



Our News Our Views

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

Edition 60 – May 2020

Special points of interest:

- Flu Epidemic 1918
- Make your own Cheese Sauce.

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Covid –19 and coping skills - By the team

In these odd times, staying at home, how are you coping? Action for happiness has created a calendar you can try to help you to keep mentally positive. Give it a go and let us know what you think of it? Download it here and find lots more on the site:

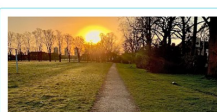
Building your wellbeing and helping you cope

If you or someone you know is struggling with this very challenging situation we are all in, please keep reading for ways to feel a bit calmer and ideas to help you cope.



About this website

View



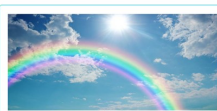
How are you feeling right now?

View



Ideas to help you cope and build your wellbeing using the 30-3-30 approach

View



How to create a Wellbeing Plan and other advice and information

View



<https://www.actionforhappiness.org/coping-calendar>

← This is a new website www.4mentalhealth.com/

If you are finding it hard at the moment this is also a good site to try. You can create your own wellbeing plan and practice breathing exercises to make you feel calm when you get anxious. We all tried it and thought it was useful.

How I'm coping during lockdown - By Peter Crum

I am missing my social life like going out with my family and friends.

I miss my best friend Cliff we go everywhere together and meeting up with my family for social gathering. I miss my sister Kelly because I can't go over to stay the night and see my brother Jordan as well and I also miss my uncle jimmy meeting up with him for food and drink.

I am okay and I am finding lots of stuff to do but it's a bit boring not going out. I feel like I am trapped. I will be glad when this is all over so I can have a big party!



Update from the editors



**By Our News
Our Views
Editorial Team.**

It has been a bit strange this month as we have had to only make the Online edition. We are all working from home and trying to learn how to do video calls. We have used Zoom and meet once a week except for Lisa and we miss her.

We hope that those of you that can get Online enjoy our newsletter and hope that we can bring you a paper copy of our next edition or the one after! We have not included a What's On as we don't know when the lock down will be lifted. In this edition lots for you to see:

- Foxes spotted in Hereford streets.
- The 1918 flu pandemic and how vaccines work.
- Puzzles jokes and lots more!

See you in June. Keep safe. Deadline 13th May.



Cornflour Cheese Sauce — By Peter Crum

I made this recently — it was easy and delicious!

You will need:

- 1 pint of milk
- 4 to 5 tablespoons cornflour
- 1 block cheese of your choice like red Leicester, grated.

To make:

Pour milk and corn flour in a jug and mix.

Pour into saucepan and put onto a medium heat.

Keep stirring until it begins to thicken.

Add cheese and stir to melt.

Keep stirring until it is difficult to stir or is as thick as you like it.

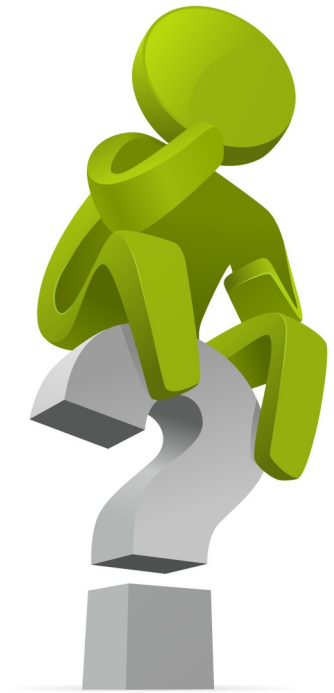


Take off the heat then add the cheese and pour over the food of your choice.

ENJOY!

Quiz — By Tracy Roberts (Answers page 4)

1. What year did Our News Our Views restart?
2. Can you name all of the editors at Our News Our Views?
3. Mary Simpson our support worker what is her other job?
4. In which English seaside town was 'Fawlty Towers' set?
5. Which Johnny starred as Edward Scissorhands?
6. Which river flows through Glasgow?
7. Who invented the telephone?
8. Who wrote Jane Eyre?
9. What country is pizza from?
10. Where do kangaroos live?



What word links these words?

