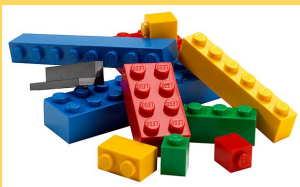




# Our News Our Views

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

Edition 47 – **February 2019**



## Lego Brick History Exhibition - By Adrian Phipps

Hereford BID is challenging all schools, LEGO clubs and enthusiasts to make a model inspired by a Herefordshire landmark. Models can be any size, and winners will be displayed in shops around Hereford City during the Brick History exhibition from the 16<sup>th</sup> March until the 18<sup>th</sup> May.

All models must be placed on a solid base to transport, and received no later than Thursday 28<sup>th</sup> February 2019.

For further details please contact Mike Truelove at Hereford BID Email [mike.truelove@herefordbid.co.uk](mailto:mike.truelove@herefordbid.co.uk) or call 01432 376830

### Special points of interest:

- **Make your own Lego model and have it displayed at the Hereford Museum and Art Gallery.**
- **Read all about Australia.**

### Inside issue

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## Avenbury care farm - By Tracy Roberts

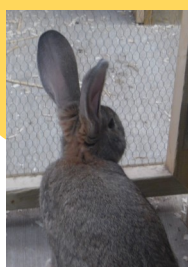
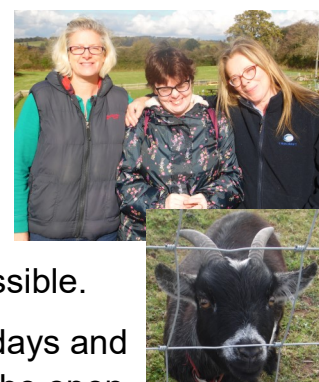
I went to Avenbury Care Farm and met Ina who runs the project and Amanda who also works there. It has been open since October 2018 and the farm belongs to Ina. Ina has experience in working with adults with learning disabilities, and the farm has been designed with wheelchair users in mind so that it is totally accessible.

At the moment Avenbury is open Tuesdays, Wednesdays and Thursdays from 9.30 am 'til 3.30 pm but they hope to be open five days a week soon. Ina said, "We want to keep it small and plan to have 10 to 15 people per session, with no more than four to five in each activity. Our aim is for quality over quantity, so we will keep the group small, so that there is more interaction and we can be more hands-on."

They want to make sure everyone has fun!

There are activities like Kitchen Craft, where there will be seasonal cooking using the big garden. The idea is it will be a 'growing it to cooking it' approach so that students will plant, grow and harvest ingredients.

The accessible vegetable garden has 12 raised beds and there are soft fruit hedges around the garden and a small orchard. There is a farm track that goes right the way round the care farm area so people can go for walks to have some peace and quiet.



# Update from the editors



**By Peter Crum**  
on behalf of  
**Our News Our**  
**Views**  
**Editorial Team.**

Thank you for sending in your articles.  
We wish you a happy new year!!

Well done Neil Sandford who spotted  
the differences your £10 is on its way.

In this month you can read all about:

- Australia, Chinese new year and Setsubun a Japanese festival in February.
- Local news from Avenbury care farm, Houghton living well course and making a rag rug at Rose Tinted Rags.
- And all your puzzles, What's On and jokes.



**See you in March — deadline 20th February.**

## Advertisement



"Avenbury Care Farm is perfect with a variety of things to do and try inside and out"

"...an amazing facility..."

[www.avenburycarefarm.com](http://www.avenburycarefarm.com)

We provide therapeutic, indoor and outdoor farm based activities for adults with disabilities and additional needs. Our care farm is completely wheelchair accessible and our facilities have been specially designed for safety and comfort. We offer full or half day activities including animal care, horticulture, arts and crafts, cooking and wood working. We are based in Bishops Frome in the heart of the countryside. Care farming helps to improve mental and physical health and wellbeing, enables positive connections with people, animals and the environment and provides opportunities for learning and achievement.

Contact us to find out more or to book a place for you or someone you care for.

Opening times: Tuesdays to Thursdays 9.30am-3.30pm  
Costs: Half day £25 Full day £40 (shorter sessions and group sessions can be arranged)

- Rhea Farm Buildings, Bishops Frome, Worcestershire WR6 5BQ  
info@avenburycarefarm.com tel - 07393 148343





