



Our News Our Views

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

Edition 63 – **August/ September 2020**



Special points of interest:

- **All about SENDIASS.**
- **Two ingredient Pizza!**



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Drayton Manor Park - By Adrian Phipps

Drayton Manor Park and Zoo is a marvellous place to visit if you like a lot of fun. Somebody from the park will be on your bus to give you a tour to see all the animals. But since the Coronavirus panic started, things have changed. If you want to visit Drayton Manor, you must respect the new rules. T

These new rules are:

1. There will be temperature checks for all guests upon arrival, a reduced number of people, regular ride cleaning and a new virtual queueing system.
2. The virtual queueing system will be running in certain areas of the park, and allows guests to queue digitally via the Drayton Manor Park day planner app.
3. Once they have joined a queue, riders will be able to see how long they have left until their allocated ride and will receive a notification and QR code, which can be scanned before boarding the attraction when it is their turn to ride.

Self Portrait Exhibition - By Tracy Roberts

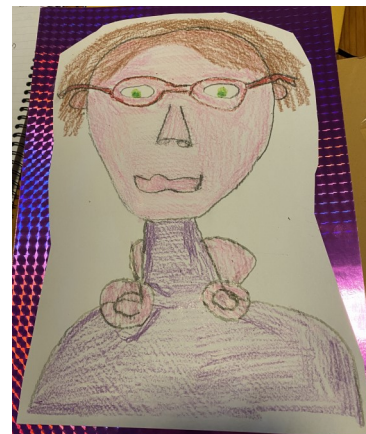
About Face Theatre Company took part in an online exhibition.

Jess Mackenzie asked all the actors from the company to draw a self-portrait by using different materials.

So, I thought what could I use and decided to do two self-portraits and then let Jess decide which one to use.

The first one I did I used seashell fabric and for the second one I drew my portrait by looking at myself using the camera on my computer and colouring it in with wax crayons.

Suzie Owens, the Company Assistant and Nico Sergent put it together and it is AMAZING!



Update from the editors



Thank you for supporting our digital newsletters. We are looking at returning to hard copies in the autumn.

In this bumper edition lots for you to see:

- An interview with SENDIASS—find out what it is on p 8 and 9.
- Lots of delicious recipes for you to make.
- Ever wondered what happened at Ascot this year?
- Have you sorted out your face coverings/ masks yet? Our article has a link you could use to make your own.
- Are you ready to venture out to places like Drayton Manor? What can you expect while we still have a pandemic?
- Puzzles, jokes and lots more.

**From Our
News Our
Views
Editorial
Team.**

See you in October — deadline 16th September

Captain Tom — By Peter Crum

Captain Tom Moore was knighted by the Queen for his fundraising efforts after a special nomination from the Prime Minister Boris Johnson.

The war veteran raised over 32 million pounds for NHS charities by completing 100 laps of his garden before his 100th birthday in April.

As an honorary colonel, his official title will be Captain Sir Thomas Moore under Ministry of Defence protocol.



Captain Tom, who was given the honorary title of Colonel on his 100th birthday, had initially set out to raise £1,000 for NHS charities by walking laps of the 25m (82ft) loop in his garden in Marston Moretaine, Bedfordshire. But he eventually raised £32,794,701 from more than one and a half million supporters.

Captain Tom, who was born in Keighley, West Yorkshire, captured the hearts of the nation and his birthday celebrations were extensive.

The occasion was marked with an RAF fly-past as well as birthday greetings from the Queen and Prime Minister.

He also received an estimated 140,000 birthday cards.

Print and colour page



History of Xylophones — By Adrian Phipps

The Xylophone is a musical instrument in the percussion family that consists of wooden bars struck by mallets. Like the glockenspiel, the xylophone consists of a set of tuned keys arranged in the fashion of the keyboard of a piano.

The instrument has ancient origins. It originated in South East Asia and came to Africa in AD 500. One piece of evidence for this is the similarity between East African xylophone orchestras and Javanese and Balinese orchestras.

I have always wanted one and am saving for it.

