



### Special points of interest:

- **Sunset by the Lake — an original romantic story by Sally Lewis.**

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# Our News Our Views

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

Edition 54 – **October 2019**

## Diet tips- By Peter Crum



Eat lots of salad and different things like chicken and fish and vegetables such as carrots.

Cut out the rubbish like chocolate, cake, take aways, beers, wine, and sausage rolls and sugar.

Try a week with out eating rubbish and see the results!

I did the same thing and cut out the rubbish for 2 weeks and I have lost weight, 8 pounds in two weeks.

Do some exercise every day for a whole year. You can do some exercise at home like using a dancing DVD or a consul like Wii. I like Zumba on Wii.

Whatever you do keep positive and don't let one bad week put you off – keep going and you will enjoy the new healthier you!

## How to Be Positive About Your Health -

**By Adrian Phipps**

If you suffer with illnesses like Eczema, Epilepsy or any other bad illnesses you have to be positive about the things you do so that it does not get worse.

When you see a doctor about things they often say things that are very hard for some people to understand. So what are the best things to do if doctors can't explain things to you clearly?

It would be best if you had somebody to come with you to help.

Me, when I have a doctor or hospital appointment , I always have a support worker to come with me so that when my doctor is explaining things to me which I myself cannot understand, the support worker writes things down so that when I get home they can explain things much more clearly to me so that I can understand what they are saying.

Other things to do to keep yourself healthy are to make sure you eat and drink the right things. And try to keep positive.

I DARE YOU TO:  
**BE POSITIVE**



# Update from the editors



Thank you to Sally Lewis for her lovely story—we love it! And to Nick Haines for his reporting day article about the moon—out of this world! Well done to Chelsey Newton who won the colouring competition draw and thank you everyone for your excellent colourful entries.

Sadly Brettina Meadows died suddenly. We would like to thank her publicly for all her support over the years funding the competition

prizes. Her early support was very touching and made a big difference to us.

In this edition lots for you to see:

- The Disability Partnership news.
- Dogs, boat trips, Diet tips and World egg day!
- About Cerebral Palsy day.
- Plus What's on, jokes and puzzles.



**By Laura  
Joliffe on  
behalf of Our  
News Our  
Views  
Editorial Team.**

**See you in November — deadline 23rd October.**

## Tomorrowland Disney Florida — By Laura Joliffe

Tomorrowland is one of five original lands at Disney land Florida.

In 1955 Walt Disney dedicated “tomorrow land” with these words:

"Tomorrow can be a wonderful age. Our scientists today are opening the doors of the space age to achievements that will benefit our children and generations to come. The Tomorrowland attraction has been designed to give you an opportunity to participate in adventures that are a living blueprint of our future".

Disneyland producer had four rocket scientists helping to create it.

Later it was re-made several times. They had to keep changing it so it still looks like something from the future. Autopia is the only opening-day attraction that remains open today, though it has been changed and rebuilt several times.

(Picture By Randomgbear at the English language Wikipedia, CC BY-SA 3.0, <https://commons.wikimedia.org/w/index.php?curid=10531494>)



## A boat trip - By Laura Joliffe



I went on a boat trip. The will trust is a charity that owns two accessible boats on the beautiful Gloucester sharpness canal.

I have been on the trip several times and really enjoy it as I like to sit there and watch the world go by.

I recommend this for others as it is really good fun but is better when the sun shines!

