



## Special points of interest:

- An invitation in our editorial.
- Riddles to puzzle over...

## Inside issue

Editors 2  
Update.

What's On. 3

Will you 5  
sponsor  
Mary?

The brain. 5

Warwick 6  
Castle

Colouring 7  
contest.

# Our News Our Views

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

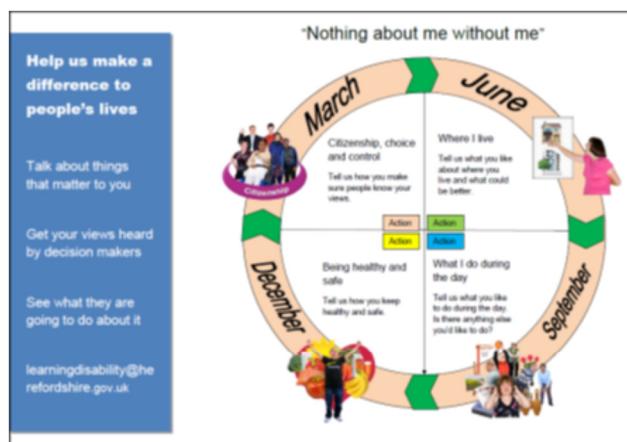
Edition 50 – May 2019

## Learning Disability Partnership Board meeting -

26th March 2019 - By Paul Choppen

### The Plan – which makes the Learning Disability Strategy happen.

There was an update on all the work that's taken place so far. This will be available on the Learning Disability Partnership Board webpage soon.



### Engagement Cycle

- Carla Preston

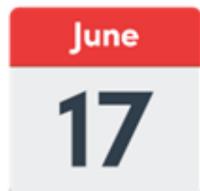
Carla showed the board the engagement cycle.

The Board will have ongoing talks with people with a learning disability about the Learning Disability Strategy's 4 priorities.

### Role of the Co-Chair

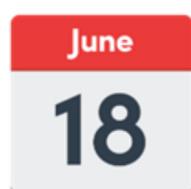
The board wants a person with a learning disability to help run the board meetings. Paul is currently putting together an easy read role description.

### Learning Disability Week 17<sup>th</sup> of June



Learning Disability week runs from Monday 17<sup>th</sup> of June to Sunday 23 June. The Learning Disability Partnership Board agreed to promote the day through the council's social media channels.

### Learning Disability Partnership Boards Next meeting



The learning Disability Partnership Board will next meet on the 18 of June 2019. The meeting will run from 10AM to 1PM. The meeting will take place at Herefordshire Council Offices at Plough Lane in Hereford.

# Update from the editors



Thank you all for your competition entries and well done to Rebecca Evans who won April's puzzle prize! It is our 5th Birthday in June this year and we invite regular readers and supporters, that wish to meet us, to a little celebration on 13th June. Just drop in, (address back page — St. Martin's Church hall), between 12 and 2..

**Please let us know you plan to come by 22nd May!**

**By Lisa  
Perkins on  
behalf of Our  
News Our  
Views**

Learning Disability Partnership Board is looking for a co-chair with a learning disability. If interested see job role on our website. Are you voting in the May elections? —check out the Easy Read guide on Mencap website [www.mencap.org.uk](http://www.mencap.org.uk)

In this edition lots for you to see — enjoy!

**See you in June — deadline 15th May.**

## Lego Exhibition — By Adrian Phipps and Peter Crum

On the 4th April we visited the Lego Exhibition at Hereford Museum and Arts Gallery. There were lots of good models there, such as The Black and White House, Disney Castle with lots of Disney characters, Hogwarts Castle from Harry Potter and many more.

The tickets cost £3.50 a person and it was well worth a visit.

These are the LEGO facts:

- 2.16 million are moulded every hour.
- Laid end to end, the numbers of LEGO bricks sold in a year would reach more than 5 times around the world.
- LEGO Mini-figures are the world's largest population, with over 4 billion of them around the world.
- On average there are 80 LEGO bricks for every person on earth.

Do you like LEGO? There is still time to go to the exhibition because it is on until May 18th.

# WHAT'S ON MAY 2019



Date	Time	What	Where	Detail/
3rd-4th	7.30	Magic of the musicals songs from the stage and screen.	The Courtyard	£15/ £14
4th-6th	11am to 6pm	Marches Makers Festival 	Kington	FREE
4th	10	Spring Open Day	Eaton Barn	FREE
4th	10 am to 2pm	Friends of the castle green open day and volunteers. Thankyou.	Castle Green	Free
5th -	10am to	The big apple blossom time	Much Marcle	FREE
9th	9am to 6pm	RHS Malvern Spring Festival	Malvern	See website
11th	11am to 5.30pm	Putley open gardens	Putley	£5, children
15th – 16th	7.30	The three Musketeers' a comedy adventure	The Courtyard	£8/ £5
23rd - 2nd June	12 pm	Hay Festival—various shows	Hay	Ring 52075697 3125908
23rd	4pm, 7pm	About Face Theatre	The Courtyard	£8/£5



## Puzzle — Riddles answers on

What has four legs, one foot and one head?