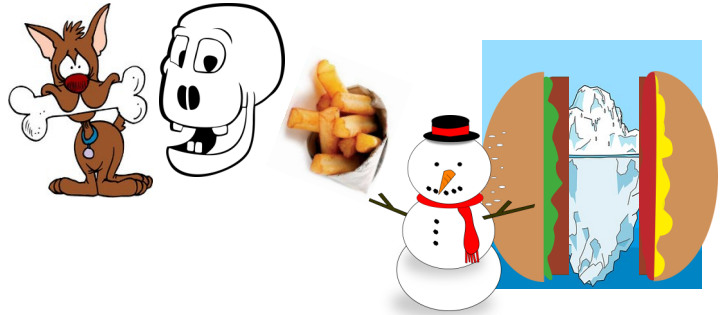
OUR NEWS OUR VIEWS



Have you heard the one about...

Found by Adrian Phipps

What did the skeleton say to the puppy?
Bone-appetite



What do snowmen order in restaurants?
An ice burger and fries.

Knock Knock! Whose there? Candice. Candice who? Candice door open, or am I stuck out here?

How did the telephone propose to his girlfriend?
He gave her a ring.



What happened when the two vampires went on a blind date? It was love at first bite.



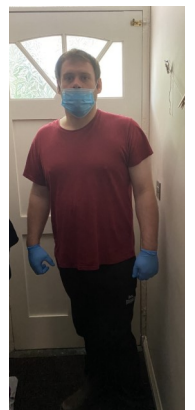
Going back to Houghton – By Peter Crum

I was worried about going back to Houghton, but I was reassured by the staff and it was good to see the 2 metre distancing rule in place.

The boss has had to reduce the number of people and staff that attend Houghton and only 6 people are allowed to travel on the bus.

Here I am dressed for the bus but I have not yet put the mask over my nose!

I enjoyed being back because it was nice to see my friend Rosie.



The Dew Drop Inn – By Peter Crum

Going out for the first time after lockdown, I went to a pub called the Dew Drop in Worcester with Tracy, my Mum, Dad, Aunty Ceris and Uncle Jimmy.

The entrance to the pub was confusing, but the outside garden and the restaurant was spaced out with the 2 metre rule in place and the food was nice and we had a good time.

Chicken, Leek and Ham Pie - By Peter Crum

Ingredients

Cooking spray fry light
1 leek, 1 onion
400g Chicken breast
200g Ham, Mustard
300ml Chicken stock
1/2 tbs Cornflour
2 tbs Cream cheese,
Thyme



Method

Preheat the oven to 200°C.

Spray the frying pan then add chopped leek and frozen onions cook until soft add chicken and cook for five minutes, add the mustard and chicken stock cook for ten minutes.

Mix cornflour with water add to the pan stir to thicken the sauce then add cream cheese, ham and thyme and transfer to a casserole dish.

Cut the filo pastry into twelve pieces and spray with fry light and scrunch it lightly and put it on top of the pie.

Place the dish on a baking tray to catch any filling that may bubble over and bake in the oven for ten minutes until the pastry is golden brown. ENJOY!

Wearing a face mask - By Peter Crum

I have to wear a face mask when I go to Houghton, but I wear the disposable ones so I can throw them away afterwards.

My friend Janet Rose surprised me when she gave me my own face mask that she had made from 100% organic cotton, it is really comfortable to wear.



Here is a link of how to make one

<https://www.gov.uk/government/publications/how-to-wear-and-make-a-cloth-face-covering/how-to-wear-and-make-a-cloth-face->

My new phone - By Peter Crum

I bought a new phone with help from my brother and I got a Samsung Galaxy a20e.

It is: Easy to use. A light phone - not too heavy. A nice colour – black.

A phone with a good camera.

Excellent value for money.

I am really happy with the phone.



"I am happy with the phone!"

Ascot 2020 — By Peter Crum

There were no people at Ascot this year and the queen didn't attend because of COVID-19. They showed Ascot on ITV and some of the owners talked about their horses via zoom. The only people at Ascot were the staff, jockeys, horse trainers, presenters, and ambulance staff.