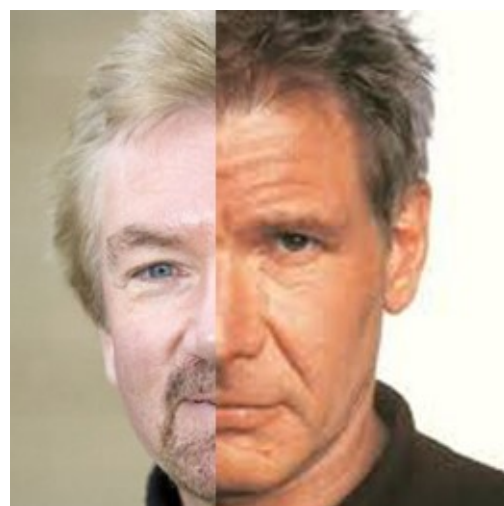
# WHAT'S ON FEBRUARY 2019

| Date        | Time                  | What  | Where   | Detail/ Price  |
|-------------|-----------------------|---|---|--|
| 2nd-3rd     | 7p.m.                 | Cinderella  | Saxon Hall, Hoarwithy Road, Hereford                              | Tickets Adults £7.50 , Children £4.50                                    |
| 8th - 25th  | 8p.m.                 | Mary, Queen of Scots                                      | Courtyard, Hereford   | Adults £7, Children £5   |
| 10th        | 3p.m.                 | Live Show, Three Little Pigs Tail                         | The Market Theatre, Ledbury                                       | Tickets £14  |
| 14th-16th   | 2.30p.m. and 7.30p.m. | Conquest Panto Beauty And The Beast                       | Conquest Theatre, Bromyard  | Tickets: £12 under 16 £8, Family £36                                     |
| 15th        | 7-9.30                | Friday Night @ Aspire Disco and Hot Supper for over 18's. | Aspire Community Hub (Please tell Aspire if bringing a supporter) | £8 - includes food, from Aspire or Ivy Close staff. Soft drinks on sale. |
| 18th-23rd   | 7.30pm Wed+ Sat 2.30  | Peter James' The House On Cold Hill                       | Malvern Festival Theatre  | Various £25.76 - £39.76.   |
| 20th - 23rd | 7p.m.                 | Jack And The Beanstalk                                    | Courtyard, Hereford   | Adults £14 Children £14  |
| 27th        | 7.30p.m.              | Jason Donovan and His Amazing Midlife Crisis              | Hereford Courtyard  | Tickets £27.50   |

£10 prize. Enter with your name, address, and email or phone number.

Deadline 20th February. One entry per person please!

Prize donated by Ms Brettina Meadows. Thank You!



Name the Five stars in these picture

## Women at War - the last one! — By Lisa Perkins

Milunka Savic fought in both the first and second Balkan Wars disguised as a man. After an injury revealed her sex, she applied to stay with the Serbian army and was accepted.

In the first World War Sergeant Savic served as commander of the Iron Regiment's Assault Bomber Squad.

On several occasions she took 20 or more prisoners single-handedly. For these acts she was twice awarded the karadjordje star with swords for outstanding bravery demonstrated in combat.

By Autumn 1915 when enemy forces were overrunning Serbia, the Serbian Army evacuated as many civilians as they could and began a long, withdrawal through the snow to the coast.



## Living well course — By Laura Joliffe

I started a course last week to do with living your life well at the Houghton Project.

It runs for 6 weeks then we have a break and then start again. Last week we did exercises - it was very hard but I enjoyed it. The course aims to get you fitter.

The course is by Anne- Marie and Elaine and the people that did the gardening course. They are good trainers

Other areas the course will cover are healthy eating and about a healthy mind; for example, we did mindfulness.



## Year of the Pig — By Adrian Phipps

2019 is the Year of The Pig according to Chinese zodiac. This is a Year of Earth Pig, starting from February 5, 2019 (Chinese New Year) and lasting until January 24, 2020.

Pig is the twelfth in the 12-year cycle of Chinese zodiac signs and is not thought to be a smart animal in China. It likes sleeping and eating and becomes fat. It usually represents laziness and clumsiness.

On the positive side, it behaves itself, has no plan to harm others, and can bring affluence to people. Consequently, it has been regarded as meaning wealth.

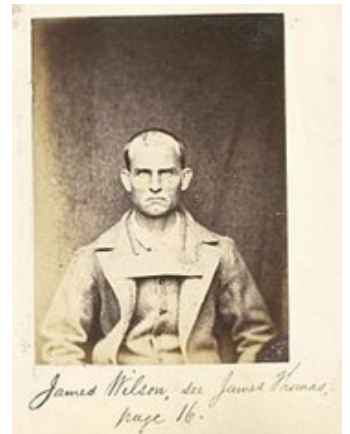


## Australia, a history – By Peter Crum

People have lived in Australia for over 75,000 years. The first people who arrived in what is now Australia were the aboriginal people and Torres Strait islanders.

The aboriginal people came by boat from the island of Indonesia. They lived in all parts of Australia and their lives were simple, they had very few needs. They lived by hunting/ fishing and gathering.