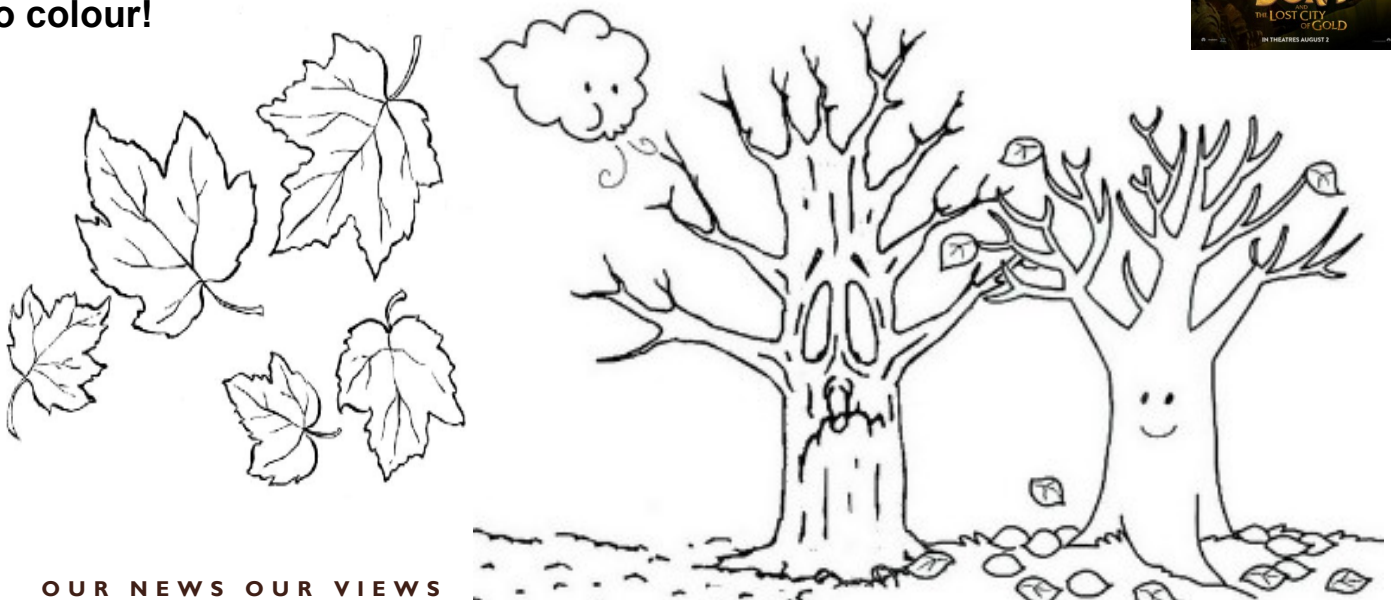
## WHAT'S ON OCTOBER 2019



Date	Time	What	Where	Detail/ Price
4 Oct 2019	11.00 and 2.30	Downton Abbey Film	The Courtyard	Adult £7 Disabled 6.50
30 Oct	4-6	Spooky Lantern Trail (Bring a torch/lantern)	Queenswood Country Park	£5+
27 Oct 2019	12-4	Waterworks Family Fun Day	Hereford Broomy Hill HR4 0LJ	£5.00
26 Oct	10-4	Croft Castle School Of Sorcery Trail	Croft Castle , Yarpole, near Leominster	Usual entry fee + 2.50 per
1 Oct 2019	7.30pm	Great Expectations Theatre	The Courtyard	£19
5+6 Oct 2019	10-4	Apple Harvest at Berrington Hall	Berrington Hall Leominster	Adults £13.40
9 Oct	7.30-9.50 +Interva	Wilderland Film Wild Life Film Festival	The Courtyard	Adults £15 Disabled £13.50
19+26 Oct	11.00	Dora And The Lost City Of Gold	The Courtyard	Adults £7 Disabled £6.50



**To colour!**





# Have you heard the one about...



What gets wetter and wetter the more it dries? A towel.

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



How do you make a Mexican chilli? Take him to the North Pole.



## Dubai – By Laura Joliffe

“The magnificent city where dreams come true”, is what the advert says!

Dubai offers a city with beautiful clean beaches against a backdrop of desert dunes. The advert reckons it rivals London Paris and New York for luxury, culture and entertainment.

A trip to Dubai doesn't need to cost the earth with plenty of affordable Family- friendly activities for everyone to enjoy.

The beaches have soft white sands and the warm waters of the Arabian gulf. There is a luxurious beach front with posh hotels and lots to explore. A lot of Dubai's Shores are private beaches however there are plenty of public ones like Palm Jumeirah.

There are lots of shops to discover and dazzling evening entertainments too. It is quite a troubled part of the world on the news but someone I know went there and had a good time. It was interesting to read about it.



## Learning Disability Partnership Board

The last meeting we had a talk from Ewan about “Talk Community” This is about people where I live (called communities) working together to help and support each other.

The council will offer the training and a bit of money and volunteers will make a hub near you.

The hub will be a place you can go to find help and there will be volunteers to help you. By 2020 there will be 50 hubs.

In the other half of the meeting we discussed about the feedback to the survey about “What I do during the day”. The results will be put on the council website.



## History of the Basset Hound - By Adrian Phipps



**"Quite the charmer"**

... he takes me in his arms and kisses me tenderly

...