What can travel around the world while staying in a corner?

What has hands but cannot clap?

What has a head and a tail but no body?

What kind of room has no doors and no windows?



## Have you heard the one about...

A guest calls the waiter “ why are there no chairs at our table? ” The waiter shrugs, “ I am sorry, but you only booked one table.”

How many gorillas can you fit in to a car? Eight . How many chickens can you fit into a car? None, the car is already full of gorillas.

What's green and sits crying in the corner? The Incredible Hulk

**Page 3 Riddle answers:** Bed, Stamp, Clock/watch, Coin, Mushroom.

## World Whisky Day – By Peter Crum



Whisky, Scotland's national drink, has been lovingly crafted through out the country for centuries.

There's over 100 working distilleries operating today (and counting) each making whisky in their own unique way.

Learn more about the different types of whisky, find out how malt whisky is made and discover the history of this illustrious

golden spirit. At [www.visitscotland.com](http://www.visitscotland.com)

I have one in coffee if I have a cold but don't drink it straight. Do you like whisky?



## Dalmation – By Adrian Phipps



The Dalmatian is famous for its spots, which gave rise to some of its nicknames, among them Plum Pudding Dog and Spotted Dick. Dalmatians are born white, then develop their distinctive spots.

Some of the breed's other talents include drafting (pulling carts), ratting (catching and killing rats) and performing as a circus dog.

The Dalmatian is protective of home and family and prefers living in a large home with plenty of safe running room. This breed enjoys long daily walks or runs and makes a good partner for a long-distance runner.

Disney made a film based on this breed of dog called “101 dalmatians”.





The  
brain  
never  
stops  
working  
...

## Mary Poppins Returns! By Tracy Roberts

It's based 25 years later from the original film. Mary Poppins returns to the Banks family where Michael is a struggling widow with three children. He works at the bank, but not paid enough to pay back the loan on his house. His dad shares would help but he and Jane (his sister) can't find them.

Colin Firth plays the bad guy in the bank pretend he helpful, but the children discover that he is not

The children have lots of adventures with Mary Poppins and Jack the lamplighter who is like Dick Van Dyke from the film. For example – falling into the bath and have under water fun and then jumping into a china pot and went to a music hall, meeting Mary Poppins's cousin who's house turns upside down.

Overall I enjoyed it especially like the cartoon part and the songs. I thought it was better than the first. What did you think?



## The Brain — By Lisa Perkins

The brain controls everything you do from thinking, learning, feeling emotions, even breathing and your heart rate.

The brain weighs just 3 pounds.

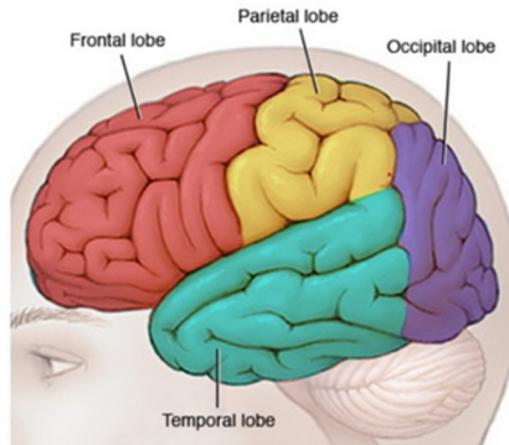
Even though the brain is just 2% of your body weight, it uses around 20% of all your energy from the blood and oxygen in your body.

Your brain stops growing when around 18 but keeps on developing and learns new skills until in later life.

There are 100 billion tiny cells in our brain called neurons, there are so many it would take you over 3000 years to count them all.

The neurons tell us what we need to do by sending messages around our body e.g. when tired you need to sleep.

The brain never stops working.



## Warwick Castle — By Peter Crum



Warwick castle is medieval castle developed from a wooden fort, originally built by William the Conqueror in 1068.

Several members of royalty and earls have lived at Warwick Castle over the years. King Edward IV was locked up in the dungeons during the War of the Roses.

It is home to the world's most powerful catapult, it is an old medieval launching weapon, the most powerful in the world and roughly the height of 3 houses and can throw objects up to 1000 metres and it holds many records over the years.

