 6.00 - 7.00pm,
Wednesdays (term time only)**

Our News Our Views

c/o Hereford South Wye Team Office, 89
Ross Road, St. Martin's Church,
Hereford HR2 7RJ

Phone: 01432 352085 (Thursdays)
Email: ournewsourviews@hotmail.co.uk
Website: www.ournewsourviews.com

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 November edition is October 17th.
(The editors reserve the right to edit all copy.)

Thank You— We thank our advertisers for their support. **Advertise with us** — prices on website.

Disclaimer —We cannot accept any responsibility or liability for any opportunities or products described in the newsletter or offered by our advertisers that are printed in good faith.
We apologise for any mistakes we make.

**E F Bulmer
Benevolent Fund**

Thank you to our advertisers funders and sponsors!



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

Leisure, learning, social, voluntary and work-based activities during the daytime, evenings and weekends.



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 find us on Facebook and twitter @HerefordMencap.

HOUGHTON PROJECT

Rural Skills for All
Here you can:
Work with animals
Grow your own food
Make things out of wood in the workshop
Work in the woods

Come and see what we do

① 01568 797 900

tim@houghtonproject.co.uk
www.houghtonproject.co.uk



Andy's discos

A Professional DJ available for hire.

Weddings, parties or events.

For more information give Andy a call on 07974 486411