



#### Special points of interest:

- Learning Disability Partnership Board



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# Our News Our Views

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

Edition 64 – October 2020

## Egyptian Pyramids – By Adrian Phipps

The earliest known Egyptian Pyramids are found at Saqqara, north west of Memphis, although at least one step-pyramid-like structure was found at Saqqara in Matsaba 3808. Egyptologists believe this design served as a gigantic stairway by which the soul of the deceased pharaoh could ascend to the heavens.



## Tutankhamun — By Adrian Phipps

Tutankhamun was an ancient Egyptian pharaoh who was the last of his royal family to rule during the end of the 18<sup>th</sup> dynasty. He took the throne at 8 or 9 years of age. He restored the Egyptian religion after its dissolution by his father.

He was physically disabled with a deformity of his left foot which required the use of a cane, and had other health issues including scoliosis and malaria.

## ‘Safe Places’ app— By Rose Hunt

You can now find out where all the ‘**safe places**’ are in Herefordshire. Herefordshire Mencap has been working with Our Way, a self-advocacy organisation in Kidderminster, to include all of Herefordshire’s ‘**safe places**’ on the app that they have produced for Worcestershire.

The app is available to download FREE on the Microsoft apps site. Go to google play and look for ‘**My Town Worcestershire**’.

Once in the app, go to places by clicking on the ‘safe places’ sign. You will then see a list of towns, click on where you want to visit and enjoy your visit knowing that there are places that can offer help should you need it.

# Update from the editors



Thank you for your comments and ideas. At this time of continuing Pandemic we hope you are keeping safe and wearing your masks and washing those hands.



In this edition, read about the importance of annual health checks, news about a report that reviews how many people with learning disability have died and why and depression — all very relevant to the time we are living in.

**By All the editorial team of Our News Our Views Editorial Team.**

On the brighter side find out about the Egyptian pyramids and Tutankhamun and what on earth are zombie fires?! More on Captain Tom a visit to Cadbury World a puzzle and jokes — what more could you wish for? Keep safe.

**See you in November — deadline 14th October.**

## Get Checked Stay Well — By Tracy Roberts

I watched a film produced by inclusion Gloucestershire. The film was called Get Checked Stay Well. It was about getting an Annual Health Check if you have a Learning Disability or Autism.

### Who can have an annual health check?

Anybody over 14 with a Learning Disability or Autism can have one.

### Why should a person have a health check?

A health check lets a doctor know how healthy you are and to give you advice and help if you need it for example to help you to eat well.

It's important that everyone with a learning disability have annual health checks because it is important to spot conditions as early as possible, the doctor can check to see if everything is ok.

I thought the film was very good and funny, I recommend it.

<https://www.inclusiongloucestershire.co.uk/health-films/>

### Get Checked, Stay Well

A film about annual health checks



## Designing Classic Cars - By Peter Crum

I read about this on the internet and it says there is no simple way to do this but instead a combination of factors that each play a part.



Classic cars were created in a world where designers used pencil and paper to create elegant shapes and flowing lines that would just not be possible on the computer-based design software used by modern car designers.

Take the front wing of a jaguar xk120 or the profile of a Ferrari 250 GTO, for example.

## Learning Disability Partnership Board - By Tracy Roberts

Rachael Skinner took us through the presentation of LeDeR - learning disability mortality review programme. LeDeR is about looking at how many people with learning disabilities have died and why. They then use this information to see how care can be improved. LeDeR aims to stop people with a learning disability dying too young.

From April 2019 to March 2020 there were 39 deaths reported for Herefordshire and Worcestershire.

In Herefordshire and Worcestershire, 7 or 8 out of every 10 reviews had been completed by the end of March 2020

The youngest person reported to have died with a learning disability was 4 years' old. The oldest person reported to have died with a learning disability was 90 years' old

The average age that people died was 61 this is slightly older than the average age of death in the Midlands and England which was 59.

