

Special points of interest:

- Life and Soul Kitchen.
- History.



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Our News Our Views

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

Edition 57 – February 2020



Keep it Simple - By Everyone

To day we visited Elgar house to meet the keep it simple team. They told us how they quality check easy read information from the council and NHS/ Z Gather trust. Some time they are quite good other time they need a lot of changes. We told them about our news our views and we hope they will send us an article about their experiences.

We also told them about the learning disability partnership board so they can get involved. It was great to meet them, they were very welcoming to us. Thank you.

My favourite things - By Adrian Phipps

We asked people if they were on “I'm A Celebrity, Get Me Out Of Here”, “would you eat a live insect?”

7 people said yes, and 20 people said no.

We asked people what was their favourite science fiction programme out of Star Trek and Dr. Who.

17 people said Dr. Who and 13 said Star Trek.

We asked people what was their favourite sport out of football and rugby?

16 people said football and 11 said rugby.

We asked people what are their favourite out of mobile phones or cameras?

22 people said mobile phones and 9 said cameras.

We asked people what was their favourite out of dragons, dinosaurs and unicorns?

11 people said dragons, 7 said dinosaurs, and 10 people said unicorns.

We asked people what was their favourite out of War Hammer and Lego?

3 people said War Hammer and 23 people said Lego.

We asked people what was their favourite out of nuts and crisps.

9 people said nuts and 21 people said crisps.

We asked people when they slept in bed did they prefer using 1 pillow or 2? 12 people preferred 1 pillow and 21 preferred 2.



Update from the editors



Happy new year to all our readers! Remember to enter our competition for a great chance to win £10!

In this edition lots for you to see:

- Visits to Keep it Simple and Life and Soul Café.

By Peter

- Book and play reviews.

Crum on

- Ever fancied a Harley Davidson?

behalf of Our

- Local history and cooking Yorkshire Pudding.

News Our

- Plus all your What's On, puzzles and jokes.

Views

See you in March — deadline 12th February.

Editorial Team.

Local History — By Adrian Phipps.

The Hereford Mappa Mundi is a medieval map of the known world (mappa mundi in Latin), of a form deriving from the T and O pattern, dating from c. 1300. It is displayed at Hereford Cathedral, and is the largest medieval map still known to exist.

The Hereford Mappa Mundi hung for many years on a wall of a choir aisle in the cathedral. During the troubled times of the Commonwealth the map had been laid beneath the floor of Bishop Audley's Chantry for some time.

Drawn on a single sheet of vellum, it measures 158 cm by 133 cm, and some 52 in (130cm) diameter. The writing is in black ink, with additional red and gold, and blue or green for water (with the Red Sea coloured red).

It was long believed the map to have been made in Lincoln, since the city of Lincoln is drawn in considerable detail. Hereford, on the other hand, is represented only by a cathedral, drawn by a different hand than many of the other things on the map. However, more recent research suggests it may have in fact been created in or around Hereford.

Kinnersley Castle has changed hands numerous times in its long, interesting life since (possibly) Saxon times, and many families have made their own particular mark. Now there are three generations of the family of Henry Garratt-Adams, who purchased the castle in 1954 when it was under threat of demolition after World War II.

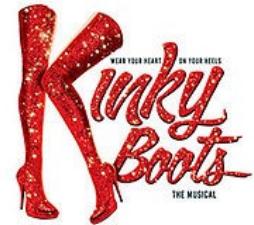
There are approximately eight acres of grounds, containing some remarkable yew hedges, orchard, giant cedar tree, walled kitchen garden and one of the largest ginkgo biloba trees in the country. We are licensed with the Soil Association as 'certified organic' and harvest the leaves of our 'social gingko' tree for herbal pharmaceuticals each year.



WHAT'S ON FEBRUARY 2020



Date	Time	What	Where	Detail/ Price
1st	7.30pm	Red Hot Boogie Theatre and band	The Market Theatre Ledbury	£8 to £12
8th	9am and 5pm	Hereford Detective Day	Malvern Theatre	£36
8th	11.00 am	Spies in Disguise	The Courtyard	Adult £7 Disabled £6.50
9th	7 pm	Live screening Kinky Boots from Westend	The Market Theatre Ledbury	£12.50 to £14.50
15th	8 pm to 3 am	80's night with DJ Roddy Hankins	Left Bank Village	£10
19th-22nd	Various times	HAPS Alladdin	The Courtyard	£15, Children £12 or 2 adult 2 children £47
23rd	7pm	La Boheme	Malvern Theatre	£26.32 to £38.64
27th	7.30	Rock 'n' Roll Revolution	The Courtyard Hereford	£22 Disabled £21
April 24th	7pm-10pm	Stay up Late 2020 Future dates: Friday 10 July; Friday 20 November.	Left Bank	£3-£5



Puzzle

£10 prize.

