



# Our News Our Views

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

Edition 48– **March 2019**

## Special points of interest:

- **Are you getting enough sleep?**
- **Famous face mix up—can you identify them?**

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## Hi Ho, Hi Ho, it's off to panto I go! - By Laura Jolliffe

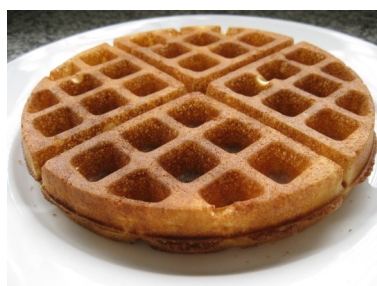
I went to snow white and the seven dwarves, the spectacular family pantomime in Malvern this Christmas. It was a magical show for all the family and starred the legendary Su Pollard as the wicked Queen alongside Francesca McKeen as Snow White, Aiden Banyard as the prince, Philip Meeks as nurse. Back by popular demand was comedy star Mark James as the loveable Muddles! I liked the panto it was very good.



## What is a Waffle? - Peter Crum



We were going to write a Brexit update because we thought it might be sorted by now. It is very hard to understand how it will turn out and things change every day... So, we thought instead we would cover international waffle day on the 25th March!



If you say that someone waffles, you are critical of them because they talk or write a lot without actually making any clear or important points...

International Waffle day celebrates the beginning of spring by eating waffles and began in Sweden where they were invented. Waffles are a crisp cake of batter baked in a waffle iron and often have a pattern of small squares.

As it turns out, waffles are also such a popular world-wide treat, that there are two days in the calendar to celebrate them. The second date is in the USA in August to celebrate the invention of the Waffle iron.

Why not have one on the 25th while you listen to the final Brexit deal or perhaps more Brexit waffle?!

# Update from the editors



**By Adrian Phipps on behalf of Our News Our Views Editorial Team.**

Happy Pie week 4th –10th March and mind you don't smoke on no smoking day 13th March!

Thank you for all articles you have sent to Our News Our Views. In the March edition you can read about the Hindu Festival and we update you about Brexit—except it is not clear, so we tell you about waffles instead. Other interesting stories about Sleep, a Hindu festival, the White House and more.

Sorry, in our prize competition there were not five faces—just 4. Well done Matthew Bayley you guessed correctly. If you like competitions and have an artistic idea how about designing a flag for Herefordshire? You have until April 15th. See <https://www.the-shire.co.uk/herefordshireflag> for details.



There will be puzzles, jokes and What's On in this edition too.

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

## Sleep — By Tracy Roberts

Adults aged 18 – 64 need to sleep for 7 to 9 hours a night as sleep plays an important role in your physical health.

You can help yourself to sleep by sleeping at regular times, make sure you wind down, exercise daily, avoid alcohol, cigarettes and heavy meals in the evening and sleep on a comfortable mattress and pillow.

10 things that happen to your body when you lose sleep:

- You are more likely to get sick.
- Your heart can suffer.
- Your cancer risk increases.
- You can't think straight.
- You are more forgetful.
- Your sex drive lowers.
- You gain weight.
- Your risk of diabetes increases.
- You can be more accident prone.
- Your skin can suffer.
- You get dark shadows under your eyes.



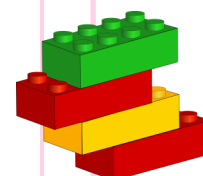
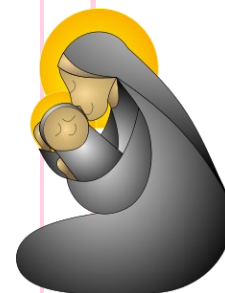
Getting enough sleep isn't just for your vanity. It could save your life.

Take some time to consider all you're risking before you continue that late-night TV marathon. Then, turn out the lights and enjoy your 7 to 8 hours of beauty sleep and have a healthy rest.

World sleep day is on 15th March 2019

# WHAT'S ON MARCH 2019

Date	Time	What	Where	Detail/ Price
1st	7.30p.m.	A Star is born—film	Conquest Theatre, Bromyard	Tickets Adults £7 & £6
11th and 12th	7.30 and 12.00	Carousel - a Herefordshire life through a lens	Courtyard, Hereford	Adults £7,£5
11th	All day	Mothering Sunday	Everywhere!	Free—except for gifts!
13th and 14th	7.15 and 5pm	Carousel - a Herefordshire life through a lens	Malvern Festival Theatre	Tickets £9
16th until 13th May	Tuesday to Friday - 10 til 4pm Saturday 10am—12.30	Lego Brick History Exhibition	Hereford Museum and Art Gallery	Tickets: £2 child £3.50 adult £8.50 family (2 adults, 2 children) Under 5s fre
16th	7.30	Red Hot Boogie Band	Market Theatre Ledbury	£12
27th - 31st	2.30 and 7.30	Oliver—musical	Market Theatre Ledbury	£14 and £10
31st	1pm - 4pm	Waterworks Museum Family Open Day	Hereford Waterworks, Hereford	Free to disabled people and their carers.



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

Deadline 20th March. One entry per person please!

Prize donated by Ms Brettina Meadows. Thank You!



Name the Four stars in these picture



## British pie week! – By Peter Crum

4th till 10th of march is British pie week and veggie pie month. Why not try making this veg pie?

Food you need: Carrots, Peas, Broccoli, Leeks, cabbage, Tomatoes, dried herbs of your choice.

What to do: Cut up the carrots and leeks, then put all the veg to boil till soft. Drain and save some water to use with a veg stock cube and use flour to thicken. Mix and put in pie dish. Taste it and add herbs.

