



Our News Our Views

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

Edition 51 – June 2019

Edition sponsor:



Special points of interest:

- Happy Birthday to Our News Our Views!

Inside issue

Editors 2

Update.

What's On. 3

What is Stuttering 4

Upcycling 5

How to set up your own book club. 6

Puzzle Corner 7

happy Birthday

Election results - From the Hereford Times

Herefordshire Council was lost by the Conservatives now hold 13 seats, 15 fewer than in 2015. There were gains for the Liberal Democrats, Greens and Independents - who are now the largest party, holding 18 seats.

Independent Peter Jinman said "The effect of the national politics and the questions that came from it was the first question people were looking to answer, along with what is going to be done about congestion and the environment as the second," Some say the Conservative loss could put plans for a city bypass to the west of Hereford at risk.

5th Birthday Celebration - By Adrian Phipps

When did Our News Our Views start? It began in June 2014

What is it? It is a newsletter 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.

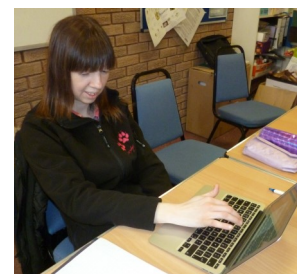
Who runs it? The ones who run it are Adrian Phipps, Peter Crum, Tracy Roberts, Laura Jolliffe and Lisa Perkins.

How many editions have we done since we began? We have done 51 editions, which began with 400 copies made each month, and after 3 years we were doing well, and 500 copies are now needed every month.

What do we write about? We write about different events that are happening in the Herefordshire Community and topics such as Health, Disability and anything we think people will find interesting.

How many reporting visits have we done since we began? We have done from 25-30 visits at least.

Getting involved and taking part? To get involved with Our News Our Views, all you have to do is send us some articles, jokes, and do our puzzles.



Continued on page 2.....

Update from the editors



Thank you for your lovely drawings, well done Rebecca Evans—you won in the draw — two in a row! We are looking forward to seeing lots of you at our birthday “bash”. We are proud of what we’ve achieved over 5 years.



Thank you to ABC Print for sponsoring this special colour edition.

By Tracy Roberts on behalf of Our News Our Views Editorial Team.

In this edition lots for you to see:

- Ever fancied starting a book club? Hear how on page 6.
- Learning Disability Week is in June.
- International beer day + National stuttering awareness day!
- Upcycling and poodles, plus what’s on, puzzles and jokes.

See you in July — deadline 19th June.

5th Birthday Celebration contd...- By Adrian Phipps

Who supports us? We are supported by support worker Mary Simpson who helps us to get the newsletter prepared. She has good ideas for us to work on, and is very helpful if any of us need help. We have also enjoyed Nick Baker’s support, and volunteers and work experience people. ECHO helps us to manage our project.

Developments and Achievements. We have visited more places and gained adverts; We have created our own Facebook page and website; We have learnt how to use video cameras; We have learnt lots of skills; We have raised money by sponsors and doing sponsor events, applying for grants and we have got our own collection pots.

Future plans: We are planning on hosting our own journalism day, where people can come and experience the kind of work we do. They can learn about how we plan and develop each newsletter, create an article to be printed in a future edition!



Finally, Thank you readers!


Learning Disability Week — By Tracy Roberts

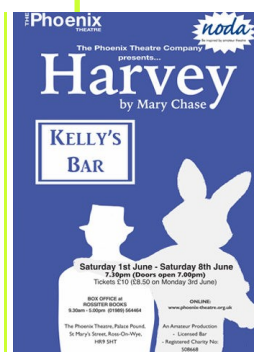
Learning Disability week runs from Monday 17th of June to Sunday 23rd June. This year it is about sport and getting involved Mencap site says.

In Herefordshire ECHO has chosen this week to put on ECHOfest which is well worth a visit—get your tickets online at www.eventbrite.co.uk/e/echofest-2019-tickets-59688822876 or call ECHO on 01568 620307 –see What’s On for venue. Houghton open day is also just before the week.

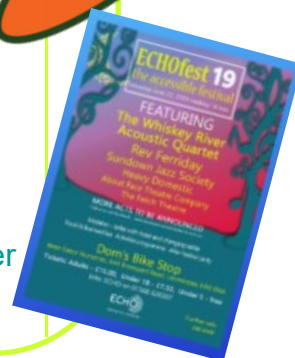
WHAT'S ON JUNE 2019



Date	Time	What	Where	Detail/ Price
1st to 28th	9a.m. to 5 p.m.	Aerial Photographs from 1950's to 1970's	Herefordshire Archive record centre	Free
1st – 8th	7.30 p.m.	Harvey by Mary Chase	Phoenix Theatre Ross	£10
4th	8 a.m. to 6 p.m.	The Royal Three Counties Show	Malvern	Check online
8th to 15th	Various times	A Dog's Journey - Film	The Courtyard	Ring 01432 340555
13th	12 p.m. to 2p.m.	5th Birthday Celebration 	St. Martin's Hall, Ross Road, HR27RJ	Free (donations welcomed)
14th	7.30 p.m.	Walk Right Back—The Eversley Brothers	The Courtyard	From £23.50
15th	12.30 p.m. to	Houghton Open Day	Houghton, Bodenham,	Free
19th June	8 p.m.	Carousel—Herefordshire a life through the lens	Market Theatre, Ledbury, HR82AQ	£3, £6
22nd	12p.m. till late	ECHOfest	Dom's Bike Stop, Leominster. HR60NA	£15 Under 18 £7.50, Under 5 goes free.



