



## Special points of interest:

- “Superb” Echofest
- Cholesterol explained.
- Laura makes a hat!

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of  
colouring  
fun!

# Our News Our Views

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

Edition 53 – August + September 2019

## ECHOfest – By Tracy Roberts

It was the 3rd Echofest and it did not disappoint. It was a festival with seven bands and performances by About Face Theatre groups, the Fetch theatre company, circus skills, food stalls, ice cream van, mobiloo and lots more.

“This year I took part in performing with the About Face Friday group and the dances, I felt excited. It was lots of fun and really enjoyable”.

Peter said, “My first time going to Echofest was superb! It had lots of great bands, good vegan food, entertainment, including dance were all good. Thank you to the organisers for a great day”.



# Update from the editors



Sadly, nobody won our £10 competition .  
Better luck next time!

Thank you to the people who came to Our Birthday Bash, and for giving us your jokes and donations.



In this edition lots for you to see:

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

- ECHOfest
- Cooking at Houghton
- World School Milk day
- What's on, jokes, puzzles and colouring

Thanks as always, to our sponsors.

**See you in October— deadline 18th September.**

## Cookery project — By Laura Joliffe

On Tuesday I went to the Houghton project to do a cookery project run by Tim.

On the cooking course we went into the woods and made something different each week.

So far, we:

- Have made hot dogs.
- I cooked spaghetti Bolognese.
- Then chicken korma.
- Pizza in a wood oven.
- And sausage casserole.

I liked everything but the casserole I did not like!



# WHAT'S ON AUGUST 2019



Date	Time	What	Where	Detail/
2nd	7-10	Stay up late	Left bank	£3
4th	11-4	Fun dog show Hereford and Worcester animal rescue	Brockhampton estate Bringsty near Bromyard WR65TB	free
4th	9.30am-6.00pm	Herefordshire country fair	Ross Hr2 9DG	£7 children Adults £13 Family £36
16th	5.00pm-11pm	Prosecco in the park drinks +food festival	Bishops meadow wye street Hereford	£10
22nd	11.am-12.00pm	The selfish giant	Labels shopping Ross HR9 7US	£7.00
23rd	10am-5pm	Ludlow food festival	Ludlow	£12 between £20

## Making a Pill Box Hat — By Laura Joliffe

I made this hat at Rose Tinted Rags on Monday. The hat has pretty stitches on of red, yellow, orange and green. It is a pill box hat.

You make the hat material then the lining and sew them together inside out. Then you pull it through before you sew up the last bit. I like it! Do you think it suits me?



## Have you heard the one about...

What do you call a Mexican who has lost his car? Carlos



"Waiter, what is this?" "It's bean soup."  
"I don't care what it's been, what is it now?"



What do you get if you cross a cockerel with a dog?

A cocker-poodle-doo



Horse walked into a bar, barman said why the long face?



Have you heard about the magic tractor? It went down the road and turned into a field!

Did you hear about the two people who stole a calendar? They each got six months!

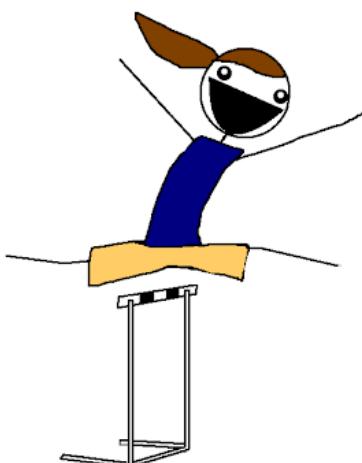


### Disability Week Getting Active by Laura Jolliffe

To celebrate learning disability week Pace coaching came and did some games with us at the Aspire Hub to promote exercise and health. We did lots of games including:

- Hurdles
- Beanbag throwing
- Tennis ball push

We all got a medal for taking part. I got really competitive and wanted to win with the highest Score! It was really good fun.



# WHAT IS CHOLESTEROL

- By Lisa Perkins

Cholesterol  
is in every cell in your body.

Cholesterol is a type of fat found in your blood. Your liver makes cholesterol for your body.

You also can get cholesterol from the foods you eat — meat, fish, eggs, butter, cheese and milk all have cholesterol in them. Fruits, vegetables and grains don't have any cholesterol.

