



Our News Our Views

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

Edition 65- November 2020

103 years old and walking for charity

Special points of interest:

- **Symptoms of anxiety.**
- **Time for some soup?**
- What is your favourite?**

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— By Peter Crum

A 103-year-old woman is walking the hill outside her care home to raise funds for the British heart foundation.

Inspired by captain Tom Moore, Joan Willet aims to walk 17 miles up and down the steep hill before she turns 104 on July 19th.

The former teacher had life-saving valve replacement surgery after a second heart attack when she was 82.

Since then, she has walked up and down a steep hill near the home in east Sussex, where she has lived for 22 years, to try and stay fit.

After seeing captain Tom on TV she set up a just giving page for the British heart foundation and raised more than £500 in 48 hours.



History of the Great Wall of China -

By Adrian Phipps



The history of the Great Wall of China began when fortifications (structures like walls and towers to keep enemies out) built by various states during the Spring and Autumn (771-476BC), are connected.

They were joined up by the first emperor of China, Qin Shi Huang, to protect his newly founded Qin dynasty (221-206BC) against attacks by nomads from Inner Asia.

The Walls were built of rammed earth, constructed using forced labour, and by 212BC ran from Gansu to the coast of southern Manchuria. Eventually over many years it was 13,170 miles long!

Update from the editors



Thank you for your comments and for reading the newsletter. We wish you safe days ahead as Covid –19 rises, and as always be careful with fireworks and bonfires.



In this edition lots for you to see:

- Don't get too anxious by having a go at writing poetry reading a good book and having some warming soup!
- Read about the amazing sponsored events of the over 100's showing us one way to keep our spirits up.
- Some interesting history and your usual jokes and puzzles—enjoy!

**Our News Our
Views
Editorial Team.**

See you in December — deadline 18th November.

Symptoms of Anxiety - By Lisa Perkins

I have been reading a book that focuses on generalized anxiety and worry; however, it says that many of the techniques and exercises will still be useful if you suffer from other forms of anxiety.

If you experience excessive anxiety and worries that are difficult to control, alongside three or more of the symptoms listed below, with at least some of the symptoms being present for more days than not for the past six months, you may be suffering from generalized anxiety disorder.

- Restlessness or feeling keyed up or on edge.
- Being easily fatigued.
- Difficulty concentrating or mind going blank.
- Irritability.
- Muscle tension.
- Sleep disturbance (difficulty falling or staying asleep, or restless unsatisfying sleep).

These are the signs a mental health professional would look for in order to make a diagnosis.

If you are feeling this way take a look at this page on WISH online. There are lots of things you can do to help yourself but never worry about asking for help from your GP or one of the organisations listed.

<https://www.wisherefordshire.org/keeping-well-staying-healthy/mental-health-and-emotional-wellbeing/mental-health-and-wellbeing/>

If you need additional support, during the coronavirus pandemic, you can call the 24 hour mental health telephone support service in Herefordshire on 01905 760000



Top 10 soups - By Peter Crum

Now that colder days have come it is always nice to have some warming soup. Here are some of my favourites.

What are yours?	Scotch broth
Tomato soup	Roasted vegetable soup
Leek and potatoes soup	Butter nut squash soup
Pumpkin soup	Carrot and coriander soup
Chicken soup	Lentil soup

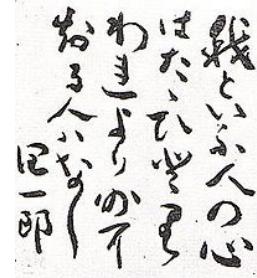


Poetry - By Tracy Roberts

I have discovered another form of Japanese poetry called the Tanka!
It is composed of 5 lines of 31 syllables and like the beloved haiku it is normally centred on themes of nature, love and loss - quite often something is revealed in the final line...

