



Our News Our Views

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

Edition 58 – March 2020



Special points of interest:

- British Pie Week
- Hot Cross Bun



Australian Bush Fires - By Lisa Perkins

Since June 2019. There have been many large bushfires burning across Australia especially in the south east where a state of emergency was declared in New South Wales. By 14th January 2020, fires have burnt an estimated 18.6 million hectares (46 million acres), destroyed over



5,000 buildings (Including approximately 22,683 homes) and killed at least 33 people.

An estimated one billion animals were killed, and some endangered species may be driven to extinction. These bushfires are the worst bushfire season in memory for New South Wales. The 1974 bushfires were nationally much larger consuming 117 million hectares (290 million acres) but, caused less loss of life and cost less money.

On 12 November 2019, catastrophic fire danger was declared in the greater Sydney region for the first time since the introduction of this level in 2009 and a total fire ban was in place for seven regions. The Illawarra and Greater Hunter areas also experienced catastrophic fire dangers, and so did other parts of the states, including the already fire ravaged parts of the Northern New South Wales.

The political effects of the fire season have been significant. A decision by the New South Wales government to cut funding to fire services based on budget estimates made people cross. A holiday taken by Australian Prime Minister Scott Morrison, during a period in which two volunteer firefighters died, made people think he didn't care about the situation. This also led to public anger.

It has been very difficult for firemen with 70 metre high (230ft flames) being reported.

The 2018 California wildfires consumed 800,000 hectares and the 2019 Amazon rainforest wildfires burnt 900,000 hectares of land.

Britain is 24million hectares big so the area of fire in Australia is the same as 77.5% of the area of Britain!

Inside issue

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Update from the editors



Thank you for your comments and stories. I can't believe it is March already! Do have a go at our wordsearch to win £10 this month!

In this edition lots for you to read:

- Shocking to see Australian fires are still burning.
- Two of our editors explore Croatia and will write again once they have been there.
- Cook yourself a vegetable pie followed by hot cross buns!
- Learn some history about some famous London landmarks.
- Plus all your jokes, puzzles and what's on.



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

See you in April — deadline 11th March.

Croatia part 1 — By Peter Crum and Tracy Roberts

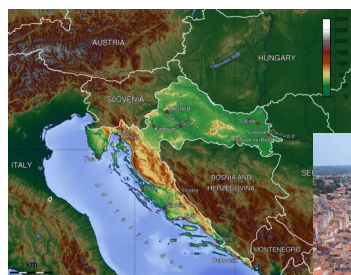
The country of Croatia is located in the north western part of the Balkan Peninsula. It's a small C shaped country with mountains, seaside and countryside to visit.

They traditionally eat food like: Lobster; Oysters; Scampi; Truffles and Veal.

The weather in May when we go will be between 26°C to 30°C.

We are going to a coastal village not far from Split in South Croatia, it sounds lovely.

We are going to Croatia in May WATCH THIS SPACE!



Vegetable Pie — By Peter Crum

British Pie week is 2nd to 8th March. Why not try making a vegetable pie?

You will need: leeks, onions, garlic (if using), your choice of chopped root vegetables e.g. carrots, swede, parsnips, turnips, celeriac, sweet potatoes.

Vegetable stock, corn flour and seasoning e.g. black pepper, salt, paprika, mixed herbs. Potatoes or puff pastry to cover. If using puff pastry an egg to brush on.

Boil, roast or steam vegetables of your choice. Fry leeks, onion and garlic to soften, add stock and thicken with corn flour. (Mix corn flour in small amount of water then stir in and keep stirring). Mix in cooked vegetables and spoon into pie dish or dishes.




Top with your choice of puff pastry (brush with egg) or mashed potato. Oven cook till browned and crisp. Play with it e.g. add cheese on top of potato or add milk to stock for creamier sauce or spice up with curry powder for a change. Enjoy!

WHAT'S ON MARCH 2020



spring



Date	Time	What	Where	Detail/ Price
6th march	9am till 4pm	Swan brewery tasting day 	Unit 17 rural enterprise centre Brunel road Leominster HR6 0LX	Free 
7th march	11 am	Frozen sing a long 	Courtyard Hereford HR4 9JR	£7.00 adult £5.00 child £6.50 disabled senior citizen £6.50 Student £6.50 military £6.50 
10th march	7pm till 11pm	Pre Cheltenham evening at Castle House hotel with Peter Scudamore MBE	Castle House Hereford HR1 2NW	£35 includes 2 course dinner and or wine or beer 
14th	7.30 till 10 pm	Haydn the creation	Hereford Cathedral	£10 
17th	6pm	Dementia Friend Session	The Courtyard Hereford	Free—but need to book. 
29th march	12pm till 4pm	Water works museum	Hereford HR 4 0LJ	Adults £7 Children £6

