



Our News Our Views

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

Edition 55 – November 2019



Special points of interest:

- Historical stories about November.
- Have you had a medication review lately?

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Stress Free Moving House - By Laura

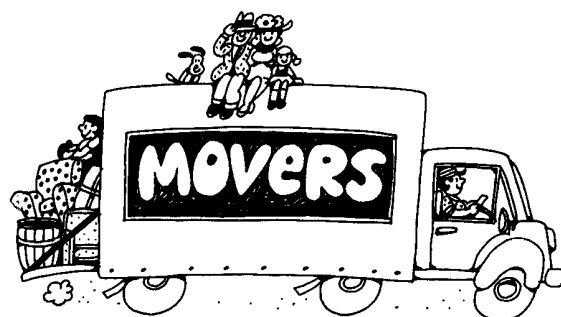
Recently I moved to a new house in Tupsley. My support

workers helped me and it only took one day.

Lauren my new friend, was already there.

However my best friend ever (Jasmine my lovely poodle dog) was unable to join me. I really miss her but I will visit her.

I am very happy in my new house with my new friends.



People's favourite things—By Adrian Phipps

At Our News, Our Views 5th birthday we had a poster, asking people what were their favourite things, like colour, animal, film, play or musical.

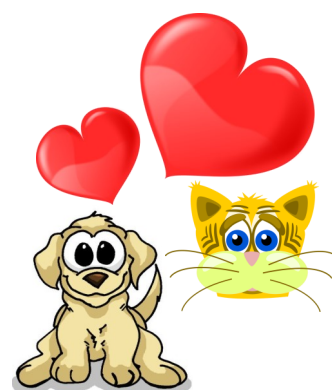
With colour, 4 people said red, 2 said purple and 1 chose yellow.

With animals, the most popular was dogs with 5. Others said that their favourites were kangaroo's, cats, pigs and tigers.

When it came to films, some liked musicals, some liked Grease, and others said Blade Runner.

One thing was people's favourite place to go, and they were: Alton Towers, the Black Mountains, Drayton Manor and lots of others.

As for me, my favourites are red, dogs, horror films and Trecco Bay, which is in Porthcawl.



Update from the editors



By Lisa Perkins on behalf of Our News Our Views Editorial Team.

Thank you for your stories and news. Congratulations to Neil Sandford who correctly completed the Halloween word scramble. £10 is on its way. We hope you enjoy Nick Haines's article that he wrote on his journalist experience day at Our News Our Views. Also in this edition:

- STOMP, The key to happiness and November history.
- People's favourite things, Logleat, Lambrettas, Planet Circus and Beefy Boys.
- Shopping tips for Christmas - nooooo, it is next month!
- And all your what's on jokes and puzzles.

Don't forget your flu jab!



See you in December — deadline 20th November

My Week — By Nick Haines

On Monday I play badminton at Leominster Leisure Centre and I also go to Rendezvous at Shooter's Bar once a month. On Tuesday I go to Eaton Barn at Stoke Prior. On Wednesday I go to About Face in Church Street. On Thursday I go to About Face and I also play football at Bridge Street Sports Centre but also go to Club Night at Shooter's once a month. And on Friday I go to Yam Jams at Leominster Sports and Social Club and go to Friday Club at the Community Centre.

This is what I think about the activities I do:

Leominster Leisure Centre – What a place, what a fantastic place that is.

Shooter's Bar on Monday – What an unbelievable place that is.

Eaton Barn – Wonderful, wonderful place.

About Face on Wednesday – Quite, quite magnificent.

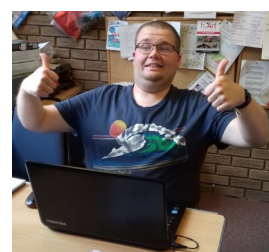
About Face on Thursday – Unbelievable.

Bridge Street Sports Centre – Marvellous, marvellous.

Shooter's Bar on Thursday – Marvellous place, marvellous moment.

Leominster Sports and Social Club – Absolutely fantastic.

