



Our News Our Views

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

Edition 62 – July 2020



Special points of interest:

- What concerns do you have about going back to work or activities?
- Chelsea Flower Show

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Black lives matter - By Peter Crum

Black lives matter is an international human rights movement which campaigns against violence and racism towards black people.

In 2013 the movement began with the use of the hashtag #blacklivesmatters on social media after the shooting of four black men.

Recently George Floyd was arrested, and a white police officer restrained him with a knee in the neck and this caused him to die.

So, it made everyone protest.

I think this sort of thing should not be happening again and people should be charged for doing it.



The reason I jump, book review

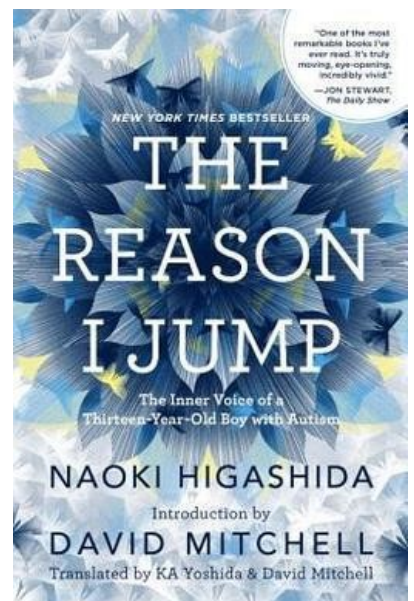
— By Tracy Roberts

I borrowed this book from Louise Walton from Marches Family Network.

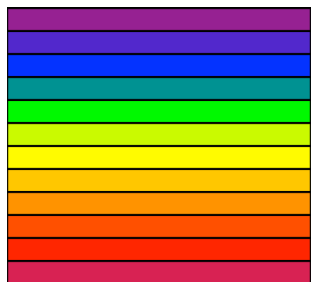
This book was written by a 13-year-old boy from Japan about what it is like to live with autism.

My partner is on the autism spectrum and it made me understand why he does the things he does.

I really enjoyed this book and I would recommend it because you would understand about autism.



Update from the editors



Hello everyone — how are things going for you? We hope you are keeping well and staying safe.

It is still very important to wash your hands especially if you are getting out and about more.

Thank you for your messages and we hope you enjoy this edition with lots to see and do:

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

What is Black lives matters about? What concerns do you have about going back to work or leisure? Do you have a favourite box set of videos? Do you know about autism? And have you ever had a banana pancake? All of this and puzzles and jokes—hope you enjoy!

See you in August — deadline 15th July.

Concerns about going back to work

— **By Peter Crum**

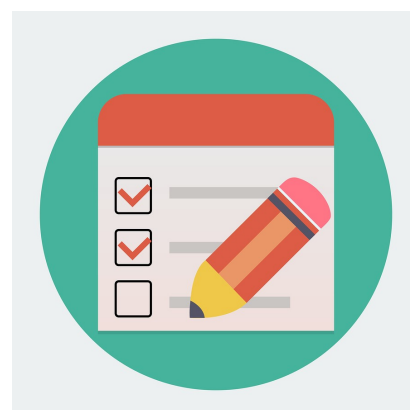
Everyone in Our News Our Views is thinking about what would need to happen for us to go back to work at St. Martins. Across ECHO staff are asking individuals and their families and staff about this. It is a complicated issue with Covid-19 still a big risk.

It is useful to make a list of your concerns and then you and your team can try to see if there are ways to make the risks smaller for example by meeting somewhere different or working in a different way.

This is my list:

- I am worried about social distancing.
- I can't go on public transport.
- I am concerned about the room layout.
- I am concerned about too many people catching colds.
- I am happy to work from home for the time being.
- I am happy to take it in turns to go to work.

What would your list look like?



In lockdown I have enjoyed colouring these pictures — By Laura Joliffe



Puzzle — By Name

Identify the hats. Answers page 7.

1. _ _ A _ _ R (6)

2. B _ _ _ E _ (6)

3. _ A _ _ _ A _ _ / _ _ _ (8, 3)

4. _ E _ E _ (5)

5. _ _ A _ I _ (6)

6. _ O _ _ _ E / _ _ _ (6,3)

7. _ O _ / _ A _ (3,3)

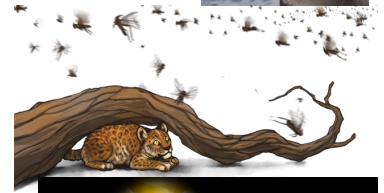
8. _ O _ _ A _ / _ _ _ _ _ (6,5)

Have you heard the one about...

What did the duck say when he bought lipstick?
"Put it on my bill."



Why couldn't the leopard play hide and seek?
Because he was always spotted.



What do you call a dinosaur that is sleeping?
A dino-snore!



What is fast, loud and crunchy?
A rocket chip!



My Top Ten DVD Box sets – By Adrian Phipps

1. Friday The 13th
2. Dallas
3. Death In Paradise
4. Spartacus
5. The Fugitive
6. Columbo
7. Prison Break
8. Bates Motel
9. Criminal Minds
10. Bad Girls



Julie and me also bought an X Box 1 for Christmas.

We have plenty of games, such as Star Wars: Jedi fallen order, Tomb Raider, Batman, Friday The 13th, and others.

I have not learnt how to play it yet, I am still practicing, but it was certainly worth buying.



Interview with Sarah Osborne - By Tracy Roberts



What is your name? Sarah Osborne

What is your job? Artistic Director of Yew Tree Arts Ltd and Yew Tree Youth Theatre. I'm also the Director of NODA Theatre Summer School - I write and direct plays and lead workshops in a Youth Theatre, in schools, in prisons and in theatres as well as planning what happens at Noda Theatre Summer School.

