



Our News Our Views

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

Edition 56 – December/January 2019/20



Special points of interest:

- **Election manifestos**
Two party's have made accessible ones so far...
- **Strange Christmas traditions**
from around the world.

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Make some special shortbread this Christmas - By Peter Crum

Instead of buying a box of shortbread as a present this year, make someone feel more special by making your own, its cheaper, fun and more yummy.

Ingredients:

125g/4oz butter, 55g/2oz caster sugar, 180/6oz plain flour

5 easy steps:

1. Heat the oven to 190c/gas 5
2. Beat the butter and the sugar together until smooth.
3. Stir in the flour to get a smooth paste. Put the mix on work surface and gently roll out until 1cm thick.
4. Cut into fingers and place on a baking tray sprinkle caster sugar on top and chill in the fridge for 20mins.
5. Bake in the oven for 11-20mins or until pale golden brown. Leave to cool.



Update from the editors



Thank you to Connor for sending us his article about Dementia.

In this edition:

- Girls on Tour, Cantref farm and Hampton Court history.
- How to face your fears at a dentist.
- Christmas Carol, traditions, craft and cookery.
- Election information — news of local “hustings” they are local meetings you can hear from the people you can vote for and ask your questions.
- What’s on, jokes and much, much, more!



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

Thank you to all of our readers and we wish you a Merry Christmas and a Happy New Year!

See you in February — Deadline 17th January

Girls on Tour – By Laura Joliffe

We left from Ivy close in the afternoon to go to Birmingham airport.

When we arrived in Spain we went by car to our villa.

On the first day we went to the supermarket.

In the mornings for breakfast you could have what you like.

We went to lots of places like the beach, the local pub, sea lions, zoo and waterpark, a market and also had a chilled out day at the villa.

I enjoyed going out at night to see an ABBA tribute band, I had a tasty Pina Colada and danced.

I also bought a lovely pair of suede pink boots with fringes on which I’m wearing today.

The villa was nice it had its own pool but the beds were a bit hard.

The weather was hot we got on ok with the language and the ice cream was delicious. The staff were funny and nice and I enjoyed the holiday very much.



WHAT'S ON DECEMBER + JANUARY 2019



Date	Time	What	Where	Detail/
1/12/19	12-4pm	Christmas tree festival	St. Peters church, Bromyard	free
5/12/19	9-4pm	Christmas market in Hereford	Hereford High Town	free
6/12/19	7-8pm	Words and music for Christmas	Kington at St. Marys church	free
7/12/19	7.30pm	A Holly Jolly Christmas	The Tomkins Theatre Hereford	£14 £12
7/12/19	9.30 / 3pm	Kington winter food and drink festival	Kington	free
15/12/19	10 am 12pm	Wreath making work shop	Trumpet corner near Ledbury	£40
15/12/19	8am	Santa run	Hereford, Maylord shopping centre	Adults £10 Child £8
31/12/19	7pm till 2am	New years eve	Left bank Hereford	£20
2/12/19- to 5/1/20	Various times	Snow white and the seven dwarfs	Swan theatre Worcester	£13.95 £17.95
17/01/20	7.30	Laugh out loud comedy club	Huntingdon hall Worcester	18.50 or £23 on door



Have you heard the one about...

What happened to the man who stole an advent calendar?

He got 25 days.

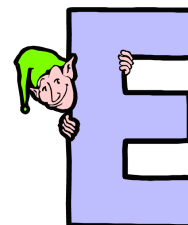
Who delivers presents to baby sharks at Christmas?

Santa Jaws.

What do Santa's little helpers learn at school? The elf abet.

What kind of motorbike does Santa ride? A Holly Davidson.

What did Adam say the day before Christmas?
It's Christmas, Eve!



Dementia – By Connor

When I found out that grandad had dementia I felt upset. I felt worried because I did not want grandad to have dementia. I spoke to our senior leadership team (Millie and Phil) I also spoke to Emily, Fern, Kate, Aysha and my Nan.

I then spoke to Lucy and she contacted Tracy Crum from Dementia Friends to come in and talk to me about dementia.

I learnt that the brain helps us to ride the bike, talk on the phone, tell the time, drive a car, make a cake, dancing, singing and signing.