Community Centre – Oh wonderful.



WHAT'S ON NOVEMBER 2019

Date	Time	What	Where	Detail/ Price
1st - 3rd	7.30	Six the musical	Malvern theatre	£24—£36
5th - 9th	7.30 2.30	Kipps new half a sixpence	Courtyard theatre	£18—£20
9th	7.30-9.30	Hereford Chamber Choir Concert	Holy Trinity Church	£12
12th	10am - 4pm	Ludlow Christmas Fair	Ludlow Racecourse Bromfield, SY8	Free
16th	7.30-10pm	Buddy Holly and the crickets	The Courtyard Edgar Street Hereford HR4	£23
29th	10.30-5pm	Hampton Court Annual Christmas Fair	Hampton Court	Free



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


**Deadline November 20th .
One entry per person please!**

**Prize donated by
Ms Beth White
Thank You!**

November

WORD SEARCH

Find and circle all of the words. They may be horizontally, vertically, or diagonally placed and some may be backwards!



APPLES
AUTUMN
CORNUCOPIA
ELECTION
FALL
FEAST
HARVEST
HOLIDAY
INDIANS
LEAVES
NOVEMBER
PELAGIA
PUMPKIN
RAKE
SCARECROW
SQUASH
THANKSGIVING
TURKEY
VETERANS
VOTING
WINDY

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

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Have you heard the one about...

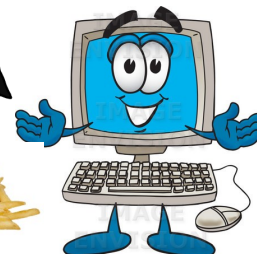
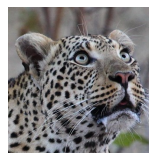
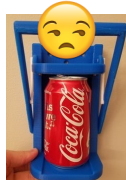
What happens to a frog's car when it breaks down? It gets toad away.

Why couldn't the leopard play hide and seek? Because he was always spotted.

Why did the can crusher quit his job?

Because it was soda pressing.

What do computers eat for a snack? Microchips!



STOMP – By Tracy Roberts

This event was hosted by Aspire. Stomp means – stop over medication of people with a learning disability and autism. Ian Harper and Karen Hall welcomed everyone to the event. Jill Parker lead for STOMP, she talked about how STOMP worked. Then Mix It Theatre Company did a performance about a person who was put on too many medications. They were really good and their performance was powerful. Then we played the STOMP pairs game.

After lunch two people from 2gether talked about a trial in Hereford where people cut down there medications. Six to seven out of ten a lot - which was amazing. They are not against medicine which lots of people need but checking the amount and stopping too many side effects. Their advice is ask for a regular medication review. In future they want this to be every three months but they can do every six months now. When was your last review? Ask your doctor.

Often people have been put on medicine for behaviour that can be helped in other ways we were told about how this can be done.



The Key to Happiness — By Lisa Perkins

I found a good website: www.actionforhappiness.org It says these are good to try as keys to happiness: 1 Giving - Do things for others bring a smile to your friends and family by being kind. 2 Relating - Connect and make time for the people who really matter to you. 3 Exercising - Take care of your body with exercise and food that makes you feel good. 4 Appreciating - Notice what is going on in the world and enjoy the moment. 5 Trying out - Learn new things/Skills. 6 Direction - Have goals to look forward to going out with friends or holidays. You can register and get a calendar each month with actions you can try to raise your mood. 7 Resilience - Share how you really feel with someone you trust -and ask for help if you need it. 8 Emotion - Smile and say something nice every time you walk into a room. 9 Acceptance - Be kind to yourself as you are to others. 10 Meaning - Be part of something bigger give your time to support a good cause.

Try it and see!





