



### Special points of interest:

- Two yummy cake recipes!
- Disabled musician awards.

### Inside issue

Editors Update. P2

Puzzles and Quiz P3

Jokes P4

Ice road Truckers P5

Captain Tom P6

Learning to play the Ukelele P7

# Our News Our Views

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

Edition 61 – June 2020

## How organisations are keeping in touch - By Tracy Roberts

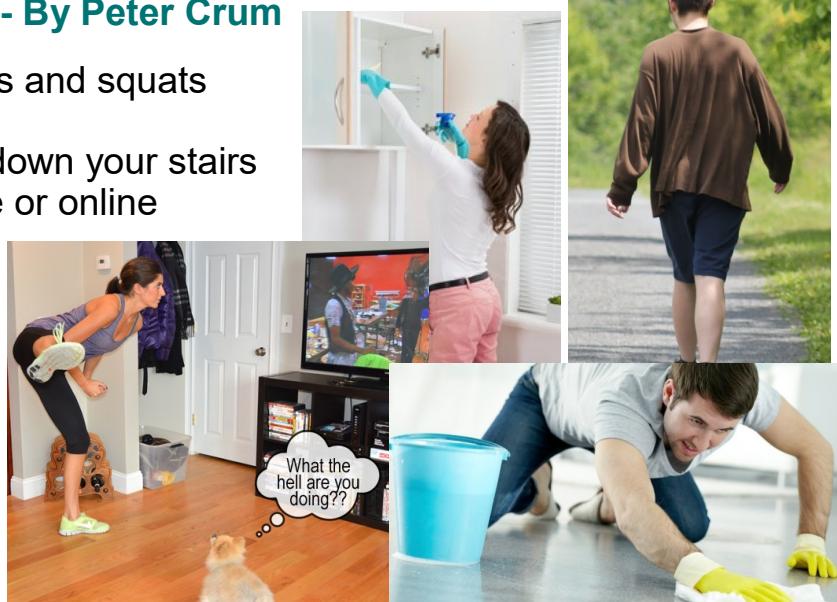
It is good to see that Organisations are keeping in touch with their clients by:

- Echo have made 230 conference calls, 207 emails, 92 letters, 742 phone calls, 32 resource pack sent, 94 text message, and 44 visit/delivery.
- Aspire living, Walsingham support, are still supporting people in their homes and with Houghton and Hereford community farm, Life and Soul kitchen - have been putting photos/videos on social media of what their clients have been up to.
- About Face theatre company have been doing zoom meetings with their participants every day.
- ONOV have been Zooming on a Thursday and working in the week to send articles to Mary to make this newsletter.

### How are you keeping in touch?

## My Top Ten Lockdown exercises - By Peter Crum

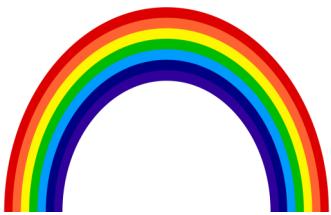
Lunges, push ups and squats  
Running/jogging  
Walking up and down your stairs  
Zumba - at home or online  
Walking  
Weightlifting  
Fitness DVD  
Yoga  
Gardening  
Cleaning



LETS KEEP  
IN TOUCH  
—AT A  
DISTANCE!!!



# Update from the editors



**By Our News  
Our Views  
Editorial Team**



Thank you for reading our Online newsletter during lockdown.

We hope you are all keeping safe and are finding lots to do at home – and are still washing your hands a lot!

In this edition lots for you to see:

- We hope you like cake? — 2 yummy recipes to try.
- Agatha Christie, Fantastic Four and Ice Road Truckers.
- Top 10 home exercises and online learning you can try.
- Fancy learning to play the Ukelele? Find out its history.
- A puzzle, a quiz, jokes and more.

**See you in July — deadline 10th June.**

## Agatha Christie — By Adrian Phipps

I have always enjoyed reading books, especially the murder mysteries by Agatha Christie, because detective mystery books are my favourite kind of reading and as far as I can say, there is no better crime story writer than Agatha Christie.

She was born on the 15<sup>th</sup> September, 1890, and the first mystery book she wrote was “The Mysterious Affair At Styles”, was published in 1920, in which she created the Belgian detective, Hercule Poirot, who became the most popular detective since Sherlock Holmes.

Altogether, she wrote 79 novels, and has been known throughout the world as the Queen of Crime, and was appointed a Dame Commander of the Order of the British Empire (O.B.E.) for her contribution to literature.



## History Quiz — By Adrian Phipps



1. What are the names of Henry VIII(8th) six wives?
2. What year did the Battle Of Hastings take place?
3. Where did the Great Fire Of London start?
4. Who was the first monarch to reside at Buckingham Palace?
5. What year did the Aberfan disaster take place?
6. Who planned the Gunpowder Plot to blow up the Houses of Parliament?
7. Whereabouts in Hereford are the streets all named after different types of trees?
8. Whereabouts in Hereford are the streets named after Royalty?
9. When was the Black and White House in High Town built?
10. Whereabouts in Hereford is the Mappa Mundi?

