



Our News Our Views

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

Edition 67 – February 2020



Special points of interest:

- Dog Dementia.
- Autism alert cards.



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My experience of a pandemic Christmas - By Tracy Roberts

My Christmas was not that much different really!

Only thing was I didn't get to see my brother Steve, his wife Mandy and my niece Holly also I didn't get to see my other brother Chris, his fiancée Hannah and my nephew Daniel which was sad.

I received some lovely presents.

I had a lovely Christmas with my support bubbles.



Flu jab — By Peter Crum

I had my first flu jab to stop me having flu. Flu is a virus that gives you nasty symptoms like a seriously bad cold.

Like COVID-19, flu can be very dangerous for people that have other health conditions.

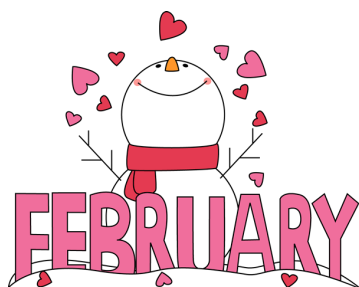
We are advised to have the flu jab because, flu is not a nice thing to have, having flu could weaken you and there is a risk covid-19 would be worse for you if you caught it as well as flu and you are less likely to spread it to somebody else.

Having the flu injection felt like it was good to have it done to be safe.

I felt it went well.



Update from the editors



A very happy new year to you! We are hopeful that 2021 will be a lot easier for all of us and eventually we shall be able to get out and about more and be with our family, friends and people at work.

We like many are once again working at home to bring you another bumper online edition—we hope you enjoy it.

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

In this edition we take a look at Chinese new year and Lithuania, the importance of flu vaccination, Autism alert cards and Dog dementia. We tell you about a new way to exercise through dance, how to write a Haiku poem, how to cook a romantic chocolate cake and baked Alaska. Have you seen the new Alladin? Laura tells us all about it and Alex writes about the origin of mankind. Puzzles and jokes too. Enjoy!

See you in March — deadline 17th February 2021.

Dog Dementia — By Adrian Phipps

Dog dementia is a condition that affects the brain of an ageing dog. Over time it can result in such things as loss of memory, lack of awareness and decreased reaction to anything happening around them. This is a progressive disease that worsens as dogs get older.

In fact, studies have shown that about 50% of dogs between 11 and 15 years display at least 1 symptom of a fault in the brain.

If your dog is suffering with problems such as getting lost in familiar places, trembles or shakes often or gets startled easily, it is essential that you make an appointment at the vet for a check-up.

Recently my dog Rosie was diagnosed with dementia. We went to the vet prepared for them to say that she had to be put down. However, with this diagnosis if she is not in pain or distress (which she is not) we can look after her at home. We were incredibly pleased to take her home with us.



Chinese New Year - lantern festival - By Tracy Roberts

The Chinese New Year holiday comes to its climax with the Yuan Xiao or Lantern Festival. It began over 2000 years ago and the festival has developed many meanings. It celebrates family reunions and society. It features ancient spiritual traditions. Some also call this the “true” Chinese Valentine’s Day.



The lantern festival in 2021 is 26th February. The many activities include moon gazing, lighting lanterns, riddles, lion dances and eating rice balls. The Spring Festival is a time reserved for families. There is the reunion dinner on New Year’s Eve, visits to in-laws on the 2nd day and neighbours after that. Stores reopen on the 5th and society basically goes back to normal activities.

But on the day everyone regardless of age or gender go out onto the streets to celebrate. Though the Lantern Festival symbolises reunions, it’s also a time of socializing and freedom.

The duration of celebrations varied throughout history. Nowadays, the festival technically isn’t a national holiday, so there aren’t any days off. The best period for Lantern Festival lovers would be the Ming dynasty. It lasted around 1 month! There are some holidays that coincide with the Lantern Festival and are now celebrated together.