"...it seems to have worked!"

How did you come up with "Creative Collective"? On the 18th of March - when the government were about to announce their plans for us to stay at home I made a Facebook group and let people I knew who might be interested know that I was going to post a creative task on it every day. I then asked them to invite anyone they knew who might be interested. The Creative Collective grew from there...we now have 126 members - who contribute and enjoy the tasks and also share things that have made them happy that day.

Why did you decide to come up with creative collective?

I realised when we were all going to have to stay at home because of Covid 19 that a lot of people might feel lonely and that some people were going to really miss their creative hobbies. I wanted to create something that might give some creative distraction and enjoyment and something that would keep people company while they were facing the challenges of the lock down. We've now been going for nearly 3 months so it seems to have worked!

"The website was easy to use..."

Chelsea Flower Show 2020 - By Peter Crum

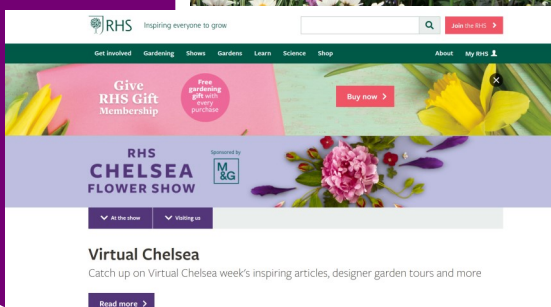


It was their first virtual flower show and it has been the first time they have had to cancel it since the second world war.

It was on between 19th May to 23rd May, they showed lots of different videos on different days about gardening.

The topics covered were "insiders view", "how to grow" and "planting plans".

the website was easy to use and to get around.



Banana Pancakes — By Laura Joliffe

Ingredients

1 banana

2 eggs

1 teaspoon baking powder

Choose what you would like to add in

Chocolate chips

Honey

Strawberries or raspberries

Method

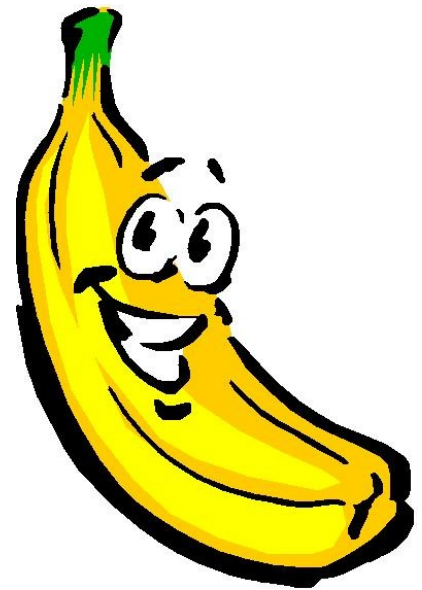
Mash the banana

Add the eggs

Mix in any other ingredients you want

Fry like a normal pancake

They are very tasty but also healthy and easy to make. I had mine with ice cream.



Headphones — By Tracy Roberts

I bought some new headphones this year. They are noise cancelling ones. That means they block out all noise outside of the headphones.

I wear headphones sometimes as I suffer from anxiety.

They are beat solo3 wireless Bluetooth headphones in rose gold. They have a microphone built in as well.

I love my headphones they help me a lot.

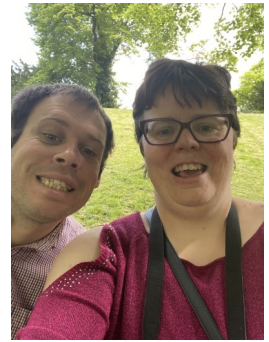


Photography - By Tracy Roberts

Since we have been in lockdown, I decided to improve my photography skills. I have been using my professional camera and using my iPhone as well.

My friend Ellen recommend a book to me called "read this if you want to take great photographs", by Henry Carroll.

We went to the Castle Green and I decided to take some photos and I was really impressed with myself as I took some good photos.



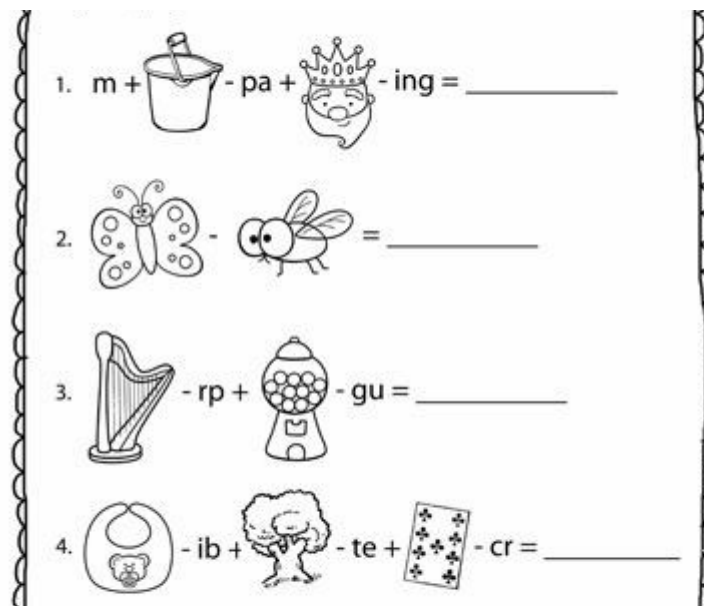
Instructions...

Break the codes to discover the foods that you might find in your fridge or cupboard

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

**Deadline July
15th . One
entry per
person please!**

**Prize donated
by Ms Beth**



Answers to hats puzzle on
page 3

1. BOATER
2. BOWLER
3. BASEBALL CAP
4. BERET

5. BEANIE
6. BOBBLE HAT
7. TOP HAT
8. MORTAR BOARD



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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 August/September
edition is 15th July.**

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

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