A first fleet of British ships arrived at Botany bay in January 1788 to establish a penal colony (prison). The first colony on the Australian main land.



In the century that followed, the British established other colonies on the continent, European explorers ventured into its interior.

Aborigines were greatly weakened, and their numbers diminished by introduced disease and conflict with the colonists during this period.

## Australia today – By Laura Joliffe

Australia is a continent. Its landscapes include rainforests to red deserts of the outback, vineyards, surf beaches and city areas. Thanks to a good network of internal flights you can experience many of these places within the same trip.

Some of the biggest Australian myths are true: this really is a land of easy-going attitudes where active outdoor lifestyles are celebrated, and natural wonders are all around.

Travel companies recommend how to make the most out of your Australia holiday, whether you're interested in snorkelling the great barrier reef, heading out for a bushwalk with an aboriginal guide or simply looking for the best sea food in Perth.

But if you wish to visit it is a very long journey and you will have to save up a lot of money!





## Rag Rug — By Laura Joliffe

I have made a rag rug for Harriet

The rug is Black and white, top and bottom .

The rug has taken me 6 months to do!

I am making this at Rose Tinted Rags which is down by the bus station. They have helped me to make things.

It is good fun! Harriet now has the rug in her flat in Bristol.



## Glasgow old time music hall — By Tracy Roberts

The Panopticon is the worlds oldest surviving music hall.

The music hall opened in 1857 and Stan Laurel made his first appearance there in 1906.

The Panopticon entertained the people of Glasgow for over 80 years.

I am a fan of old-time music hall and I went to visit in November. I thought it was amazing.

I especially enjoyed looking at the old costumes, standing on the stage and the way it made me feel.



...I especially enjoyed ... the way it made me feel.



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

What do you call a snowman in the summer? A puddle.

What did the lawyer name his daughter? Sue.

Why does a seagull fly over the sea? Because if it flew over the bay it would be a bagel.



## Setsubun, a Japanese festival — By Adrian Phipps

Setsubun is celebrated throughout Japan. It is a “Season boundary” – the day before the beginning of each Season (spring, summer, autumn, and winter).

The Spring Setsubun is called “Risshun”. Over the years, the word Setsubun has changed to mean only the day before the first day of Spring, as Spring was considered to be the beginning of a New Year.

It is celebrated yearly on 3<sup>rd</sup> or 4<sup>th</sup> February as part of the Spring Festival. At the Spring festival there is Mame-maki (bean scattering). Japanese people chant “Oni wa soto! Fuku wa uchi!” while throwing soybeans(mame). They do this to chase away the evil Oni (ogres, evil spirit).

After the mame-maki is over, everyone eats the same number of beans as their own age. It is believed that by doing so, people will be free of sickness during that year.

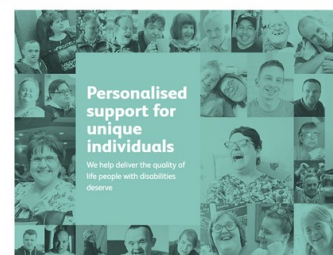
At large temples, throughout Japan, monks or celebrities also shower large crowds with mame to ward off spirits and welcome the renewal of the coming New Year.

Special sushi rolls called Eho-maki (Lit. “lucky direction rolls”) are eaten on “Setsubun.” They are eaten whole in one go while facing the yearly lucky compass direction, determined by the zodiac symbol of that year. This years lucky direction is west-southwest.



### Independent Involvement Group Facilitator

Ledbury or Hereford  
6-8 hours a month (roughly)  
£2,500 per annum



As an independent facilitator for our Midlands involvement group, you will be responsible for supporting peer and self-advocates and ensuring that the people who attend these meetings have their voices heard. You will plan and chair the meetings, as well as promote them to the relevant people. You will also write and distribute the minutes in easy read and in any other accessible format that is required.

#### You must have:

- The ability to travel to different locations in and around Ledbury and Hereford
- Good verbal skills
- Good advocacy skills
- Experience of working with people with high communication needs
- The ability to chair meetings
- Knowledge of report writing
- Knowledge of easy read
- Preferably knowledge of different communication methods

If you would like more information, contact Dominique Richards, Personalisation Officer at [Dominique.richards@walsingham.com](mailto:Dominique.richards@walsingham.com) or on 020 8343 5548.

*As Walsingham Support meets the requirements in respect of exempted questions under the Rehabilitation of Offenders Act 1974, all applicants who are offered employment with us will be subject to a criminal record check from the Disclosure and Barring Service before the appointment is confirmed. This will include details of cautions, reprimands or final warnings, as well as convictions.*

Walsingham Support is an equal opportunities employer and welcomes applications from all sections of the community.

## 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 March edition is  
February 20th.**  
(The editors reserve the right to  
edit all copy.)

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