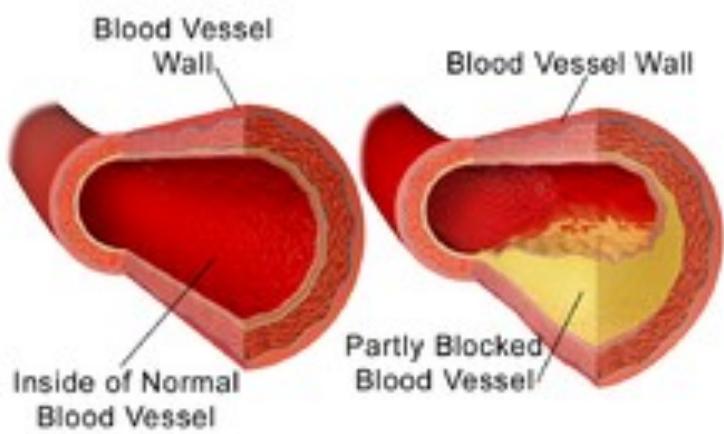
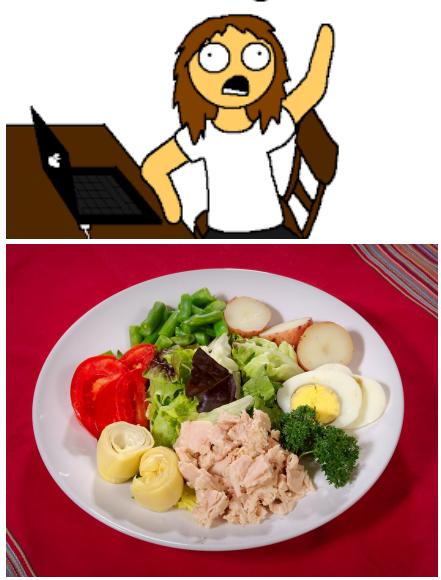
Cholesterol is in every cell in your body, you need it to help your brain, skin and other organ's to do their jobs. But eating too much fat and cholesterol is bad for you.

Cholesterol floats around in your blood and can get into the walls of blood vessels this can cause the blood vessels to clog. If the clogging gets worse over many years it can cause a heart attack or stroke.

How can I prevent High Cholesterol?

- Eat a healthy diet-fruit and vegetables e.g. salad, fish, carrots.
- Limit drinks and food that have a lot of fat or sugar — like sugary drinks, treats and fried food.
- Get plenty of exercise.

Eat a  
healthy  
diet



Normal and Partly Blocked Blood Vessel

Do  
you  
like  
milk?



## World School Milk Day — By Peter Crum

World milk day is celebrated on the last Wednesday in September (September 25th). The end of the month was chosen as it is a school day in most counties.

Countries around the world on this day celebrate the health benefits of having milk in schools.

The site on the Internet says “milk is excellent as a mid-morning drink. It provides a healthy boost and keeps children with enough liquid drink between breakfast and lunch, helping them to concentrate and learn”.



## How a Steam Train works - By Peter Crum

Hogwarts  
Express  
is a  
steam  
train!!!

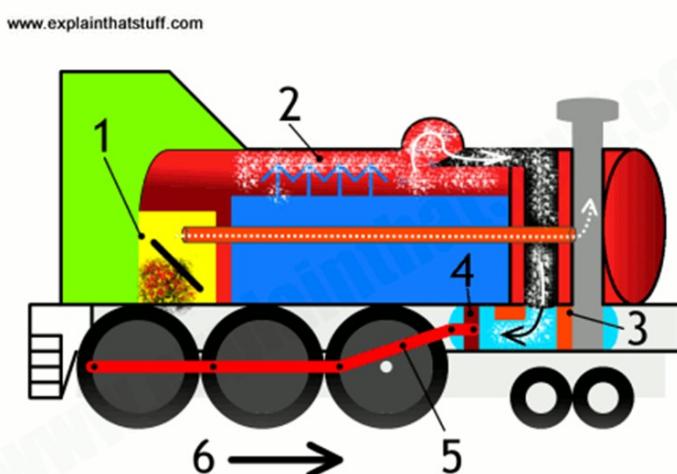


A boiler full of water that the fire heats up to make steam.

A cylinder and piston, rather like a bicycle pump but much bigger.

Steam from the boiler is piped in to the cylinder, causing the piston to move first one way then the other.

This in and out movement (which is also known as “reciprocating” ) is used to drive.