Some friendships transcend lifetimes.



Thank you abc for sponsoring ONOV colour edition!

Based in the beautiful Herefordshire countryside, ABC print group are a national, multifunctional print house.

ABC Print Group was founded on a vision for a print company that provides high quality print work using the best machinery and exceeding customer expectations at every opportunity.

Contact us: ABC PRINT GROUP, Lugg View Industrial Estate, Moreton-on-Lugg, Hereford, Herefordshire, HR4 8DP. Tel. 01432 760700



Have you heard the one about...

What do you get if you cross a pig with a nudist? Streaky bacon!

How do you make Holy water? Boil the hell out of it!

How do you catch a bra? Set a boobey trap!

Why don't elephants like penguins? They can't get the silver paper off.

What's big and red and sits in the corner? A naughty bus!



Poodles... – By Laura Joliffe



The poodle is a group of dog breeds that includes the standard poodle, miniature poodle and toy poodle.

They were originally hunting dogs but now can be good family dogs and show friendliness toward humans.

They may attack or try to dominate other dogs even if they are lovely with people. Others would rather play than fight and some will turn tail and run.

Dogs who live with their littermates and mother until at least 6 to 8 weeks, who spend lots of time playing with other dogs during puppyhood are more likely to have good dog social skills.

Jasmine is the name of my toy poodle. When I am not happy she always cheers me up. She does not like going for walks in the rain and she plays happily with other dogs.

National Stuttering Awareness Week — By Lisa Perkins

What is Stuttering or Stammering? Stammering is when:

You repeat sounds for example, such as saying "Mu-mu-mu-mummy"

You make sounds longer-for example, "mmmmmmmmmmummy"

A word gets stuck or doesn't come out at all.

Stammering varies from person to person, and from situation to situation. Someone might have periods of stammering followed by times when they speak relatively well.

Stuttering Awareness week began 7th May 2019, and offers an opportunity to focus public attention on a difficult disorder that touches 70 million people around the world and there are around **150,000** children and young people living in the UK who have a serious stammer.

"Actions speak so much louder than words" said Jane Fraser, President of the Stuttering Foundation This year, the focus of our effort to celebrate Stuttering Awareness Week is to spotlight helpful activities everyone can do for the people who stutter in their lives,

One in five children stutters for at least a short period of time, and one in 100 adults struggles with speaking well on a regular basis. **Continued p6**



The British
Stammering
Association

International Beer Day - By Peter Crum

International beer day is a celebration on the first Friday of every August founded in 2007 in California by Jesse Avshalomo. Since it started international beer day has grown from a small local event in the western United States into a worldwide celebration spanning 207 cities, 80 countries and 6 continents. The purpose of international beer day is...

1. Together with friends and enjoy the taste of beer.
2. To celebrate those responsible for brewing and serving beer.
3. To unite the world under the banner of beer, by celebrate the beers of all nations together on a single day.



Upcycling - By Laura Joliffe

upcycling is a way of changing an item to make it better than the original this is often taking something that doesn't fit or is stained or torn and refashioning a wearable outfit from it.

benefits of upcycling

Upcycling stops adding stuff to the world that already has too much material things. it also reuses materials that may otherwise end up in land fill in creative ways Producing original one of a kind item.

"I go to RTR in Hereford and within my project I have just upcycled a long red dress it was really good fun as it was nice to make a old dress look new again". Stephanie is making a lovely dress of a green colour.



Do you
like
beer?

...it was
nice to
make a
old
dress
new
again...

Cider Making and Selling— By Laura Joliffe



On Friday I went to the Houghton project. I put a bottle in the bottle steamer to clean the bottles and kill all the germs before the cider is put in.



Houghton were phoning places like The Courtyard to see if they would like to buy some. We then filled the bottles and will deliver them on Friday.



We made the cider last year. We have seen the process right from the start. It is a bit strong for me, but it was fun to make, bottle and deliver!



National stammering week contd...

DON'T FINISH SOMEONE'S SENTENCE IF THEY ARE STUTTERING

We know you m-m-mean well, b-b-but we just need a l-l-little m-m-more time to say w-w-what we'd like to s-s-s-say.



Most people know someone-a family member a friend, a co-worker or a classmate- who stutters."