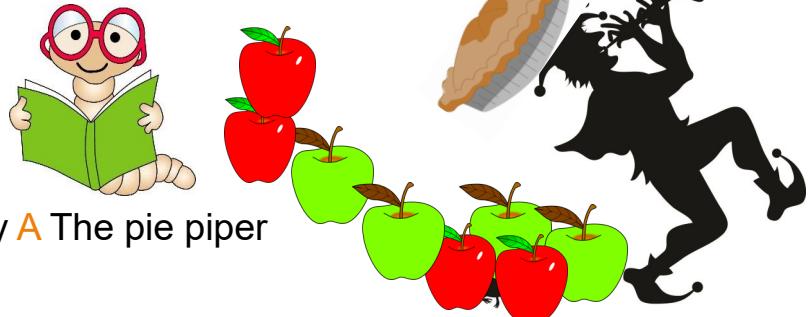
In Herefordshire, more people died at home than hospital in 2019 – 2020 whilst in Worcestershire, it was the other way round with more people dying in hospital in 2019 – 2020. LeDeR want to look into this to understand why



In Herefordshire 7 out of every 10 reviews people were found to have good or excellent care. In Worcestershire it was 3 out of every 10 reviews. 1 in every 10 cases reviewed were found to have care that was so poor it may have led to the person's death. You can read the full report on our website in Easy read.

# Have you heard the one about...

- Q How do leaves travel from one town to another town
- A With autumn mobiles
- Q What is read and lives in an apple
- A Bookworms
- Q Who led all the apples to the bakery A The pie piper



## A visit to Cadbury World - By Laura Joliffe

Cadbury world situated in the heart of picturesque Bournville just south of Birmingham. Cadbury world is situated in the historic Bournville - site of the original factory in the garden. In 1879 Richard and George Cadbury decided to move their factory to expand from the city centre into the country side four and a half miles away.

At Cadbury world access for all begins on your arrival. If you have any special requirements, they will be able to discuss with you and this can help make your visit an enjoyable one.



I visited recently and I saw and experienced making chocolate, a ride on chairs that shake, a ride on little cars called Cadabra ride and chocolate tastings.

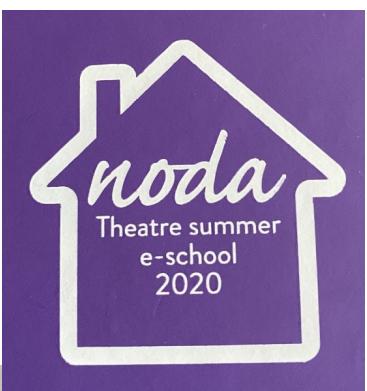
We wore masks some of the time. I enjoyed it and we all felt safe. I bought a huge bar of chocolate to take home!

## NODA E. School- By Tracy Roberts

Sarah Osbourne decided to hold a zoom meeting called zoom etiquette of how to be polite on zoom.

E school was interesting experience because it is difficult to do dancing and singing via zoom as everybody have different internet connections.

Overall it didn't have the same feeling like being at summer school and hugging those people. But it was nice to see the people I have not seen for a year.



# What is a Zombie Fire? - By Peter Crum

In a year where fires in the united states and Australia have already set devastating records, scientists are seeing more fire issues in the arctic circle.

'Zombie fires' burn underground and get their name because they continue to burn even after surface fires are put out. Plus, they are "nearly impossible to extinguish", Peter Winsor/ Director of WWFLLS arctic program, said in an email to USA today.

The peak of the arctic fire season was in July and early August when increased fire activity continued in Sakha republic and Chukotka.

"Zombie fires" start in 'permafrost'.

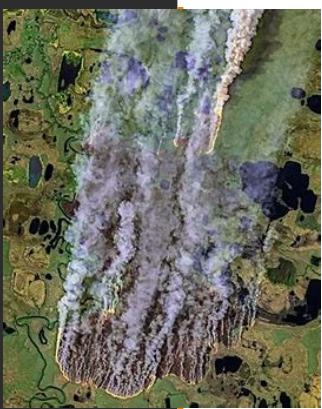
According to Winsor, permafrost is a "layer of frozen soil, made out of silt, gravel, and sand bound together by frozen water."