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

Deadline February 12th . One entry per person please!

Prize donated by
Ms Beth White

Thank You!
OUR NEWS OUR

Fill in the Hearts

Put the 5 numbers from the large heart into the small heart to make each set of equations true.

$=$	$=$	$=$	$=$	$=$
$=$	$=$	$=$	$=$	$=$
$=$	$=$	$=$	$=$	$=$
$=$	$=$	$=$	$=$	$=$
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Put the 5 numbers from the large heart into the small heart to make each set of equations true.

For solution see page 54

Have you heard the one about...

1. I dreamed I was forced to eat a giant marshmallow. When I woke up, my pillow was gone.



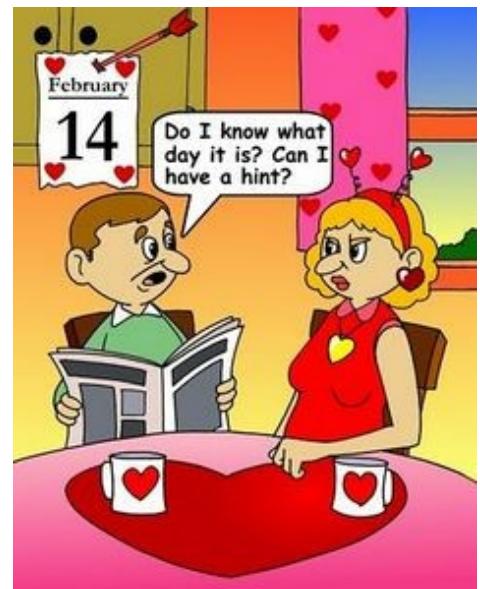
2. Two donkeys were standing at a roadside. One asked the other: "Shall we cross?" The other shakes his head. "No way. Look what happened to the zebra."



3. What fish is the best fighter? A Swordfish.



4. I met Bruce Lee's vegetarian brother today. His name is Brocko Lee.



Six the musical - By Tracy Roberts

Six is about Henry 8th six wives, this production is not like any musical I have seen before, this musical is a rock concert version and it's only in one act.

My favourite character was Jane Seymour because she had a beautiful song to sing "Heart of Stone".

My favourite song was "don't lose your head" which Anne Boleyn also sings.

Overall the production was amazing, and the performances were outstanding.



Frankie and Benny's - By Laura Joliffe

Last Thursday I went to Franky and Benny's with Sue, Lauren and Emma.

It was a very nice place.

I had a beef burger then a Toblerone cheese cake.

The food was very tasty.

It was very quiet around 6 O'clock which I like.



Aspire Race Night – By Laura Joliffe

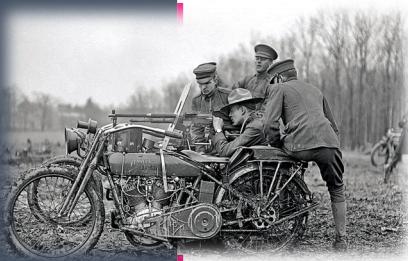
Last week I went to the aspire Race night with a friend. We had to watch a DVD and choose which horse we want to bet on to win, there were many races but, I only won once.

When it finished, we all had a curry which was a little hot but nice, I had not been to one before, but it was lots of fun and some people dressed up.

Place
your
bet!



Harley Davidson – By Peter Crum



Harley-Davidson is the iconic American motorcycle manufacturer that was founded by Williams S. Harley and brothers Arthur and Walter Davidson out of a small shed in Milwaukee, Wisconsin, in 1903.

The motor company produce traditional cruiser motorcycles utilizing air-cooled v-twin engines.

The first Harley-Davidson motorcycle was produced in Milwaukee in 1902 and launched in 1903.

The earliest motorcycles that were produced by these two men were essentially bikes that were to be used mostly for racing endeavours.

This was a strategy to make the brand known by more and more people in the car industry.

Winning races enabled the company to get the money that was needed to move to large scale motorcycle production.

The First World War brought about the need to have portable vehicles being used to transport soldiers in the battle fields. These bikes gained its reputation for toughness and reliability.

Harley Davidson has had its ups and downs, but its war years guaranteed it an iconic status in American hearts. The brand had grown from simply a badge on a machine to represent a lifestyle.

Quote
Quote



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The life and soul Kitchen, charity cafe supporting Adults with learning disabilities serving delicious cakes, coffee and homemade food. Baked with love to warm the soul!