Now that Tracy comes in to talk about dementia, it makes me happy. All the photos and work we have done makes it clear for me to understand dementia.



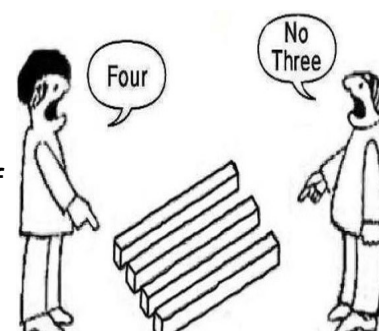
General Election — Mencap — By Rose Hunt

"Herefordshire Mencap is planning opportunities to put people's questions to the political candidates in Hereford and Leominster. 3rd December Life and soul café Hereford 4.30-6pm, 4th December Community Centre Leominster 4.30-6pm.



We are also planning to talk to as many people as possible about why we vote in elections, supporting people to register to enable them to vote in the General Election and if necessary we can support people to actually vote on the day.

Website: www.herefordshiremencap.com/election 2019.
rose@herefordshiremencap.com; 07969 524 476



A Christmas Carol - By Tracy Crum



God
bless us
everyone!

Christmas Carol is a story by Charles Dickens about Ebenezer Scrooge. Scrooge is a horrible man at the start. Jacob Marley his old work partner died, Jacob Marley haunted Scrooge on Christmas Eve and told him he would be visited by three ghosts. The ghost of Christmas past, present and future. They made him think about life, and the way he treated people, he was scared about how people would feel after he had died.



After he was visited by three ghosts he didn't want to be mean anymore so he bought the largest turkey he could find and took it round to Bob Cratchit his employee. He gave him a pay rise too. He then visited his nephew to make up with his family. Bob Cratchit's son Tiny Tim who is disabled ends the story saying "God Bless us everyone"!



Andy Murray Hip Replacement- By Peter Crum

Andy Murray was going to retire from his tennis career.



Three - time grand slam champion said he had been in pain every day, even struggling to put on his socks and walk the dogs. It sounded bleak, but his team were cagey about what the injury was.

Professor max Fehily, consultant orthopaedic surgeon and clinical director at the Manchester hip clinic, believes Murray may have had hip impingement a problem with the ball and socket joint.

"This is a common injury in high impact sport such as martial arts, rugby and gymnastics. It's not as common in tennis, but Murray is such an impact player". So, what does a hip resurfacing operation do?

"Smoothing down the ball, then covering it with a metal cap", explained Fehily. "Then a layer of metals placed within the pelvic socket in which it sits".

Even so the team were not sure how well he could do now...

He was very happy to win his first tournament recently with his hip replacement. It is a good lesson to us all – never give up!

...Never
give up!

Hip Hip
Hooray
?!

History of Hampton Court — By Adrian Phipps



Hampton Court, Leominster, dates from 1427. Sir Rowland Lenthall built the original house on an estate which had been granted to him some years previously on his marriage to the king's cousin Margaret Fitzalan, a daughter of the Earl of Arundel.



It was owned by the noble Coningsby family from 1510 until 1781, when it was inherited by George Capel, Viscount Malden, son of the 4th Earl of Essex.

Some of the original oak panelling was taken probably during the 17th century to Wickton Court, a grand house near Leominster and remains a feature of its living room.

The house was remodelled in the 1830s and 1840s to restore, a castle-like layout, exterior and decoration, reversing earlier attempts to make it appear more regular and domestic.

Poodle By Laura Joliffe

I had a Poodle called Jasmine that had a sparkly collar. She was my poodle before I moved house. She did not want me to leave her when I went to Houghton before I moved to a new house.

I still miss jasmine, but I have a big bedroom with a shower room. I like my new home and my room is better than my old house. I hear Jasmine is alright in her new home and I will visit her.