I look forward to reading yours...
it follows this pattern:
Line 1 - 5 syllables
Line 2 - 7 syllables
Line 3 - 5 syllables
Line 4 - 7 syllables
Line 5 - 7 syllables

For example:
When it's time for bed
I like to put down my head
I feel like I'm dead
I fell asleep on a sled
I woke on my bed instead

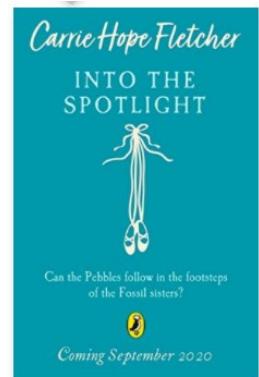


Book review: Into the Spotlight - By Tracy Roberts

It is taken from Noel Streatfield children book “ballet shoes” and it is written by Carrie Hope Fletcher she is a famous actress in London.

Aunt Maud visits seasides the world over and has become quite the pebble collector. Pebbles of all shapes, sizes and colours and even one that looked a bit like Elvis Presley if you squinted a bit. Her favourite pebbles, however, are Marigold, Mabel and Morris. One by one, and by strange and unusual ways, each child arrives at the stage door of Aunt Maud's theatre in the heart of London, home to an extraordinary cast of performers. There's Dante the miraculous magician, Petunia the storyteller and seventy-year-old contortionists — the Fortune Sisters! But ticket sales are dwindling and the curtains might have to close - for the final time. Until one day, as the Pebbles are exploring the many nooks and crannies of the theatre, they stumble upon something they were never meant to find, something that just might save the theatre after all.

Carrie is one of my favourite writers, I love her books and this is one of my favourite books and I would recommend this book.



Have you heard the one about... found by Laura

Why couldn't the bicycle stand up by itself? Because it was too tired.



Why are spiders so smart? They can do everything on the web.



How many tickles does it take to make an octopus laugh? 8 tickles one for each armpit.



Another amazing sponsored walk! -

By Peter Crum

Retired NHS nurse to celebrate 102nd birthday by completing her 102nd charity walk. By Peter Crum.

Her daughter Diane Rich who accompanies her mother on the walks, who set up a just giving page for the venture. With more than £23,000 given so far, they hope a final surge in donations will mark the last walk.

She has walked over 35 miles," Diane told the PA news agency.

" She says no matter how big or small all donations add up to help raise money for the NHS.

Mrs. Rich, who was a nurse at Felixstowe general Hospital between 1964 and 1978, said she sometimes had to go to the park during shifts when patients who had absconded from hospital had gone there. Mrs. Rich also worked at Hillingdon hospital in West London before moving to Felixstowe in 1964.





My DVD player - By Laura Joliffe

I have a DVD player in my bedroom
I Love chilling watching a DVD.
My favourite DVDs are Pirates of the Caribbean, Night at the Museum and Home Alone 3.



How we can keep Covid-19 in check - By Cllr David Hitchiner

The leader of the Council wrote a statement. He said, "Firstly, I would like to thank you all for your contribution (help) keeping the level of recorded infection from Covid 19 in our county low compared to the national average". He goes on to ask us to keep playing our part.

He says that even if cases rise we must try to keep the infection rate as low as possible as we have a lot of older people in Herefordshire and we want to limit pressure on our hospital. He goes on to say we are partly low because we have lots of countryside and fewer people that are more spaced out and because lots of organisations have worked really well together and the public are being very careful and sticking to the rules.

He says we want to keep schools open, care homes safe and not have too many in hospital so that they can treat usual illnesses. We also want businesses to stay open and for people to stay well, safe and happy.

He says we can keep Herefordshire open and we can come out of this with as little damage as possible – if we all play our part. But, he warns we must keep the virus in check and also support local businesses. Every action, however small, to achieve this is important.

He ends by asking, “Please continue to follow the guidance on regular hand washing, social distancing (keeping 2 metres apart), meeting in groups of no more than six people, and using face coverings in shops and other enclosed spaces outside the home. If you are contacted by NHS Test and Trace, it is vital to our community that you self-isolate. The future of the county is in our hands”.

“Thank you once again for what you are doing. Stay Safe Herefordshire”.

Useful reads and film links available on our Facebook page

We have some useful reads on our website this month check them out:

- Coronavirus (Covid-19) How to help safely - Easy Read.
- Disability hate crime: a guide for carers and supporters.
- Two great films on hate crime.



Making a DVD Rack — By Peter Crum



I made a homemade DVD rack of wood and it took about a month to make and finish.