Falconry would have been a major activity at the castle in medieval times, it has lots of Birds of Prey including a Steller's sea eagle with a wing span of 8ft and the UK's only free flying Andean Condor with a wing span of over 10ft.

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



Mary, our support worker, is doing her 1st triathlon to raise funds to print the newsletters — if you receive free newsletters please sponsor her.

Go on our Facebook page and follow Just Giving link or post a donation to us.

Thank you — every penny counts!

## Denmark — By Laura Joliffe

Copenhagen is in Denmark. Here are my best picks for places to go there:

- Copenhagen Zoo.
- National aquarium.
- Louisiana museum of modern art.
- S.M.K, The national gallery.
- Tivoli gardens amusement park
- Kronborg castle



See which places you like the look of at [www.visitcopenhagen.com](http://www.visitcopenhagen.com)



## Skiing — By Laura Joliffe

Skiing has a history of almost a thousand years although modern Skiing has changed from its beginnings in Scandinavia.

It may have been practiced more than 100 centuries ago, in what is now China, according to old paintings.

The word ski is one of a handful of words that Norway has spread from the old Norse word skia which means split piece of wood (fire wood). In Finland and Sweden until at least the late 1800's They used different skis on each foot. On one foot the skier wore a long straight non arching Ski for sliding and a shorter was worn on the other foot for kicking. The underside of the short one was either plain or covered with animal skin for grip and the other one that held the weight of the skier was treated with animal fat in a similar manner to now when skiers use wax.



Early skiers used one long pole. The first picture of a skier with two ski poles dates to 1741.

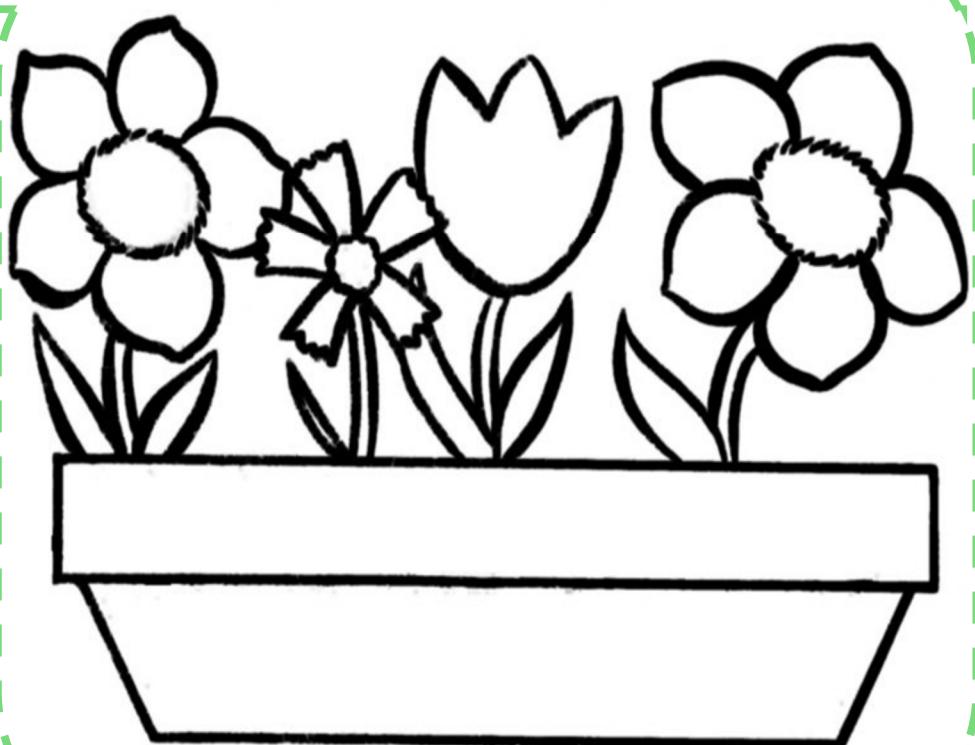
Skiing was mostly used for transport until the 1800's. But since then it has also been for fun and sport.

**Send in your coloured picture to win the draw.**

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

**Deadline 22nd May. One entry per person please!**

**Prize donated by Ms Brettina Meadows. Thank You!**



# 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 April edition is May 22nd.**

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

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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.

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‘Safe places’; ‘changing places’ toilets; advocacy; ‘Stay Up Late’ gigs; ‘Stop Gap Press’.

[www.herefordshiremencap.co.uk](http://www.herefordshiremencap.co.uk) find us on Facebook and twitter @HerefordMencap.

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