It sometimes contains frozen plants and animals and can be hundreds of meters thick. It's also thawing 70 years earlier than predicted, Winsor said.

"The increased frequency of permafrost fires is a result of a warmer Arctic," he said. "When permafrost thaws, highly flammable gases like methane are released and can cause the fire to move from the surface to deep underground."

The growing number of extreme wildfires in the Arctic are greater than in the past 10,000 years.



The soot and ash accelerate the melting of Arctic ice and permafrost



These "zombie fires" can burn underground for years, thawing permafrost and releasing huge amounts of carbon into the air, resulting in speeding up warming and more thawing permafrost.

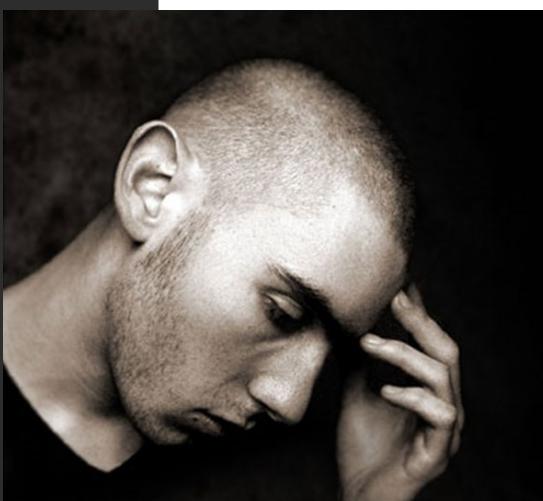
## History of Xylophones - By Adrian Phipps



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.



## Depression — By Lisa Perkins

Most people will feel low from time to time.

Depression, however, is a lowering of mood that is persistent and can make you feel tired, unmotivated, worthless and devoid of hope that things will ever get better.

You may find that your sleep, appetite and self-esteem are affected and that you no longer get as much pleasure from doing things that you used to enjoy.

Depression can be mild, Moderate or severe. Sometimes it will be triggered by a stressful or upsetting event, such as going through someone close to you dying, or losing your job. It is common for people with depression to experience anxiety as well.

If you are suffering from depression, you may find that your routine is disrupted and that doing ordinary things like opening mail and cooking meals can feel like too much effort.

If you feel depressed it is a good idea to go to see your GP and discuss what help you can get as well as to friends and family.

## Captain Tom documentary—By Peter Crum

The documentary about Captain Tom talks about memories and secrets. Tom Moore's home town is Keighley in West Yorkshire and he was born on April 30<sup>th</sup> 1920. My favourite parts of the programme are: -

Captain Tom grandfather who was also called Thomas Moore. His grandfather could not read or write. He started his own building company in Keighley, and he did very well considering that he had very little schooling.

He met his wife Pamela the office manager he had once encountered. The relationship blossomed and eventually he married her. They moved to Spain and had to return home because his wife fell ill with dementia. He said that the person he married had gone.

I thought it was interesting about Captain Tom life story because of all the things he has done. The link to watch the documentary can be found on our website. Why not look?

### Can you solve the riddle?

Some will use me, while others will not, some have remembered, while others have forgot. For profit or gain, I'm used expertly, I can't be picked off the ground or tossed into the sea. Only gained from patience and time, can you unravel my rhyme? What am I? **Answer Back Page**

### Instructions...A different kind of mask to colour

£10 prize. Send in a photo of your coloured mask.  
Raffled to win.

Enter with your name, address, and email or phone number.

Deadline October 14th .  
One entry per person  
please!

Prize donated by Ms Beth  
White Thank You!



# 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 six years old in June 2020!

**The deadline for articles and adverts for the November edition is 14th October.**

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

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[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.

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**Riddle Answer : I am knowledge.**