I made it at Houghton project.

I am happy with the result.

What do you think?



Mappa Mundi — By Tracy Roberts

My friend Pam Rudge from NODA Summer school came to visit me and my friend Janet, and I took her to see Hereford Cathedral and the Mappa Mundi.

Hereford Cathedral is home to the Mappa Mundi, which is one of the world's unique medieval treasures. Measuring 1.59 x 1.34 metres (5'2" by 4'4"), the map is constructed on a single sheet of vellum (calf skin).



Experts believe it was made around the year 1300 and shows the history, geography and destiny of humans as it was understood in Christian Europe in the late 1200's and early 1300's.

The inhabited part of the world as it was known then, roughly equivalent to Europe, Asia and North Africa, is mapped within a Christian framework.

Jerusalem is in the centre, and east is at the top. East, where the sun rises, was where medieval Christians looked for the second coming of Christ. The British Isles is at the bottom on the left.

Overall it is amazing if you have a chance to go and see it, it will cost you £6.

The Leaning Tower of Pisa — By Adrian Phipps

The construction of the Tower began in 1173. Originally designed to be a bell tower, it stood upright for five years, but when the third floor was completed in 1178 it began to lean.

The height of the tower is 183.27 feet from the ground on the low side and 185.93 feet on the high side. The tower has 296 or 294 steps; the seventh floor has two fewer steps on the north-facing staircase.



Puzzle

Spotlight on Bonfire Night

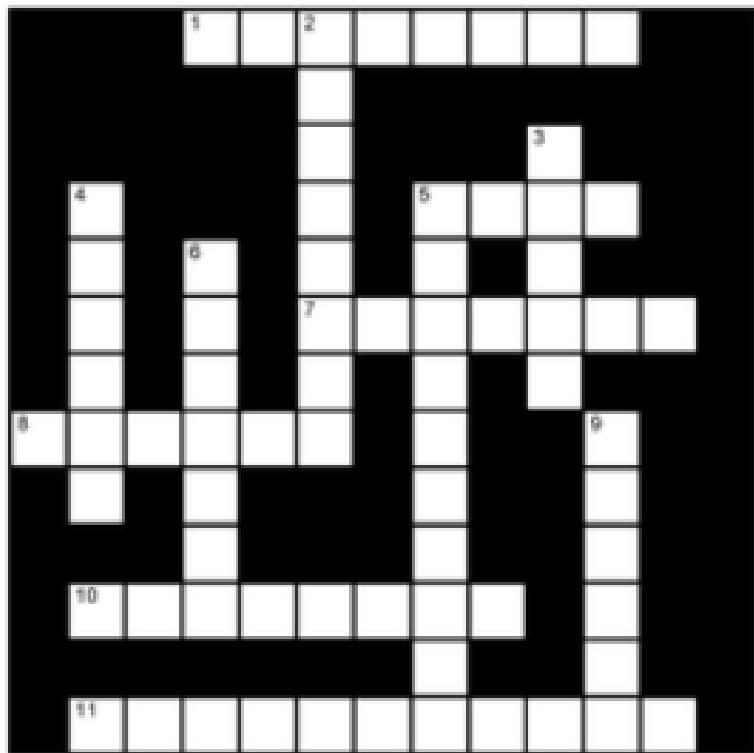
£10 prize. Enter with your name, address, and email or phone number.

Send a photograph of your finished crossword by email to ournewsourviews@hotmail.co.uk

Winner will be drawn from correct entries.

Deadline
November 18th .
One entry per person please!

Prize donated by
Ms Beth White
Thank You!



Clues Across

- Celebrations include _____ and fireworks
- Gunpowder _____
- The plotters planted 36 _____ of gunpowder
- The plotters rented a _____ under the palace
- The members of the plot were _____
- There were many conflicts between _____ and Roman Catholics

Clues Down

- 5th _____
- Fawkes was taken to the _____ of London
- Guy _____
- Involved in a plan to attack _____ and King James I
- Today in Britain people remember the _____ of the plot
- The night before the opening of Parliament, soldiers _____ Guy Fawkes

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 December/ January edition is 18th November.

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

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