Eg: News, Chase, Towel = Paper

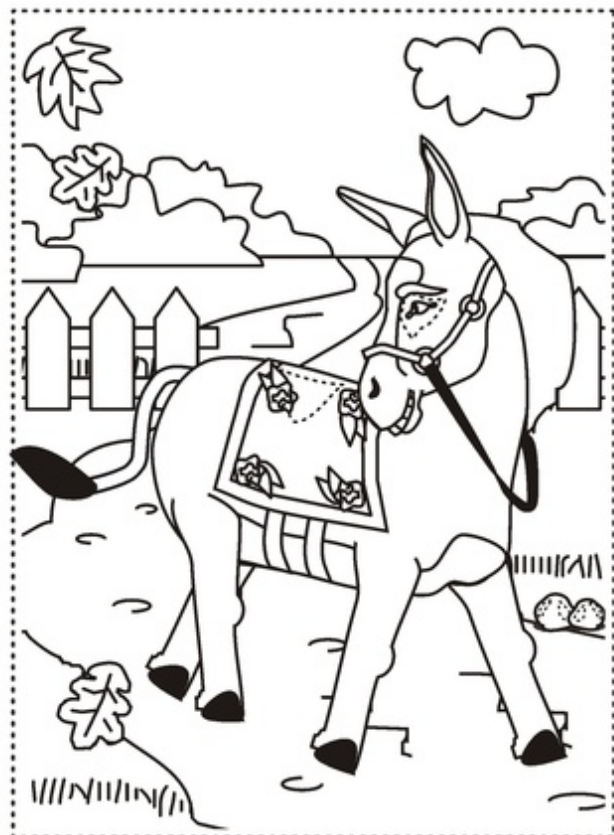
- 1, Cousin, Hand, Split
- 2, Eye, Pick, Paste
- 3, Fire, Reader, Fool
- 4, Spoon, Cloth, Manners
- 5, Magic, Bag, Beater

£10 prize.

Email your 5 words with your name and address. Deadline May 13th. One entry per person please!

Prize donated by Ms Beth

Find the ten differences between the two pictures.

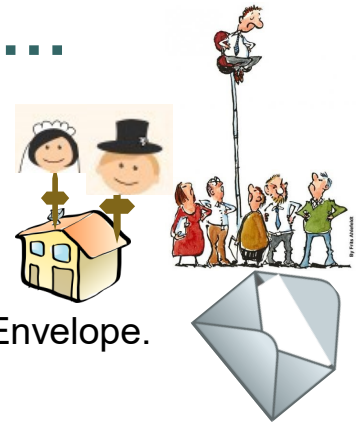


Have you heard the one about...

Knock knock – whoever is there, please step 2 meter back from the door to keep social distancing.

Two TV aerials got married – The wedding was rubbish but the reception was brilliant!

What starts with E, ends with E, and has only 1 letter in it? Envelope.



Our “Wicked” Trip to London — By Adrian Phipps

On March 5th Julie and I went to the Apollo Victoria Theatre in Westminster, London, to see the musical “Wicked”.

It is the story of two unlikely friends, Elphaba and Glinda, who argue because they have the same love interest, Fiyero.

The story then went on to tell how Elphaba became wicked and Glinda became the good witch.

I certainly enjoyed “Wicked”, my favourite part being the song “Defying Gravity”, where Elphaba flies for the first time.



It was the first time that I had ever seen “Wicked”, but after seeing it, I know that I would very much like to see it all over again, because in my opinion, it was a brilliant musical certainly worth watching.

Quiz answers

1. 2014
2. Adrian, Laura, Lisa, Peter and Tracy
3. Healthwatch
4. Torquay
5. Johnny Depp
6. Clyde
7. Alexander Graham Bell
8. Charlotte Bronte
9. Italy
10. Australia

Foxes in my street - By Laura Joliffe



During the last few weeks I have seen a fox in my street five times!

I decided to read about foxes Online. I found out that:

- The fox has reddish - brown fur white chest and a bush - white tipped tail called a brush. Its nose and ears are pointed.
- Foxes are widespread quite common throughout Britain and a surprising number live in towns.
- They are active at dusk and during the night searching for food.
- They tend to live in family group of one dog one vixen her cubs and a few helpers from previous litters.
- They have up to seven cubs between March and May.
- You may be lucky enough to see a fox but they are shy creatures.
- Instead you can look for evidence of their presence such as tracks and droppings.



FRONT

FOX TRACKS



REAR

Nintendo Switch games — By Tracy Roberts

While I have been in lockdown, I have been playing on my game console. I got two new games they are called Animal Crossing new horizons and Luigi mansion 3.