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Food: Fabulously tasty homemade food and cakes with fresh coffee, and variety of hot and cold drinks. Plenty of choice and reasonably priced meal deals.

Events and activities: See Facebook page for latest news and details. Regular mum/dad and tot activities (self supervised play area), small eco shop, relaxed and friendly environment.

Come and try us!

Life and Soul Kitchen — By the team

We visited Life and Soul Café, based behind The Range on Three Elms Trading Estate.

It is up a set of stairs and not wheelchair accessible yet.

There was a lovely welcome and we ordered food, cakes and drinks which were all homemade and delicious. The prices are very reasonable.

Talking to Sophie Badham that runs it, we learned about what she wants for the café. It is a place where people with disabilities can enjoy working and using the café alongside ordinary members of the public. Volunteers with disabilities can work in the café and learn to carry out all tasks. They pay to be there but have a free meal — anything they like as long as they cook it themselves! We talked to Becky she makes the coffee and serves the customers. “I like baking cheesecake and like making all the food and clearing up after”.

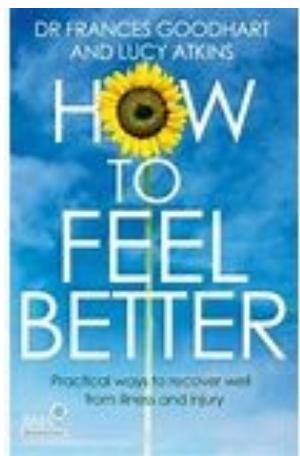
We spoke to some carers that said the café had made a huge difference to the people they care for by building their confidence and skills. They loved the idea of the place so much that one of them had decided to become a Trustee.

Different groups of people come in to use the café like mums and tots, they've had events like tea dances a Halloween party and Christmas Bingo.

There are lots of ideas to develop the café. We recommend a visit!

How to feel better book review — By Lisa Perkins

What made you choose this book? I chose this book by Dr Frances Goodhart and Lucy Atkins, because I like reading books about health.



What is the book about? How to feel better and recover well from illness and injury.

What are your favourite parts? My favourite parts are about fears and coping with stress.

How easy is it to read? It was very easy to read, I liked lots of things in the book.

What message have you taken from reading It? I learned lots of new information I didn't know, I loved it.

Do you recommend it to others to read and why? Yes, I will recommend it, because it is easy to read and the book made me happy.

Yorkshire pudding day 2nd February— By Peter Crum

The first Yorkshire pudding was made in the early 1700's. The Yorkshire pudding was known as "dripping pudding" because of its use of juices from the meat. It was served as a starter to fill up the person due to a small portion of meat. These days they are enjoyed by everyone especially on a Sunday with a roast dinner. The secret to getting a puffed up Yorkshire is of the fat sizzling and don't open the door of the oven.

70g plain flour

2 eggs

100 ml milk

Oil for cooking

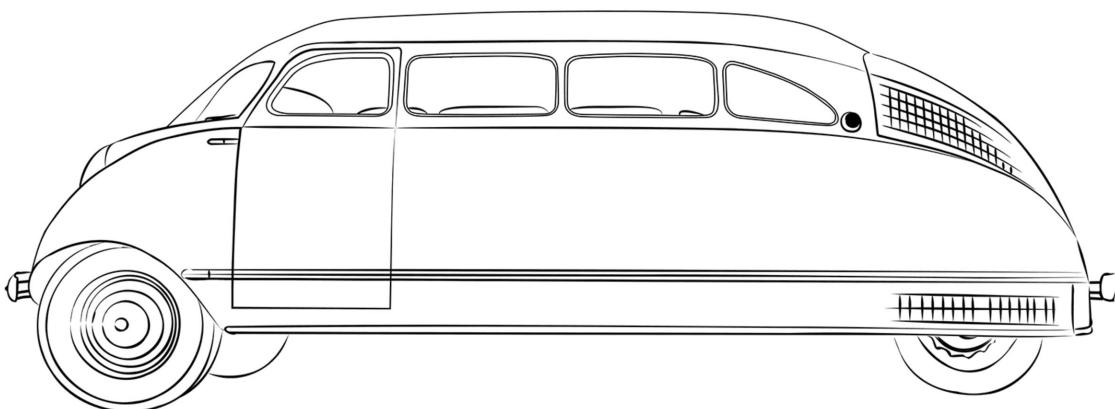
Pre heat oven 230 or gas 8

Enjoy.

Mix ingredients together in a bowl
Drizzle a little oil in no-stick cake tin
place in oven to heat through.

Remove the hot tin from oven and
carefully pour the batter into the
tin.

Place back in the oven for 20
minutes until the pudding have puffed up and
browned.



To colour!

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 March edition is 12th February.

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

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