Autism Alert Cards - By Tracy Roberts

Carrying an Autism Alert Card can boost confidence and provide peace of mind. We offer two cards: a card for diagnosed young people and adults and a card for parents or carers. The Autism Alert Card is a plastic card (bank card size), recognised by West Midlands, West Mercia, Warwickshire, Staffordshire and British Transport Police. It alerts security services and other people in authority that the individual is autistic and may have communication difficulties, become anxious and need additional support. It shows the card holder’s name and a maximum of two emergency contacts.

Cards cost up to £5 depending on where you live. Some Police Forces have subsidised the card for people in their regions.

There is a PDF version for more information check out <https://www.autismwestmidlands.org.uk/home/alert-cards/>

OUR NEWS OUR VIEWS



Haiku's — By Peter Crum and Tracy Roberts

Have you ever tried to write a poem?

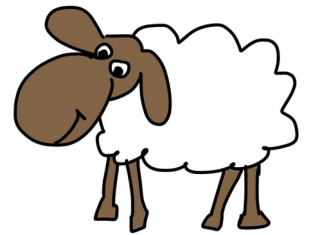
These are our Haiku's. This is a type of poem that has a set pattern. You must have 5 syllables in the first line, 7 in the second and 5 in the third.

It is fun to try.

A syllable is a part of a word that contains a single vowel sound (a, e, i, o, u) and that is pronounced as a unit. So, for example, 'book' has one syllable, and 'reading' has two syllables and 'possibility' has five!

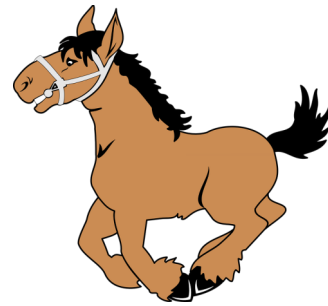


Sheep like to eat grass
In a field with their pals
All day long they eat.



A Farmer sows seeds
Plants seeds he had to water
They started to grow.

Horse grazed in a field
The horse walks down to the field
And fought long and hard.



Why don't you have a go? Do send yours in to us and we will publish them.

Puzzle Corner – Can you solve the riddles? (answers below)

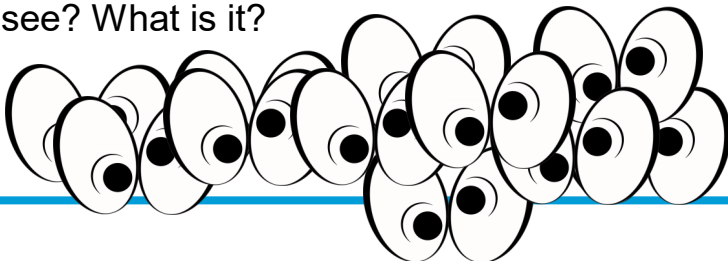
Flat as a leaf, round as a ring; Has two eyes, can't see a thing.
What is it?



Can you name three consecutive days without using the words Monday, Tuesday, Wednesday, Thursday, Friday, Saturday, or Sunday?

You live in a one story house made entirely of redwood. What colour would the stairs be?

What has six faces, but does not wear makeup, has twenty-one eyes, but cannot see? What is it?



Answers:
1. A button. 2. Yesterday, Today, and Tomorrow. 3. What stairs? You live in a one-storey house. 4. A die (dice).

Heart Shaped Cake - By Peter Crum

Ingredients

Medium (approx. 22cm x 8cm) cake tin:

5 eggs; Self raising flour; Butter; Granulated sugar;
Cocoa powder (see below for quantities).