**Answers Page 5**

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

**Deadline June 10th . One entry per person please!**

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

**Instructions... Startling is the only word in the English language that leaves a real word every time we remove a letter from it over 9 steps until I remains. Can you create the steps? Do not change the letter order.**

<b>1 STARTLING</b>	<b>6 - - - -</b>
<b>2 - - - - -</b>	<b>7 - - -</b>
<b>3 - - - - - -</b>	<b>8 - -</b>
<b>4 - - - - - - -</b>	<b>9 I</b>
<b>5 - - - - - - - -</b>	

## Introduction to Co-Chair — By Tracy Roberts



In March I became co-chair of the Learning Disability Partnership Board for Herefordshire council. I was already a member of the partnership board as a representative for Our News Our Views.

Since then I had to look at the Bill of Rights and a leaflet about being co-chair and how the meetings are going to run.

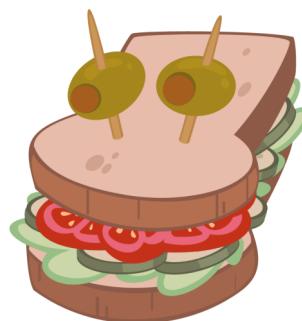
The role of co-chair is to: -

- Manage the meeting
- Keep to time
- Work through the agenda
- Give everyone a chance to have their say.

**If you have anything you would like me to bring up at the next meeting my email is [cochair1234@gmail.com](mailto:cochair1234@gmail.com)**

# Have you heard the one about...

1. Patient: "Doc, I can't stop singing "Green Green Grass Of Home". Doctor: "That sounds like a Tom Jones syndrome." Patient: "Is it common?" Doctor: "It's not unusual".
2. A man walked into a bar with a roll of tarmac under his arm and said: "Pint please, and one for the road".
3. A sandwich walks into a bar. The barman said, "sorry, we don't serve food in here."
4. I always take my wife morning tea in my pyjamas. But is she grateful? No, she'd rather have it in a cup.



## Lemon Drizzle Cake - By Peter Crum

### Ingredients

225g unsalted butter, soften

225g caster sugar

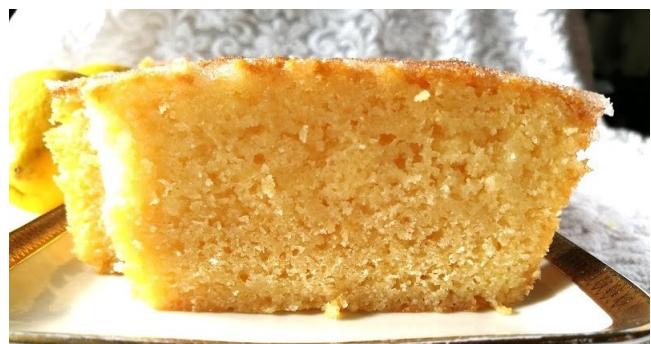
4 eggs

225g self-raising flour

1 lemon finely grated zest

Juice  $\frac{1}{2}$  lemons

85g caster sugar



### Method

Heat oven to 180c/fan 160/gas 4

Beat together butter and sugar until pale and creamy then add egg at a time slowly mixing through.

Sift in self-raising flour, then add the finely grated zest of lemon and mix until well combined.

Line a loaf tin(8X21cm) with greaseproof paper, then spoon in the mixture and level the top with a spoon.

Bake for 45-50 minutes until a thin skewer insert into the centre of the cake comes out clean.

While the cake is cooling in the tin, mix together the juice of  $\frac{1}{2}$  lemon and 85g caster sugar to make the drizzle.

Prick the warm cake all over with skewer or fork, then pour over the drizzle-the juice will sink in and sugar will form a lovely crisp topping.

Leave in the tin until completely cool, then remove and serve.

Will keep in an airtight container for 3-4 days or freeze for up to one month.

# The Fantastic Four - By Laura Joliffe



The Fantastic Four are a fictional superhero team appearing in American comic books published by Marvel Comics who gained superpowers from cosmic rays during a scientific mission to outer space. They are:

**Mister Fantastic** (Reed Richards), scientific genius, leader of the group, can stretch his body into incredible lengths and shapes and marries Susan later.

**Invisible Woman** (Susan "Sue" Storm), can project powerful invisible force fields; Big sister to Johnny.

**Human Torch** (Johnny Storm), can generate flames, surround himself with them and fly;

**Thing** (Ben Grimm), a good pilot, who possesses tremendous superhuman strength and tough stone-like flesh.



## Review of Ice Road Truckers - By Peter Crum



Ice road truckers is an American reality television show that premiered on the history channel on June 2007.

It features the activities of drivers who operate trucks on routes crossing frozen lakes and rivers.

I like watching ice road truckers because it is interesting what they do in very cold weather conditions and it is dangerous to drive on because the truckers can go through the ice.



Answers to quiz on P3.

How many did you get right?!