## Puzzle page — By the team



ANEMONE  
CLAM  
DOLPHIN  
EEL  
FISH

JELLYFISH  
LOBSTER  
OCTOPUS  
SHARK  
SQUID

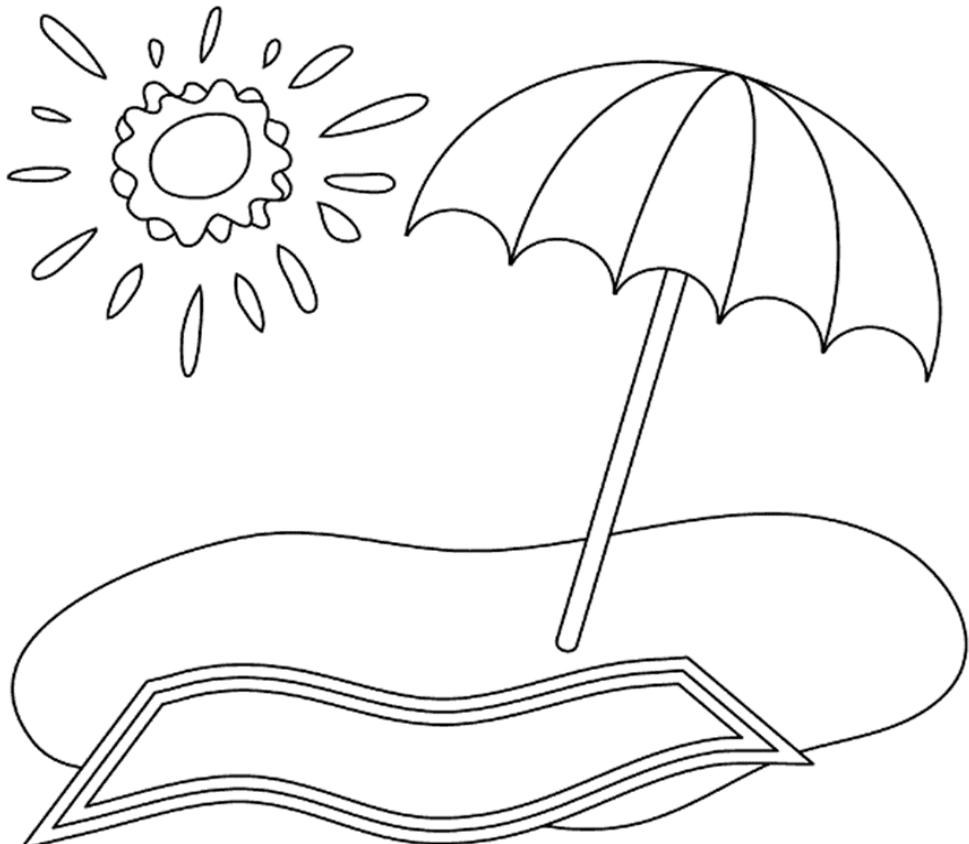
OCTOPUS  
STARFISH  
STINGRAY  
TURTLE  
WHALE



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Deadline  
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September.  
One entry per  
person  
please!

Prize  
donated by  
Ms Brettina  
Meadows.  
Thank You!



# The Boxer Dog — By Adrian Phipps

A spirited pet...



The Boxer was developed in Germany as a medium-sized security dog.

The breed combines the blood of a mastiff-type breed that was used for hunting, herding and protection, with a bulldog.

The breed was introduced to America after World War I, when it was brought home by returning servicemen.

The breed is a spirited pet and guardian of home and family. The boxer is a strong dog and likes a couple of daily runs outdoors a day.



## Dublin — By Laura Joliffe

Dublin is the capital of Ireland it is on the east cost at the mouth of the river Liffey. Dublin has lots of historic buildings including Dublin castle and Phoenix park containing the national museum of Ireland. Dublin has lots of heritage and culture, you can even enjoy a nice horse and cart ride around the famous sites.

Dublin is the birth place of lots of famous authors including Oscar Wilde James Joyce and Samuel Beckett.

Temple bar is riverside night life and cultural quarter home to the Irish film institute and lots of trendy bars and restaurants to enjoy.

In the city's main street is the shopping area also famous for its talented buskers, tours of the Guinness storehouse and old Jameson distillery where the museums tell you all about the history of these famous beer and whiskey brands.



# WHAT'S ON SEPTEMBER 2019



Date	Time	What	Where	Detail/
5th—8th	8pm - 11pm	Bromyard Folk Festival	Bromyard HR7 4NT	£90
7th—15th		Look out for hART	All over Hereford	Look for Pink signs.
14th	9am - 6pm	Kington Show	Kington HR5 3LN	Contact 01544340598
14th	9-5	Hereford Art Market	Hereford High Town	free
16th — 21st	7.30 wed/sat	Friendsical	Malvern Theatre	Prices vary
19th	7pm	ECHO AGM	Contact ECHO	Free
21st	7.30pm	Last Night of the Proms	Ledbury Market	£10 £6
20th	7pm	Purple Zeplin	The Royal Tenbury Wells	£18
21st — 22nd		The Forbury Music festival	Croft Castle	Normal Admission Apply
28th — 29th	9am - 6pm	Malvern Autumn Show	Malvern The Three Counties Showground	Prices vary between £17 in advance (£22 on the day) Under 16 free entry



## Fit bit - By Tracy Roberts

...it is helping me to be more active ...

I recently bought a Fitbit charge 3, from Argos. It was recommended to me by my mum as she has one!

What is a Fitbit? A Fitbit is a watch that goes on your wrist. It works out how many steps you take, distance covered, takes your heart rate, measures your sleep pattern, calories burnt, floors climbed and heart rate.

I mostly find the steps useful as it reminds me to do 250 steps an hour!

I like it because it is helping me to be more active which will help me to lose weight and get healthier.



More local history please!



## From our birthday- By our visitors

What we like about the newsletter:

- All the interesting and informative articles
- Pieces about local services and opportunities for the learning disability community
- The what's on guide
- Places they talk about and have been to
- Pictures and jokes
- The local news articles
- Reviews



Do you have any ideas about what you would like to see in the newsletter?

- Local history
- Brain exercises
- Interviews with the new members recently elected to Herefordshire Council and with our new green party MEP



We will use your ideas to add to the newsletter —



## Colouring Page



# 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 five years old in June 2019!

**The deadline for articles and adverts for the October edition is 18th September**

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

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