The stuttering Foundation, the largest non-profit charitable organization in the world working toward the prevention and improved treatment of stuttering, offered the following activities to celebrate stuttering Awareness Week: Watch a new video; Design a T-shirt; Sign up for social media; Find a Referral; Share your child's art; Learn about a famous person who stutters; Get Information; Lots more information on the websites: www.stammering.org, www.stutteringhelp.org

How to set up your own book club - By Tracy Roberts

Danielle (one of my friends from the summer school I go to), my friend Janet and I decided to start our own book club.

Danielle chose the book this time, she chose "The Six Wives of Henry VIII by Alison Weir.

The book is about Henry 8th and his wives.

We talk about the book through Facebook.

We have set up a private group so we can talk about what we found interesting and what was our favourite parts.



Why not start your own book club?

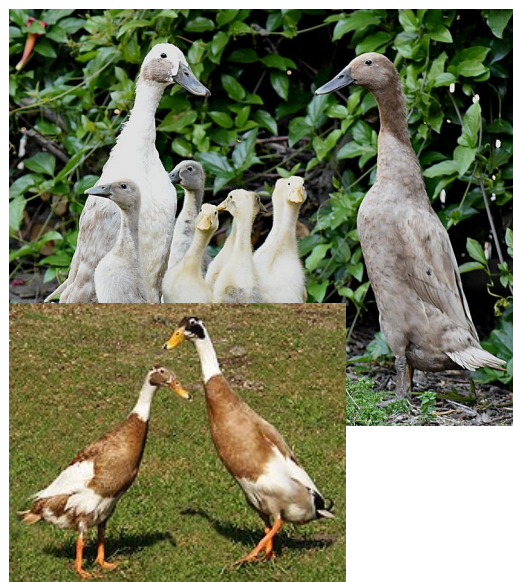
Running Ducks — By Laura Joliffe

India runners are a breed of duck that are upright like penguins.

Rather than waddling they run. They usually lay about 300 to 350 eggs a year or more.

They were found on the Indonesian islands of Lombok, Java and Bali where they were walked to market and sold as egg layers or for meat.

These duck do not fly.



**Thank You for
sponsoring Mary!**

Total raised so far —

£515!



Come and bloom with us.

Our purpose-built care farm is completely wheelchair friendly.

Animal care, gardening, cookery, woodwork, arts and crafts.

Open Monday-Friday, half or full day sessions.

Get in touch to find out more 07393 148343

info@avenburycarefarm.com
www.avenburycarefarm.com

P	A	I	N	T	E	D	L	A	D	Y	S	P	L	M	C	D
K	S	C	A	L	E	S	M	O	W	I	N	G	I	Z	A	B
O	A	B	D	O	M	E	N	X	S	F	R	K	F	R	T	A
E	G	G	T	B	M	O	N	A	R	C	H	U	E	O	E	N
C	N	A	V	R	A	L	H	E	A	D	E	W	C	U	R	T
D	H	T	F	C	Z	P	R	U	O	L	O	C	Y	W	P	E
A	I	R	O	B	O	R	S	T	H	L	G	A	C	O	I	N
I	N	E	Y	M	E	M	K	H	F	A	I	G	L	R	L	N
N	F	I	A	S	O	H	P	U	P	A	B	I	E	G	L	A
T	X	T	S	W	A	L	L	O	W	T	A	I	L	F	A	E
Y	E	A	T	G	E	L	O	B	U	J	K	B	T	M	R	Y
M	I	N	S	E	C	T	I	G	Q	N	Z	E	O	A	S	E
E	N	J	S	H	A	P	E	S	I	F	D	M	T	U	T	S
A	H	O	S	T	P	L	A	N	T	S	N	E	C	T	A	R
T	U	Z	E	M	E	R	G	E	B	Y	T	X	Y	O	H	O
T	R	A	N	K	D	B	D	E	L	I	C	A	T	E	O	M
T	H	O	R	A	X	R	Y	U	M	M	Y	S	J	F	J	D

Puzzle Corner– Butterfly Word Search

Metamorphosis

Painted Lady

Butterfly

Monarch

Antennae

Abdomen

Nectar

Thorax

Larva

Eyes

Eat

Entomologist

Compound Eye

Migration

Host Plant

Delicate

Habitat

Scales

Insect

Pupa

Grow

Leg

Caterpillar

Swallow Tail

Chrysalis

Life Cycle

J-Shape

Flower

Emerge

Colour

Head

Wing

Egg

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

Deadline 19th June . One entry per person please!

Prize donated by Ms Brettina Meadows. Thank You!

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 five years
old in June 2019!

**The deadline for articles and
adverts for the July edition is 19th June**
(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

☎ 01568 797 900

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



Andy's discos

All types of music.

Available for hire -

weddings, parties or events.

I only charge for transport costs.

Hereford area only please.

**For more information give Andy
a call on 07974 486411**