Animal crossing new horizon – you build your own island. You can buy, sell things, go fishing and build things. This is a good game if you like to be challenged.

Luigi mansion 3 – this game is about Luigi who is trapped in a hotel and you need to complete challenges to rescue his friends from King Boo.

Overall I think these games are brilliant and I am still playing them.



Brilliant!

Flu Pandemic in 1918 - By Adrian Phipps



The 1918 influenza pandemic was the most severe pandemic in recent history.

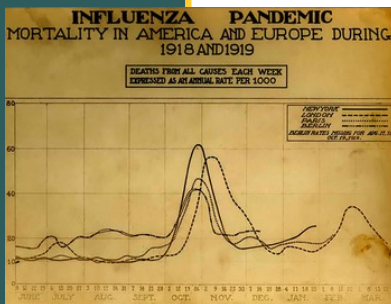
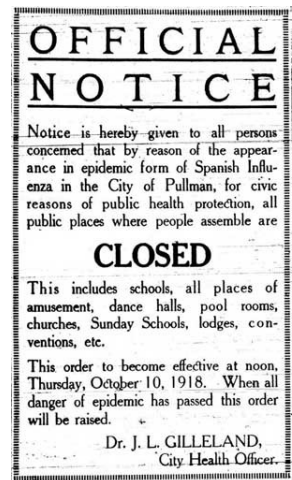
It was caused by an H1N1 virus with genes of avian (bird) origin, spreading worldwide during 1918-1919. In the United States it was first identified in military personnel in Spring 1918.



It was estimated about five hundred million or one-third of the world's population became infected with this virus—that was about fifty million worldwide, including the United States. In the United States about six hundred and seventy five thousand people died.

The high death rate (mortality) in healthy people was a unique feature of this pandemic.

With no vaccine to protect against influenza infection control efforts worldwide were limited to non-medicine methods such as isolation, quarantine, use of disinfectants, and limited gatherings.



How Vaccines work - By Adrian Phipps



A vaccine works by training the immune system to recognize and combat pathogens, either viruses or bacteria. To do this, certain molecules from the pathogen must be introduced into the body to trigger an immune response.

These molecules are called antigens, and they are present on all viruses and bacteria. By injecting these antigens into the body, the immune system can safely learn to recognize them as hostile invaders, produce antibodies, and remember them for the future. If the bacteria or virus reappears, the immune system will recognize the antigens immediately and attack aggressively well before the pathogen can spread and cause sickness.

Vaccine development is a long, complex process, often lasting 10-15 years and involving a combination of public and private involvement. People are hoping to produce one much quicker this time and scientists all over the world are working to do this.

Noda 20 year badge — By Tracy Roberts

At the Hereford Amateur Pantomime Society dinner dance, I received my 20 year NODA badge (NODA stands for National Operatic and Dramatic Association) for being part of amateur theatre for 20 years.

I was excited to receive my 20 year badge, everyone cheered for me as I went up to get my award, my friend Hayley and Ellen took photos. Mum, dad and Peter were so proud of me for getting my badge.



Cheltenham Festival 2020 —

A couple of months ago Cheltenham festival 2020 was nearly cancelled from the coronavirus but the Cheltenham staff put in hand gels so racing can go ahead.



I went to Cheltenham races with my dad. Before the racing started, we went for breakfast at Gups Hill Manor in Tewkesbury. After breakfast we went to Cheltenham racecourse.

We looked at the horses and had a bet and watched the horse races from the Guinness stand then we sat down to watch the racing. After the races had finished, we drove to the pub on the way back home for a meal.

Zoom Meetings — By Tracy Roberts

While I'm in lockdown Jess Mackenzie (who is the artistic director from About Face Theatre Company) has organised a zoom meeting every morning between 10am - 11am. ZOOM is away of making a video call for a group of people.

It is nice to see everyone Jess ask us to draw some pictures. In the meetings we played games and read a play called The Twits.

The first time I did ZOOM it felt strange and I was nervous as I did not know how to use ZOOM.

After this I use ZOOM every week to speak to and see my friends from NODA Summer School and I used it for business meetings with Mike Cook and Paul Choppen from the Learning Disability Partnership Board and Our News Our Views too.



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 June edition is 13th
May.**

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

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