## History Quiz Answers

1. Katherine Of Aragon, Anne Boleyn, Jane Seymour, Anne Of Cleves, Katherine Howard and Katherine Parr.
2. 1066
3. Pudding Lane Bakers Shop.
4. Queen Victoria.
5. 1966.
6. Robert Catesby.
7. Hinton Court.
8. College Green.
9. 1621.
10. Hereford



## Historical events in June - By Adrian Phipps

On June 4<sup>th</sup>, 1944, during World War II in Europe, Rome was liberated by the U.S. 5<sup>th</sup> Army, led by General Mark Clark.

And June 6<sup>th</sup> became known as D-Day, the largest amphibious landing in history, began in the early morning hours as Allied Forces landed in Normandy on the northern coast of France.



Yummy  
yum yum  
yum!



## Captain Tom — By Peter Crum

A 99-year-old war veteran has been left “speechless” after raising more than £32 million for NHS Charities Together. Captain Tom Moore originally aimed to raise just £1,000 for 100 laps of his garden before his 100<sup>th</sup> birthday.

The duke of Cambridge hailed him as a “one-man fundraising machine”. His daughter Hannah Ingram Moore said, “There are no words left to say. We cannot believe people’s generosity and he’s just floored by it”.

Captain Tom is to now be made a Knight. He said. “I’d like to thank Her Majesty The Queen, the Prime Minister and the Great British public”. “I will remain at your service.” He then joked “I hope the Queen is not too heavy handed with the sword”!

## Easy Chocolate Fudge Cake — By Peter Crum

### Ingredients

175g self-raising flour  
2 tablespoon cocoa powder  
1 teaspoon of bicarbonate of soda  
150g caster sugar  
2 tablespoon golden syrup  
2 large eggs, lightly beaten  
150ml sunflower oil, plus extra to grease

150ml semi skimmed milk  
For the icing  
100g unsalted butter  
225g icing sugar  
40g cocoa powder  
2 ½ tablespoon milk (a little more if needed)

### Method

1. Heat oven to 180C/160C fan/gas 4. Grease and line the base of two sandwich tins.
2. Sieve self-raising flour, cocoa powder and bicarbonate of soda into a bowl. Add caster sugar and mix well.
3. Make a well in the centre and add golden syrup, lightly beaten large eggs, sunflower oil and milk. Beat well with an electric whisk until smooth.
4. Pour the mixture into the two tins and bake for 25-30 minutes until risen and firm to the touch. Remove from oven, leave to cool for 10 minutes before turning out onto a cooling rack.
5. To make your butter icing, place unsalted butter in a bowl and beat until soft.
6. Gradually sieve and beat in icing sugar and cocoa powder then add enough milk to make the icing fluffy and spreadable – around 2 ½ tbsp.
7. Sandwich the two cakes together with the butter icing and cover the sides and the top of the cake with more butter icing.



## History of the Ukelele — By Tracy Roberts



The name ukulele is the traditional Hawaiian name that was given to a small instrument called the machete.

Lots of countries use the ukulele. The ukulele was introduced into Japan in the early 1900's and adopted along with Hawaiian and jazz music.

While the western instrument was banned during World War Two the popularity of the instrument surged after the war.

The ukulele is popular

I play the ukulele and I am learning to play "Somewhere Over the Rainbow".

## Training Online — By Tracy Roberts

While everything is in lockdown, I have been doing some online training. I did a stage management course via a webinar (you can see the tutor, but they can't see you) which was provided by NODA. I have never done stage management before and thought it would be interesting to find out about it.

Then I did some dementia friends training via a webinar and then a zoom meeting for a demo run of the dementia friends session via video call. It felt really strange doing this because online training was new to me. I also took part in a NODA quiz on zoom that was an interesting experience we got 18 out of 70.



## Winning disabled musicians — By Laura Joliffe

Three disabled musicians, just beginning their careers, have been awarded national commissions by Drake Music and its partner, Sound and Music. They will create new work which brings together music and film in response to the question: *"What does it mean to be you and living in today's society?"*

**Carien Meijer**, Chief Executive of Drake Music, said: *"Disabled people are massively under-represented in the UK music scene so it is exciting to bring these talented musicians to a whole new audience."*

**Dyr Sister (Hull) Sally Currie** plays lots of instruments, is partially deaf and has a history writing and performing music with bands and solo.

Sally says: *"I am very excited as a deaf artist about turning my music into visual art... that is accessible to the deaf community is something that means a lot to me and I feel privileged to be able to join the programme and explore this."*

**Robbie Ashworth** is a composer, performer and entertainer from South West London. His main instrument is piano but he also enjoys playing guitar and African djembe drums. *"I am thrilled to be able to compose a piece of music set to a moving image which highlights how inclusion is still in its infancy with regards to people with hidden disabilities as well as visual ones. I would like my music to show how living in today's society can be an isolating experience for those who are different."*

**Remi Fox-Novak** from Nottingham is a producer, live performer and sound artist, he is passionate about finding ways to make playing music accessible for all.

*Listen to the commissions on <https://www.drakemusic.org>*



# 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 July edition is 10th June.**

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

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