



# Our News Our Views

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

Edition 59 – April 2020

## Special points of interest:

- **Mencap West Midlands Self Advocacy Network**
- **Floods in Herefordshire.**

## Inside issue

**Editors P2 Update.**

**What's P3 On.**

**Low self P4 esteem.**

**Show P5 jumping.**

**Japan. P6**

**Origin of P7 place names**

## Corona Virus - By Adrian Phipps

Coronaviruses were discovered in the 1960s. The earliest ones discovered were infectious bronchitis virus in chickens and two viruses from the nasal cavities of human patients with the common cold that were named human coronavirus 229E and human coronavirus OC43.

Coronaviruses are a group of viruses that cause diseases in mammals and birds. In humans, the viruses cause respiratory infections – including the common cold – which are typically mild.

The death toll from the Coronavirus outbreak in China rose to 563 on Wednesday, February 5th, as the Government rushed to build new hospitals and other countries moved to evacuate citizens and warned against all travel to China. Numbers have risen more all over the world including UK now.

There is no need for panic in this country about Coronavirus. It is a bit like flu. Although thousands of people die of flu every year in the UK there are thousands more who had flu and were all okay.

It is a nasty thing to have so practice good hygiene and stay as healthy as you can. Some experts advise shaking elbows instead of hands -what do you think of that?!



## Cinderella - By Laura Joliffe



The Courtyard programme explains: "We stage our annual wintry visit to panto land. This year, we have taken that favourite of all Christmas shows Cinderella and painted its roots firmly in the rich red earth of Herefordshire. You'll have a ball at Everson's favourite pantomime Cinderella.

This magical family friendly show will be packed with spectacular costumes magnificent sets and coachloads of hilarity slapstick song and dance that all make a trip to the courtyard an unmissable Christmas treat. What's more, with not one but two devious dames in the shape of the ugly sisters".

It was very good. If they came with a different show, I'd watch their performance again. I went on the Wednesday when it was less crowded which I enjoyed.

# Update from the editors



Thank you for your articles. What a strange time it is with Corona Virus - or Covid -19 as it is called. By the time you read this I think things might change again as it has just been called a Pandemic. That means it has spread across the world. We are washing our hands a lot are you? I hope you are not too worried—do read our article about it. In this edition lots for you to see:

**By Laura  
Joliffe on  
behalf of Our  
News Our  
Views**

- Panto and Show jumping;
- Ever wondered about the meaning of place names?
- Low Self – Esteem article.
- Country walks.
- What's on, dot to dot, riddles and jokes.

**Editorial Team.**

**See you in May — deadline 15th April.**

## **Mencap — By Tracy Roberts**

I went to Birmingham with Rose Hunt from Herefordshire Mencap and Bev Davies as Bev is the new Mencap link worker.

We attended the West Midlands self advocacy network meeting - they make sure people with a learning disability or autism get the chance to have their say.

This was my first meeting. We talked about their new website and staying safe on Facebook, decided on a website name and after lunch they talked about the survey for the new link workers to do.

It was an interesting meeting.



**West Midlands  
Self Advocacy  
Network**

# WHAT'S ON APRIL 2020



Date	Time	What	Where	Detail/
3rd	1.30 to 3.30	Friday Club coffee morning	Leominster Community Centre	Donations
7th	11a.m to 3 p.m.	Easter Family Fun and Games	Water Works Museum	Usual Entry fee.
10th—13th	10 a.m. to 4p.m.	Cadbury Easter Egg Hunt	Croft Castle	£2.50 per hunt
14th to 18th	2.15 and 7.15 p.m.	Hereford Gang Show 2020	The Courtyard	£14
21st	2-3 p.m.	Dementia Friends Information Session	The Courtyard	FREE Please Book
24th	8.30 p.m.	Hereford Weston's Cider Comedy Club	The Courtyard	£12.50
25th	10a.m. to 4p.m.	Lucton Food Festival	Lucton School HR69PN	FREE
25th to 26th	11 a.m. to 5 p.m.	Steam Punk Weekend	The Water works Museum	Usual Entry fee
30th to 2nd May	12 to 10p.m.	May Fair	Leominster	FREE money for rides



**Dementia Friendly Communities**



## Puzzle — By Tracy Roberts

What has to be broken before you can use it?

What is full of holes but still holds water?



Answers: An Egg. A sponge.

# Have you heard the one about...

1. What did one toilet say to the other? You look flushed.



2. What do you do if your dog chews a dictionary? Take the words out of his mouth.



3. What is as big as an elephant and weighs nothing? Its shadow.



4. What do you call a pig that knows karate? A pork chop.



5. What do you call a sleeping bull? A bulldozer.



## Low Self Esteem – By Lisa Perkins

Low self-esteem is lack of confidence and feeling bad about yourself. People with low self-esteem often feel unlovable and awkward.