Puzzles



OUR NEWS OUR VIEWS

$$\begin{aligned}
 \text{Flower} + \text{Flower} + \text{Flower} &= 24 \\
 \text{Teddy} + \text{Teddy} + \text{Flower} &= 26 \\
 \text{Bow} + \text{Teddy} + \text{Flower} &= 21 \\
 \text{Bow} + \text{Flower} \times \text{Teddy} &= ?
 \end{aligned}$$

$$\begin{aligned}
 \text{Elephant} + \text{Elephant} + \text{Ant} &= 25 \\
 \text{Ant} + \text{Bee} + \text{Elephant} &= 18 \\
 \text{Bee} + \text{Elephant} - \text{Ant} &= 8 \\
 \text{Ant} + \text{Bee} \times \text{Elephant} &= ?
 \end{aligned}$$

BrainFans.com

Have you heard the one about...

- 1 I waited and stayed up all night and tried to figure out where the sun was. Then it dawned on me.
- 2 How does NASA organize a party?
They planet.
- 3 Why is everyone so tired on April 1?
Because they've just finished a long 31 day March.
- 4 What do you call a rabbit with fleas? Bugs Bunny.
- 5 Why is no one friends with Dracula?
Because he's a pain in the neck.



Fighting Fatigue Book Review — By Lisa Perkins

Fighting Fatigue is a book by Sue Pemberton and Catherine Berry.

It is about ME which stands for Myalgic Encephalitis. With ME people can get very tired. Fatigue means extreme tiredness. People with ME often have a boom and bust cycle where they use lots of energy and then get very tired so dip down to having very little energy. Even having to go to sleep.

Chapter one talks about how you can become more aware of what daily activities are using all your energy by keeping a diary. You want to spend your energy on fun things as well as chores.

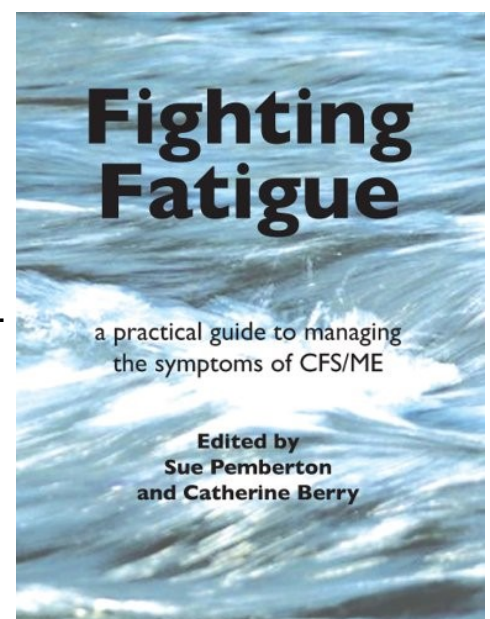
The idea is to try to cut out the two extremes of high energy and lack of energy by pacing yourself.

You do this by setting a base of energy that you can keep up and working out how far you can push yourself without getting over tired.

You carefully work within the boundaries you set doing some restful activities and those needing more energy.

The other chapters cover sleep, diet, stress and relaxation, thoughts and feelings, memory and concentration, dealing with others, physical activity and exercise, relapse/setbacks and carers.

I thought the book was interesting.





Butlins - By Laura Joliffe

Butlin's

We went from Hereford to Birmingham then to Newport. We caught a bus then train to Minehead. We got there at 5pm it was a long journey. We had a meal on the first day in the fish shop. We had a walk around the beach and went in the Splash Water World. We had a walk around two shops too. At Nation Park there was a penny arcade. We also saw the Sleeping Beauty pantomime. I spent a lot of time in the caravan which was lovely.



“Oh Lord
keep safe
our
Queen
Victoria
the
First....”



London Landmark History - By Adrian Phipps

Big Ben is the nickname for the Great Bell of the striking clock at the north end of the Palace of Westminster in London and is usually referred to the clock at the clock tower and is the largest of the tower's five bells. It was the largest bell in the largest of the tower's five bells. It was the largest bell in United Kingdom for 23 years. The clock and dials were designed by Augustus Pugin, and are set in an iron frame 23 feet in diameter, supporting 312 pieces of opal glass, rather like a stained-glass window. At the base of each clock dial in gilt letters is the Latin inscription: DOMINE SALVAM FAC REGIM NOSTRAM VICTORIAM PRIMAM. Which means “O Lord, keep safe our Queen Victoria the First”

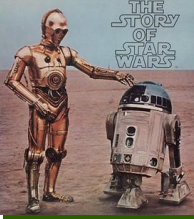
Westminster Bridge is a road-and-foot-traffic bridge over the river Thames in London, linking Westminster on the west side and Lambeth on the east side.