Prize Puzzle

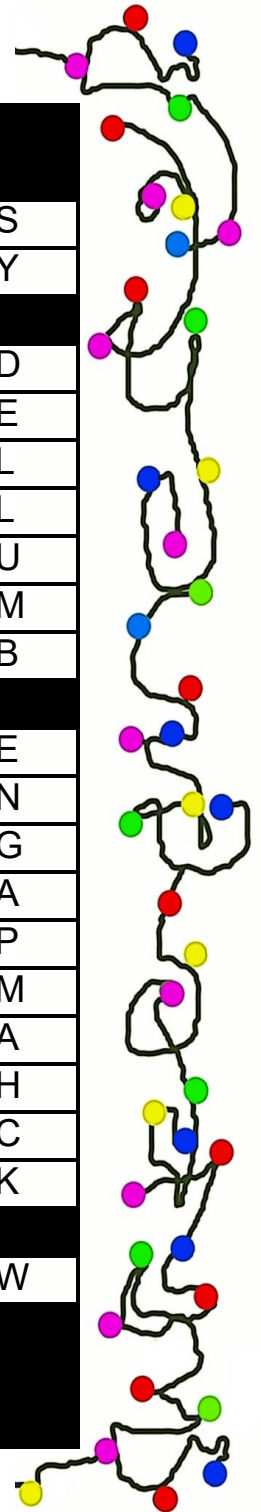
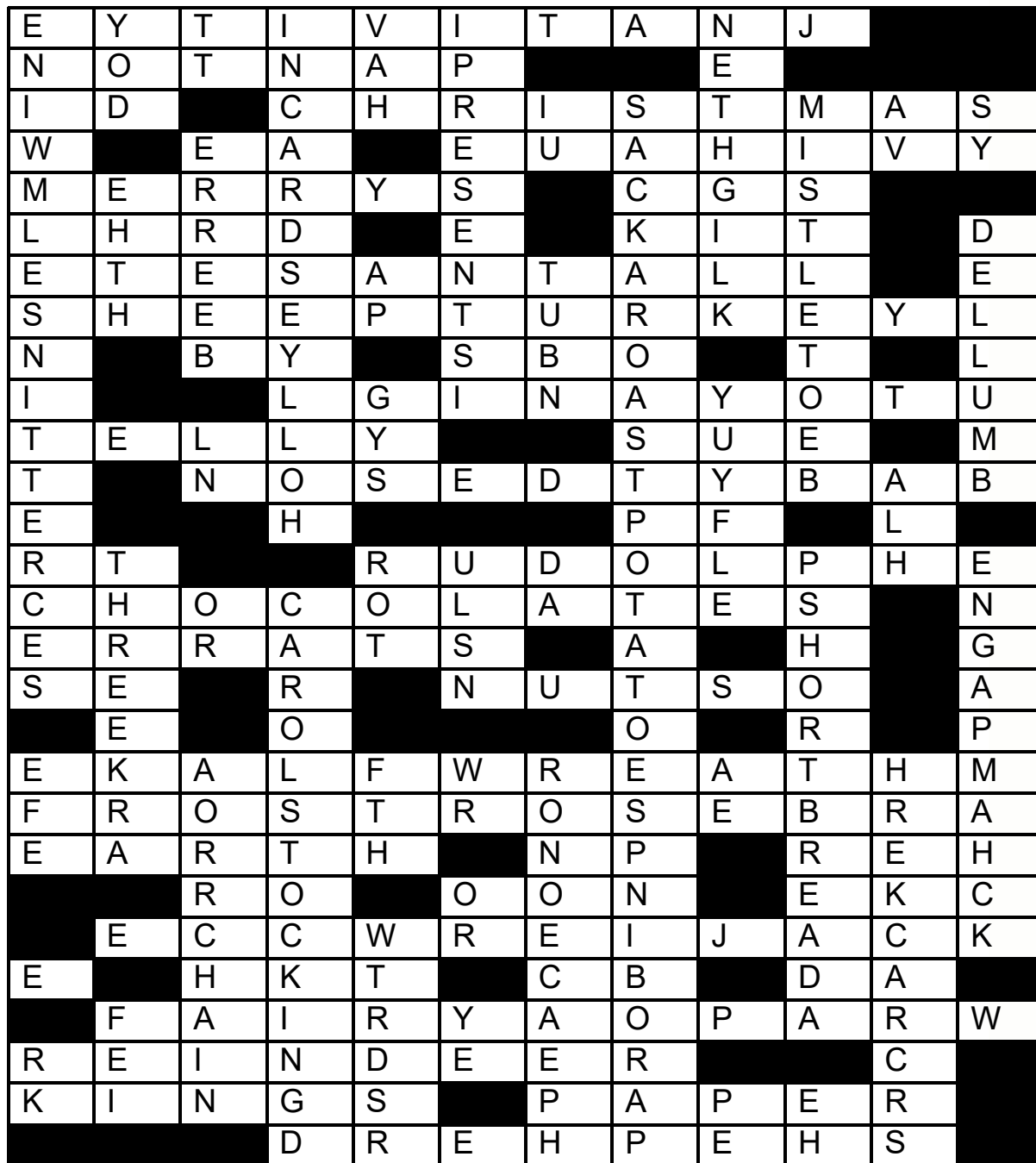
Instructions Arrange the numbers 1 to 9 in the squares (one number to each square) so that adding rows up, down and across, the total is always the same. **Good luck!**