Signs of low self-esteem can be:

- Being Angry
- Unhappy
- Sensitive to criticism (being told that's not good enough)
- Withdrawn from friends and family.

Physical symptoms can be:

- Fatigue (feeling tired all the time)
- Not sleeping
- Headaches



You can build up your self-esteem and confidence by:

- Doing things that scare you or doing things out of your comfort zone.
- Set daily jobs and tasks to complete to challenge you.
- Help someone else to make you feel good about yourself.
- Care for yourself.



# Show Jumping

- By Laura Joliffe



Scott Brash MBE was born 23rd November 1985 and is a Scottish showjumper. He began riding the horse Hello Sanctos in early 2012. They competed as part of the British Team at the 2012 Summer Olympics in London winning a gold medal in the team jumping event. In 2015 he became the first rider to win show jumping's Rolex Grand Slam, all three of the sport's most important events in a single year, earning the sport's biggest individual prize of 1m Euros (£735,000). Brash was born in Peebles in Scotland, and at seven years old he began riding his own pony. At the age of ten he began show jumping in The Pony Club.

## Country walks

- By Peter Crum

There are lots of country walks around Herefordshire. A good thing to do is to go on the Herefordshire council website and find leaflets. You can print off lots of walks. You can choose the length and difficulty and many are circular.

Where is a nice walk to go in Herefordshire?

An example is you can go for a nice walk in Woolhope. It is a pretty village and there is a church you can go in and have a look around.

If you want something to eat there are local pubs that serve food and beer, wine, cider and perry.

Walking is good for you and you can see parts of Herefordshire that you didn't know were there.



Walking  
is good  
for  
you...

## Japan — By Laura Joliffe



Japan belongs to the continent of Asia. Japan is an island nation surrounded by the Sea of Japan to the east and the Pacific Ocean to the west.

Japan is made up of 6,852 islands. The highest point in Japan is mount Fuji which stands at 3,776 metres high (12,388 feet). As of July 2012, there are over 127 million people living in Japan (127,368,088). Which is the tenth largest population in the world.



Tokyo is the capital city of Japan and the largest city. Other major cities include Osaka, Nagoya and Sapporo.

Japan sits along the “pacific ring of fire” so has many volcanoes and many earthquakes. In 2011 an earthquake of magnitude 9.0 in Japan created a Tsunami which resulted in much devastation.

This year, we will hear a lot more about Japan because it will be holding the Olympics in Tokyo Fri, 24 Jul 2020 – Sun, 9 Aug 2020. Let's hope Covid - 19 does not stop the Olympics!



## Floods in Herefordshire — By Peter

Storm Dennis was a European windstorm which in February 2020 became one of the most intense cyclones ever recorded in this part of the world.



February 2020 saw storm Dennis cause chaos and destruction in Herefordshire, Worcestershire, Shropshire and many more places over the country. Towns were flooded

and many people got evacuated because they lost homes and businesses. The floods have destroyed many roads and bridges in local areas and Hereford saw a record 6.11m high river. Now it is time for People to rebuild what they have lost with community spirit pulling together.



**Donated clothes for people evacuated from floods were collected at St. Martin's Church.**



## Origin of place names — By Adrian Phipps

1. **Llanfairpwllgwyngyllgogerychwyrndrobwllllantysiliogogogoch** is the name of a place in Wales. The township name Pwllgwyngyll means “pool of the white hazels.” A fanciful addition of “gogerychwyrndrobwllllantysiliogogogoch” was further made in the mid 19th century, meaning “fairly near the rapid whirlpool by the church of St. Tysilio at the red place”, based on local names or features, giving an overall:

Llanfairpwllgwyngyllgogerychwyrndrobwllllantysiliogogogoch.

2. **Bartestree** means “Tree of a man called Beorhtwald.

3. **Bromyard** means “Enclosure where brooms grow.”

4. **Gatwick** means “Farm where goats are kept”.

5. **Heathrow** means “Row of houses on or near the heath.

6. **Wales** means “(Land of the) foreigner. The name was used by the Anglo-Saxons of the ‘alien’ Celts. The Welsh name has a Celtic meaning ‘compatriot’.