How to make pastry: You will need 25g butter and 25g flour rub together until it makes pastry. Roll pastry and put over the pie dish. Brush with beaten egg or milk. Make small hole in middle to allow steam out.

Cooking: Put your oven to 180°C with fan or 200°C without fan till pastry is cooked and golden. Bake 25-30 mins. Enjoy!

Add your own twist: Add whatever vegetables you like for example you can fry onion and garlic to add to the mix, spinach, mushrooms, courgettes - whatever you fancy. A lot of chefs seem to add grated cheese. Or if you can't live without meat add some chopped bacon or ham. Have fun making your own pie.



## A good birthday outing — By Laura Joliffe



What do you do on your birthday?

This year I went out with Trudy, my mum, and Harriet, my sister. We went to Primark, where mum bought me boots. Then we went to M&S for a drink – I had a mango smoothie.

Afterwards we went to Wyevale garden centre where we had a meal. I had a prawn sandwich.

Later we went to Jean's house who is Harriet's grandmother for tea. I came back at 7 o'clock – it was a good birthday outing!

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

What's bad tempered and goes with custard? Apple grumble!

How do you communicate with fish? You drop them a line!

What do you call a 3 legged donkey? A Wonkey!



## Helping curlews – By Laura Jolliffe



The curlew is a popular and easily identified bird of our countryside, which is decreasing fast throughout the country.

There has been a national loss of over a half in the past 25 years and in lowland areas it is even worse.

A bird, which 60 years ago in Herefordshire was described as common and widespread, now has less than 20 breeding pairs.

In 2018 out of 19 identified nest sites only two young were known to have survived.

## Planet Barnard B — By Peter Crum

Barnard star b is a frozen super earth found six light years away which could support life, experts say.

The rocky planet is at least 3.2 times the size of earth and is orbiting Barnards star. This star is one of the closest and most well studied red dwarf stars in the galaxy and the sun's nearest neighbouring single star.

Known as Barnard star b, its surface temperatures are estimated at minus 150 degrees centigrade!

Super earth = A super-Earth is a planet with a mass higher than Earth's.

Mass = An objects weight is how hard gravity is pulling on it. We think the weight is the same everywhere ... because we all live on the surface of the planet Earth! But in orbit it would not push on the scales at all. The scales would show 0 kg ... but the mass is still 100 kg !

Red dwarf star = A red dwarf is a kind of star. Red dwarf stars are smaller than half the size of the Sun. They are also cooler than most stars. Red dwarfs burn their fuel slowly, so they shine with less light than hot stars.



## The White House Washington DC — By Lisa Perkins

Washington DC is where the President of the United States of America lives in the White house. Here are some facts you may not know:



- George Washington never lived in The White House which was completed a year after he died and the second US president, John Adams, was the first to live there.
- The statue of Andrew Jackson in Lafayette Square (directly across from the White House) was partially made from British cannons that were taken in the war of 1812. It was also the first horse statue made in the U.S.
- The White House has a total of 35 bathrooms.
- The original phone number for the White House in 1878 was simply the number 1.
- Theodore Roosevelt allowed his six children to bring their pets to the White House in 1901. As well as many dogs they had a small bear, a lizard, guinea pigs, a pig, a badger, a blue macaw, a garter snake, a one-legged rooster, a pony and Baron Spreckle the hen.
- Calvin Coolidge also brought many dog breeds including terriers, a sheepdog, collies and chows. He also had cats, raccoons, a donkey, a bobcat, birds, a bear, an antelope, a wallaby, a pygmy hippo and some lion cubs!
- During World War 1 Woodrow Wilson bought a flock of sheep to graze on the White House lawn. Not only did it save the manpower needed for mowing the lawn, they sold the wool to raise money for the Red Cross.
- Washington, DC is a very international city, home to international cultural centres and fifteen percent of DC residents speak a language other than English.





## Hindu festival — Peter Crum

Maha Shivaratri is a Hindu festival which is celebrated by people following Hinduism in India.

People often fast ( don't eat) on the night of Shivaratri and sing hymns and praises in the name of lord Shiva.

Hindu temples across the country are decorated with lights and colourful decorations and people can pray to Shiva Lingam.



Wood apple leaves, cold water and milk are offered to the Shiva Lingam on this day as they are believed to be lord Shiva's favourite.

It is believed that the people who fast on this night bring luck in to their life.

The most popular Maha Shivaratri celebration takes place in Ujjain, believed to be the place of residence of lord Shiva.

Large processions are carried out throughout the city, with people thronging the streets to catch a glimpse of the idol of lord Shiva.

## No Smoking Day on 13th March — Lisa Per-

Do you smoke and would like to give up? I have read Allen Carr's Easy way to stop smoking. He says: "Ask yourself:

1. What is it doing for me?
2. Do I actually enjoy it?
3. Do I really need to go through life paying through the nose just to stick these things in my mouth and suffocate myself?

The beautiful truth is it does absolutely nothing for you at all. There are no advantages to smoking."



If you struggle to give up here is a list of who can help you:

- Local NHS Stop Smoking Services call the NHS Smoking Helpline free on 0800 169 0 169; This phone line is open from 7am to 11pm every day.
- Visit the website [www.gosmokefree.co.uk](http://www.gosmokefree.co.uk); This is a website where you can get advice and support to stop smoking, and to stay stopped.
- Send a text to 88088 with the word 'GIVEUP' and your full postcode;
- Ask at your local GP, pharmacy or hospital.

**GOOD LUCK—You can do it!**

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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!

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adverts for the April edition is March  
20th.**

(The editors reserve the right to  
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