£10 prize. Enter by sending in grid with your name, address, and email or phone number.

Deadline Date 17th January. One entry per person please!

Prize donated by Bethany White. Thank You!

Bumper Christmas word search



Presents, Merry Christmas, Cards, Tinsel, Telly, Holly, Mistletoe, Turkey, Roast Potatoes, Jack Frost, Gin, Wreath, Carols, Beer, Mulled, Wine, Port, Champagne, Chocolates, Shortbread, Bauble, Snow Flake, Ivy, Light, Secret Santa, Sack, Stocking, Nuts, Red, Rudolph, the, red, nosed, reindeer, Robin, Tree, Fairy, Shepherd, Sheep, Star, Peace on Earth, Elf, Nativity, Toy, Baby Jesus, Panto, Wrap, Cracker, Paper Chain, Three Kings

**Yum,
Yum!**



**We
were
lost in
the
maze!**

Basic Chocolate Cake — By Peter Crum

Ingredients

165g stork with butter
220ml milk
330g caster sugar
260g plain flour
3 large eggs whisked
2 table spoon bicarbonate of soda
70g cocoa powder.



Heat oven to 190C/170C fan/gas 5. Butter and line two 20cm sandwich tins with baking parchment. Mix all in a bowl. Put half of your mixture in each cake tin and bake in oven 20-25 minutes.

Decorate as you wish for example: Ice cake by creaming butter with icing sugar and add coco powder. Either just ice the two sponges together or you can ice the top as well. Or melt chocolate for the top.

Enjoy!

Outdoor adventures at Cantref Farm

- By Adrian Phipps



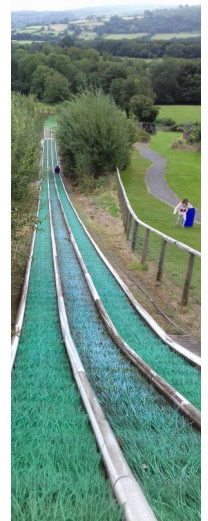
Going to Cantref Farm Park was a day of fun for me, Laura and Mary. We went on the Tractor Ride, which gave us brilliant views of the Brecon Beacons, the Black Mountains and Welsh countryside. The driver spoke to us of the animals we saw, such as Buffalo, Shetlon Ponies and Donkeys.



Then we had a try at the Super Sledge Ride, with water sprinklers which made it go even faster.

As well as this, there was the Jungle Swamp Ride, where we went around a twisty course using ropes hanging above which pulled the boat along.

Me and Mary also went through the Maize Maze, which has a stunning backdrop of the Brecon Beacons and the Black Mountains. We did get lost for quite a while, and kept calling Laura, but we eventually made it out.



Cantref Farm Park is a place for families to go with their children, who would love the Adventure Park.

Fear of going to the Dentist By Lisa Perkins



Many people feel nervous or afraid of visiting the dentist, but here are things you can try to help overcome your fear:

1. Find an understanding dentist. Ask friends and family, or look for someone who specialises in treating anxious patients.
 2. Once you've found someone visit the surgery to have a look around and meet people. Tell the dentist that you're anxious and what your fears are, So they know before hand.
 3. Pick an appointment time early in the morning so you have less time to worry.
 4. The first appointment will simply be a check-up so don't worry about having any treatment use this first visit to get to know the dentist.
 5. Take a friend with you to your appointment. The dentist won't mind.
 6. Agree a sign with the dentist to signal that you need a break and want them to stop it can be as simple as pointing your finger, and will help you feel more in control.
 7. If you think it will help, start with a clean and polish then work up to other treatments such as fillings.
 8. Talk to the dentist about using a numbing gel if you have a fear of needles.
 9. Use headphones to listen to music during your visit. It may help you relax.
- If you are extremely nervous, ask your dentist to refer you to an NHS sedation clinic. These clinics are specifically for nervous dental patients.