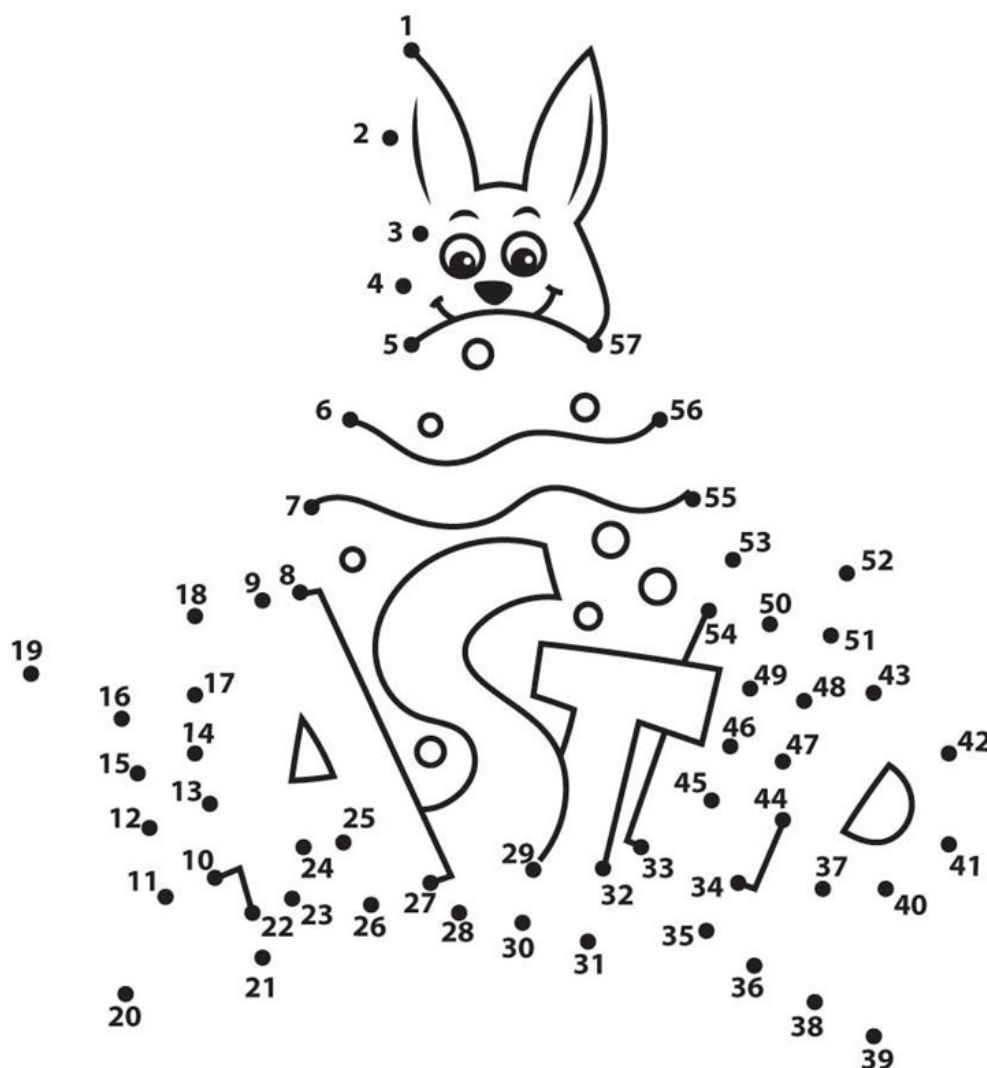
**Join the dots and colour the picture for a chance of winning a prize of £10 in picture draw.**

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

**Deadline April 15th .**

**One entry per person please!**

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



## 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: [ournewsourviews@hotmail.co.uk](mailto:ournewsourviews@hotmail.co.uk)  
Website: [www.ournewsourviews.com](http://www.ournewsourviews.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 May edition is 15th April.**  
(The editors reserve the right to  
edit all copy.)

**Thank You—** We thank our advertisers for their support.

**Advertise with us —** prices on website.

**Disclaimer —** We cannot accept any responsibility or liability for any opportunities or products described in the newsletter or offered by our advertisers that are printed in good faith.  
**We apologise for any mistakes we make.**

**E F Bulmer  
Benevolent Fund**

**Thank you to our advertisers funders and sponsors!**



*Making a real difference to the lives of  
disabled people in Herefordshire*

Leisure, learning, social, voluntary and  
work-based activities during the  
daytime, evenings and weekends.



[www.echoherefordshire.org.uk](http://www.echoherefordshire.org.uk)



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'.

[www.herefordshiremencap.co.uk](http://www.herefordshiremencap.co.uk) find us on  
Facebook and twitter @HerefordMencap.

### HOUGHTON PROJECT

*Rural Skills for All*

Here you can:

Work with animals

Grow your own food

Make things out of wood in the workshop

Work in the woods

Come and see what we do

☎ 01568 797 900

[tim@houghtonproject.co.uk](mailto:tim@houghtonproject.co.uk)  
[www.houghtonproject.co.uk](http://www.houghtonproject.co.uk)



## Andy's discos

**All types of music.**

**Available for hire -**

**weddings, parties or events.**

**I only charge for transport costs.**

**Hereford area only please.**

**For more information give Andy  
a call on 07974 486411**