I think it was a bit different seeing the racecourse empty. I did some betting from the comfort of my own home. Hopefully, next year it will be back to normal

Learning Disability Partnership Board



We had our first partnership board meeting via zoom.

I (Tracy Crum) chaired the meeting as I am now co-chair and everyone introduced themselves.

John Gorman went through the minutes from the last meeting and any matters arising.

Mike Cook from ECHO showed us a presentation about helpful tips for using zoom.

Bill of rights - Paul Choppen and I have been working on this together and the board gave feedback on the bill of rights. We agreed to send it out to as many organisations as possible to display. If you would like one please let me know. Then members gave updates. Organisations are discussing how to open for day services that may be different and keep people safe. It will involve social distancing and extra hand washing and keeping a very clean building. Organisations are sharing ideas and arranging spaces differently.

We agreed to meet more often but have short zoom meetings.

NODA E School- By Tracy Roberts

The annual NODA Summer School for 2020 got cancelled because of COVID-19.

Sarah Osbourne and the summer school committee came up with a plan B, to do summer school via Zoom because the recent NODA training session was a success.

There are four pathways:

Musical Theatre
Multidisciplinary

Drama
Backstage



I will be doing the Musical Theatre pathway for the week, I am so pleased that summer school put something on as it is my life.

Clothes wordsearch

SHOES JUMPER HAT FLEECE SHOWER GEL
SHIRT COAT SOCKS BAG JEANS TOWEL

N	K	E	S	H	O	E	S	R	S
J	G	J	E	A	N	S	W	C	H
U	D	I	R	E	Q	K	A	O	O
M	B	A	G	H	B	C	G	A	W
P	H	A	O	G	J	O	Y	T	E
E	K	H	R	S	K	S	I	A	R
R	P	D	F	L	E	E	C	E	G
H	A	T	Y	T	O	W	E	L	E
Y	B	S	H	I	R	T	B	X	L

£10 prize. Enter by emailing your 4 names of mixed up faces with your name, address, and email or phone number.

Deadline September 16th . One entry per person please!

Prize donated by Ms Beth White

Thank You!



Can you tell which famous faces we've blended together in our fun quiz? (2 for each face).



An interview with SENDIASS — Advertorial



What is Herefordshire and Worcestershire SENDIASS?

SENDIASS stands for special educational needs disabilities (SEND) information advice and support service. We are a free service providing impartial and confidential information, advice and support on matters relating to children and young people, up to the age of 25, with special educational needs and/or disabilities.

Our service is statutory, which means it must be provided by law.

We are confidential, this means that we will not share your information with others without your permission.

We are impartial, this means that we will not tell you what to do. We will not take sides. We will give you the information and support that you need to make your own choices.

Our service is provided at arm's length, this means that we act separately from the Local Authority with no undue influence from them.

Who do you support?

The Herefordshire and Worcestershire SENDIASS service supports

- Parents/ carers of children and young people between the ages of 0-25 with SEND
- Young people aged 16-25 with SEND
- Children with SEND



What support do you offer?

We offer Information, Advice and support about the law on Special Educational Needs and Disabilities and related health and social care. This covers:

- Education Health Care Plan (EHCP) assessments, reviews and funding
- Annual reviews, mediation and tribunals
- National and local policies
- The Local Offer
- Your rights and choices
- Other places that you may find help and advice



We can also help you understand how to get the services and support that you need, help you prepare for meetings with schools and the Local Authority and help you get your views across.

How can people access your support?

Our independently trained advisors can support you in these ways:

- Over the phone, our telephone helpline is manned between the hours of 8.30am – 4pm. You can leave a message on our 24-hour answer machine service if you are calling out of hours or if the line is busy, and we will call you back within 24 working hours.

Via email

Face to face. Normally you can request a meeting with your SENDIASS advisor. However, due to the current situation we are unable to offer face to face meetings at the moment.

Attend meetings, our SENDIASS advisers are sometimes able to support you at meetings regarding the education of a child with SEND.

Training, we offer training and information sessions for parents, young people and professionals.

Resources, we provide free, easily accessible information about all aspects of SEND in a range of formats including factsheets on our website.