You can have gas and air given through a nosepiece you might also be given tablets to take by mouth before your appointment or an injection.

The drugs won't send you to sleep-you'll be awake and able to talk to the dentist-but they'll calm and relax you so deeply you probably won't remember much of what happened.

I'm a celebrity get me out of here- By Laura Joliffe

I'm a Celebrity has been on our tv since 2002. It is a British survival reality game show, it sees a group of celebrities living together within the Australian Jungle. Each member not only does challenges to get food and treats for the group but to avoid being voted out by viewers during their stay. In the final episode, votes are for the one who wins and is crowned king or queen of the jungle.

It is one of my favourite programmes and I have watched it for many years. This year my favourite is Adele Roberts the radio DJ, I love watching all the trials—do you?





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Christmas Traditions - By Adrian Phipps

At Christmas on the Saturday before Christmas Eve in the city of San Fernando, the "Christmas Capitol of the Philippines, the Giant Lantern Festival is held, which attracts spectators from all over the country and across the globe. Eleven barangays (villages) take part in the festival trying to build the most elaborate lantern, which are illuminated by electric bulbs that sparkle in a kaleidoscope of patterns.



At Christmas in Sweden, since 1966, a 13-metre-tall Yule Goat has been built in the centre of Gavle's Castle Square for the Advent, but this Swedish Christmas tradition has led to another "tradition" – "people trying to burn it down!"



In Austria at Christmas a beast-like demon creature called Kampus, who is St. Nicholas' evil accomplice, roams city streets frightening kids and punishing the bad ones. In Austrian tradition, St. Nicholas rewards nice little boys and girls, while Krampus is said to capture the naughtiest ones and whisk them away in his sack. Don't be naughty!



How To Make A Paper Snowflake - By Tracy Roberts

Take a square piece of paper and fold it in half diagonally to make a triangle.

Fold the triangle in half from the top corner to the bottom one making a smaller triangle.

Fold the triangle into three, from left to right

Cut across your paper to create straight edged triangle

Time to get creative and give your snow flake a pattern cut some straight and curvy lines into the edges of your paper, different sizes and shapes but be careful not to chop right across the paper or end up with a small snowflakes



To reveal gently unfold your paper to show your snowflakes and your unique design.

Defining Health Anxiety — By Lisa Perkins

Health Anxiety is when somebody's mind is full of having a serious illness or a fear of developing-a Serious Illness.



This is even when doctors tell you that you are well. Only a health professional can diagnose whether or not you have health anxiety.

If you answer yes to the following questions, then you may have health anxiety and should check with your doctor:

1. Have you been thinking all the time in your mind about having or developing a serious illness for at least six months?
2. Have you been told over again by a doctor that you are not suffering from a serious disease?
3. Do your thoughts about your health cause you great distress? Or do your thoughts interfere in areas of life such as work or family and social life?
4. Do you repeatedly check your symptoms on the internet or in books, examine yourself or ask others to tell you that you are ok?

The physical feelings that you experience are very real.

Only you can tell people what you experience, so don't let anyone tell you the feelings you have are imagined or all in your head.

But some feelings like a headache can be because you are worried and not a bad illness like a brain tumour!

Try not to think the worse but do talk to somebody about your feelings it is important to get help.



General Election — Easy Read manifestos?

Here are the manifestos of the partys available to vote for in Herefordshire:

Conservatives: <https://vote.conservatives.com/our-priorities> (accessible)

Green: <https://www.greenparty.org.uk/assets/files/Elections/EasyRead%20Manifesto%202019.pdf> (accessible)

Labour: <https://labour.org.uk/wp-content/uploads/2019/11/Real-Change-Labour-Manifesto-2019.pdf> (not accessible)

Liberal democrats: <https://www.libdems.org.uk/plan> (not accessible)

This site is quite good too: <https://www.bbc.co.uk/news/election-2019-50291676>



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: ournoursourviews@hotmail.co.uk
Website: www.ournoursourviews.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 February edition is 17th January.

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



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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'.

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