The bridge is painted green, the same colour as the leather seats in the House of Commons, and was built between 1739 and 1750, and was opened on the 18th November 1750. It assisted the expanding West End of the developing South London as well as goods and carriages to the Sussex and Kentish ports.

Houses of Parliament. The Palace of Westminster was strategically important during the Middle Ages, and was located on the banks of the River Thames. Known in medieval times as Thorney Island, the site may have been the first used for a royal residence by Canute the Great during his reign from 1016 to 1035. The oldest existing part of the Palace (Westminster Hall) dates from the reign of William 1's Successor, King William II.



Star Wars — By Tracy Roberts



I went to the Star Wars, The Rise of Skywalker, I thought it was very good and the story was believable.

There have been 11 Star Wars films: The Phantom Menace; Attack of the Clones; Revenge of the Sith; Solo – A Star Wars story; Rogue One – A Star Wars story; A New Hope; The Empire Strikes Back; Return of the Jedi; The Force Awakens; The Last Jedi; The Rise of Skywalker.

Going to a Hustings - By Peter Crum

I went to the General Election hustings in Hereford at Life and Soul Kitchen. Hustings are when the people that want to be voted for (elected) go to a public meeting and say their views and beliefs.

The Green, Labour, and Liberal Democratic parties were there, but the Conservative party could not make it. A shame they did not

come as they only do one in each market town.

There were lots of questions from the people with a learning disability in the audience. As a voter I found it very useful to help me decide who to vote for.

Thank you to Mencap for setting it up for us.



By Lisa Perkins

1st —
31st
March
2020

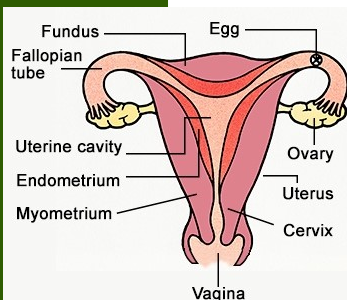
Ovarian Cancer Awareness month

Ovaries are the organs that release eggs to make babies in females. Ovarian Cancer is a disease affecting the ovaries. When cancer is found in the early stages women have a 90% chance of surviving for more than five years but this reduces to 22% when found in the later stage. A greater level of awareness of the signs and symptoms is therefore important.

Common symptoms of Ovarian Cancer Include: Feeling constantly bloated; A swollen tummy; Discomfort in your tummy or pelvic area; Feeling full quickly when eating; Needing to go to the toilet more often than normal. The symptoms aren't always easy to recognise

because they're similar to those of some more common conditions, such as Irritable bowel syndrome (IBS).

See your GP if: You've been feeling bloated most days for the last 3 weeks; You have other symptoms that won't go away; You have a family history of Ovarian Cancer and are worried you may be at a higher risk of getting it.



Hot Cross Bun — Laura Joliffe

Tip the bread mix into a bowl and stir in spice and sugar rub in the butter with your fingertips stir in the peel and currants. Food for the buns: 500g pack white bread mix; 2 heaped tsp mixed spice; 50g golden caster sugar.

Pour 100ml /4 fl oz water onto the milk, then beat in the caster sugar and pour into the dried ingredients. Mix to a very moist dough (the wetter the better leave for 5 minutes then cut into 10 equal pieces and roughly shape into buns with oiled hands. Cut a cross on top or add pastry crosses. Bake till cooked. Paint on sugar



Wordsearch Comic book characters — super heroes By Tracy Roberts

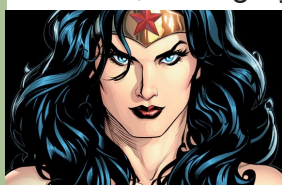
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Words: Wonder Woman, Supergirl, Iron Man, Batman, The Wasp, Robin, Superman, Flash, Green Lantern, Aquaman, Spider-Man, Catwoman, Poison Ivy, Joker, Thor, Captain America, Green Arrow, Oracle, Black Widow, Bionic Woman, Batgirl, Hulk, Storm, Captain Marvel, Jean Grey, Buffy, Ant-Man, Daredevil, Elektra, Fantastic Four, Hellboy.

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

Deadline November 20th . One entry per person please!



Our News Our Views

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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 April edition is 11th
March.**

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

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