Social Media, we post up to date and relevant information that we feel may be of interest to our service users on Facebook and Twitter.

Do you support young people directly?

Yes, we have a young person's advisor called Sammy in the Hereford office. She can work directly with young people aged between 16 and 25 or work with young people and their families.

How are you working during the COVID-19 outbreak?

We have all been working from home, but we are still able to answer helpline calls and emails. At the moment, in accordance with government guidance, we are not offering face to face meetings or information sessions. However, advisors are still able to support people at meetings with schools or the local authority remotely.

You can find us on social media:
Herefordshire and
Worcestershire
Sendiass
(@hwsendiass)



Information, Advice
and Support Service

**Herefordshire &
Worcestershire**

Providing free, confidential and impartial information, advice and support on matters relating to children and young people with special educational needs and/or disabilities (SEND).

Contact us:

Telephone Helpline: 01432 260955 (8.30am-4pm Mon- Fri)

Email: sendias@herefordshire.gov.uk

Website: www.hwsendiass.co.uk



Herefordshire and Worcestershire Sendiass (@hwsendiass)



Playwriting Course - By Tracy Roberts

While in lockdown NODA (national operatic dramatic association) have been running free workshops, I have been doing some of them. I was really interested in doing some play writing.

Sarah Osbourne was running this workshop, we learnt how to create characters for the play and useful tips for creating a scene.



I am writing a play about dementia and it is a work—in—progress.

Time Weaver - By Tracy Roberts

Before lockdown, the Friday Stagecraft group at the About Face Theatre Company were working on a production of the Time Weaver.

When lockdown started, we had to record our lines with Suzie via Zoom and then

Suzie and Nico put together a radio play which, with funding from the Arts Council, they turned it into a film and which we also had to draw some pictures for. It was really nice to hear and see how it turned out.



**“I was
glad I
did
it!”**



Making a presentation by WebEx - By Tracy Roberts

Laura Ferguson asked me for learning disability week if I would help her make a presentation to show Stephen Vickers and his team. We came up with a PowerPoint. Laura did half and I did the other half.

This presentation was about Covid-19 and the impact upon people with a learning disability and Autism. Laura talked about the impact with lots of facts and figures. I talked about my personal experience of Covid-19 and what my week looks like since Covid-19.

For this meeting we used WebEx. I don't like using WebEx because I feel it is not disability friendly. I prefer to use zoom but I have to get used to it.

Stephen Vickers was really impressed with the presentation which was made to 150 people!

I was glad I did it.



Two ingredient pizza base — By Laura Joliffe

I made this today and it tasted good. An amazingly simple base with just two ingredients.

Ingredients for base:

190g self raising flour, 200g plain Greek yoghurt

Toppings – whatever you like e.g. tomato puree, onion, cheese, herbs, peppers, ham, bacon, pineapple, tuna, olives, chilli, mushroom, basil, chicken, pepperoni, Chorizo, Courgette.....

You will also need cooking spray.

Method:

Combine flour and yoghurt. Knead for 8- 10 minutes adding more flour as needed to keep from being too sticky. Spray a tin with cooking spray, place in shaped dough. Add your toppings. Bake on high 240 degrees C for 15 minutes.



Toblerone traybake — By Laura Joliffe

Shopping list

200g Toblerone
100g unsalted butter
200g dark brown sugar
250g plain flour
2 eggs
2 tablespoons honey.

For the decoration
200g Toblerone (chopped)
50g melted milk chocolate



- 1 melt together 200g of Toblerone with the butter
- 2 when slight cooled mix this with the dark sugar
- 3 then add in eggs and honey and mix.
- 4 finally add in the flour and mix well.
- 5 pour this into a lined 10x8 inch baking tray and bake at 170c for 25 minutes
- 6 chop up 200g Toblerone and melt 50g milk chocolate
- 7 when your back has cooled drizzle over melt chocolate and scatter Toblerone pieces.

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

Website: 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 six years
old in June 2020!

**The deadline for articles and
adverts for the October edition is 16th
September.**

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

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people's lives. Working with local people with a
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'Safe places'; 'changing places' toilets;
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www.herefordshiremencap.co.uk find us on
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