The Amazing Planet Circus - By Laura Joliffe

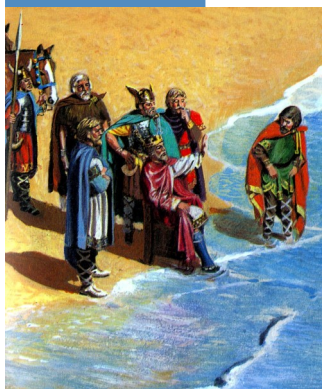


I went to the amazing planet circus. There was the amazing Gemini sisters high in the roof of the big top, the talented British Ariel performers, the sensational skywalker Flabson (one of the most dangerous acts in the world), the beautiful globe of death ride - a truly magical experience! I found it hard to find but I enjoyed it except the seats were not very good.

Historical events in November - By Adrian Phipps

7th November 1035: The Beginning of a Mystery

The "Mary Celeste" sailed out of New York and into maritime lore. She was later found abandoned, but tales of the table being set for a meal and still-warm cups of tea are the stuff of fantasy. The ship's sextant and chronometer are missing, as the only lifeboat, so apparently something caused the crew to abandon ship.



12th November 1035: Death of a Joking King

King Canute of England, Denmark and Norway died. He did indeed take his throne to the edge of the sea to show sycophantic couriers that all power has its limitations, and not even he could command the waves to be still.

14th November 1889: Around the World in Less Than 80 Days

"New York World" reporter Nellie Bly set sail from New York to put Jules Verne's novel "Around the World In 80 Days" to the test. Making use of transport ranging from camels to Chinese junks, she completed the trip in a record 72 days, six hours, 11 minutes and 14 seconds.

Shopping tips for Christmas - By Peter Crum

I go shopping for Christmas present for my family and my wife here are my tips:

1. Make a list of people to buy presents for.
2. Set a budget - how much do you want to spend?
3. Ask them what they would like to have.
4. Get support if you need it.
5. Don't leave it to the Last minute when the shops are crowded and busy.
6. Go home to wrap up the present.
7. Make sure you post early enough to get there before Christmas
8. Job done – now relax and open your presents!



Get
support
if you
need it.

Longleat — By Laura Joliffe

I went to Longleat with the two sophies. First we walked around and saw the giraffes, then we drove through some areas to see monkeys, giraffes, antelopes, zebras, lions and flamingoes and lots of other animals.

The moneys got into a suitcase on the roof of the car behind us they stole and threw all the clothes out.



After we handled some snakes and went on a boat to feed the sealions

It was definitely an interesting day my advice to people is not to go to Longleat with a suitcase on the roof!

Lambretta — By Peter Crum

Chris Phillip was 18 years old when he bought a tatty lambretta li150 in 1965 to get him to work and back.

The scooter had, according to Chris, "been through the mill" just seven years old but already used and abused by several previous owners. It had about four previous owners in south London, and there be dragons. He says "none of them had looked after it properly.



The motor was running, and I got it home, but only just. I had to tie the stand up because the spring had give up.

Chris set to work restoring the li series lambretta and, more than 50 years and an entire adult life time later, on sunny days he still take to the roads around his reading home on scooter.

Beefy Boys – By Laura Joliffe

I Went to Beefy Boys last night with Sophie and Lauren for tea. I have never been to there before. I had a wrap of the night. The burger was very nice but, I did not like the bottom of it because it had food that I don't like such as pepper mushroom and sweet chili.

It was very nice inside the place and I thought the price was alright.





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- Get creative through social drama
- Cook up dishes from around the world

Thanks to funding from Herefordshire Council, the six-week evening courses which start in November are free* and take place at National Star, Harrow Road, Hereford on weekday evenings.

Come along to a taster day on Saturday October 26, between 2pm and 4pm at National Star at Hereford, Harrow Road, Hereford to discover more about the programme.

Find out more and sign up today by contacting Katrina Bird:

Tel 01242 534915

Email aclenquiries@nationalstar.org



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of people with disabilities



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*£10 registration fee with an additional contribution towards course materials of £3.50 per session for some classes.

National Star is a working name of National Star Foundation, a charity registered in England and Wales number 220239

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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 December/ January
edition is 20th November.**
(The editors reserve the right to
edit all copy.)

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