Well-known as the symbol for Hush Puppies shoes, the Basset hound is a short-legged hound with long, sweeping ears.

This dog, whose expression is most perfect when it resembles that of the mournful Bloodhound, comes from France, where the word basset means "low-set."

The breed was and still is a job for which its sturdy, low frame is well suited, especially in dense cover. Like all good trail hounds, once the Basset catches an interesting scent, it's off and running. The breed can cover great distances in a short time, so keep the gate securely locked and the fence mended.

The short coat, in foxhound colours of black, tan and white or these in combination, can be kept free of dead hair with a weekly rubdown using a bristle brush or hound mitt.

Ears and eyes should be examined regularly and gently cleaned of foreign bodies that could irritate and cause infection.

A daily walk takes care of exercise needs, and Bassets adapt well to town or country life.

Quite the charmer, the Basset loves children and is a good watchdog, making it a deservedly popular pet.



## Sunset by the Lake—By Sally Lewis

Once upon a time I went for a walk after dinner, walking a long the river bank with the breeze running through my hair and the warm of the evening sun upon my back.

I continue to walk slowly and my mind strays to love and romance with my one true love.

I reach the opening of the dark wood where I see a horse and cart waiting for me. I climb up and the rose petals blow in the wind. I sit and the horse slowly walks through the dark wood.

We come to a clearing and I see a handsome man standing by the lake upon a picnic blanket. He hands me a rose and a glass of champagne and huge strawberries dipped in white chocolate.

The handsome man climbed in to my carriage and takes me a way in the darkness of the night.

We reached the castle and he takes me in his arms and kisses me tenderly...and then I wake

from my dream and I felt sad as I wanted it to be real.





## World Egg Day — By Peter Crum

World Egg Day is celebrated around the world and helps to raise awareness of the benefits of eggs and their importance in human nutrition.

World Egg Day was established at the International Egg Commission Vienna 1996 conference when it was decided to celebrate World Egg Day on the second Friday in October each year. Do you like eggs? I do!



## Cerebral Palsy Day - By Lisa Perkins

World Cerebral Palsy day is on October 6th. Some facts:

1. 1 in 500 babies is born with Cerebral Palsy almost half have been born too early (premature). (1 in 400 in UK).
2. It is caused by an injury to the brain, is more common in men.
3. In some countries people with Cerebral Palsy are hidden away and there is a big stigma.
4. 1 in 4 children are unable to talk, 1 in 3 can't walk, 1 in 2 have a severe learning disability, and 1 in 4 have epilepsy.

There are many people with Cerebral Palsy that have achieved a lot in spite of their disability e.g. Irish poet Christopher Nolan who went to school and college and used a special computer. Read more using these web addresses:

<https://worldcpsday.org>

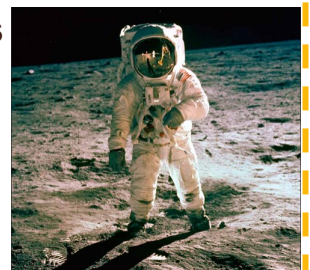
<https://www.topteny.com/top-10-famous-celebrities-cerebral-palsy/>



## Moon Landing— Nick Haines

With the 50<sup>th</sup> anniversary of the Apollo 11 moon landings on the horizon, there's renewed public interest in the momentous occasion that took place on July 20<sup>th</sup>, 1969

Here's some pictures of the events that put the first man on the moon in that historic space mission.





# Epilepsy and Anxiety — By Tracy Roberts

I suffer with epilepsy and anxiety and I thought I would write about how I cope with this.

The epilepsy I have is petit mal. This is the smallest sort of seizure.

Every day for me is different there will be some days I will have six seizures and some days I will not have any.

I take some medicine to cope with it. I have liquid medicine because I can't swallow tablets, I keep a record of my seizures and I am tired after I have one.

I manage on a day to day basis.



## Puzzle Corner



**Send us the word to be entered into the draw to win the prize.**

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

**Deadline 23rd October. One entry per person please!**

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

### Halloween Word Scramble

Unscramble the Halloween words and write the letters in the boxes. Use the letters in the shaded boxes to form a new word that answers the riddle.

OYPKSO

LABKC

OLSETENK

NTHAEDU EUHOS

ATHPNOM

RIMG EPERAR

AUONDLCR


Q. What is a witch's favorite food?


## 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 Month edition is 23rd  
October.**

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

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