for the buttercream icing: icing sugar; butter; cocoa powder

Method

- 1 Preheat your oven to 180C/fan - 200C/electric - gas 6
- 2 Begin by weighing your eggs. Whatever weight this comes to, measure the same in butter and sugar.
- 3 Add this to a cake mixer and mix until lighter in colour and texture. (if you do not have a mixer then use a hand mixer or just muscle power!)
- 4 Now, if you were making a regular sponge cake, you would weigh the same amount of self raising flour as your initial egg weight, however as we are making a chocolate cake, only add 3/4 of this weight in flour and make up the rest in cocoa powder.
- 5 sieve the flour/cocoa mix into a bowl.
- 6 turn the mixer containing the butter and sugar mix to the lowest speed and gradually and alternately add the eggs and cocoa/flour until thoroughly combined.
- 7 give the mix one last rapid mix for a few seconds and then add 2 tablespoon of boiling water and mix this in with a metal spoon.
- 8 add the cake batter to your greased and floured cake tin (or add spoonfuls to individual cupcake cases if you'd prefer!)
- 9 place in the middle of the oven for 50 - 60 mins until firm and springy to the touch.
- 10 to check if it has cooked, insert a knife into the centre of the cake, if it comes out clean, you're good to go!---
- 11 (for cupcakes, cook for about 15-20 mins and check with the same knife test!)
- 12 CAUTION, DO NOT OPEN THE OVEN IN THE FIRST 30 MINS OF THE COOKING TIME or your cake will sink!
- 13 take out of the oven and leave to cool in the tin for a while and turn onto a cooling rack whenever you feel confident to!
- 14 to make the butter icing you add half butter to icing sugar and enough cocoa powder to give a rich luxurious taste! I use about 225g icing sugar to 110g butter but you can make as much as you like! (this mixture is very forgiving so dont worry about accuracy. and the extra will keep in the fridge!
- 15 I add this icing to the middle and top of the cake but you can ice the cake however you want to!
- 16 enjoy!



At each meeting Tracy Crum introduced everyone to the meeting and we talked about how to behave in a zoom meeting.

In the 1st December 2020 meeting we talked about the **Learning Disability Strategy**. This is the council's overall plan for how they will support people with a disability. It says **what** they want to achieve but not really how they will do it. A strategy is a long-term plan (10 years).

We then talked about the **Learning Disability Strategy Implementation Plan**. (Implementation means to make it happen). This sets out **how** the council will achieve what they want to do. The implementation plan is a much shorter time scale than the strategy, usually 1 year only. The strategy will stay the same. The implementation plan will change each year.

The board went through the plan asking questions. The four priorities are: 1. Choice and control, 2. Being healthy and feeling safe, 3. What I do during the day and 4. Where I live. The document is unfinished we will be continuing in future meetings. We agreed to have a working party to look at what we can focus on in number 1 priority.

In the meeting on the 26th January 2021 we heard an update about Learning Disability services in the Covid 19 situation.

The Citizenship, Choice and Control working group explained what the group had discussed and what recommendations they were making and we discussed what happens next. We discussed making a presentation to the Scrutiny committee perhaps by making a video.

We discussed the Bill of Rights and Healthwatch talked about reasonable adjustments project and what it is all about.



HEREFORDSHIRE'S
LEARNING DISABILITY
PARTNERSHIP BOARD
everything about us but not without us

Puzzle Corner

Instructions...

Put these numbers in the correct boxes and tell us the last missing number to win a prize.

,5,8,8,9,9,11,11,11,11,11,11,12,12,12,21,23

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

Deadline February 17th . One entry per person please!

Prize donated by Ms Beth White Thank You!

7	+	5	=	
+		+		+
1	+	4	=	
=		=		=
	+		=	17

8	+	4	=	
+		+		+
3	+	8	=	
=		=		=
	+		=	

5	+	6	=	
+		+		+
6	+	5	=	
=		=		=
	+		=	22

7	+		=	11
+		+		+
1	+		=	10
=		=		=
	+		=	

Lithuania - By Laura Joliffe



One of my support workers comes from Lithuania so I read about it.

Lithuania is officially the republic of Lithuania. 'Lietuvos Respublika' is a country in the Baltic region of Europe. Lithuania is one of what are called the Baltic states which are situated on the eastern shore of the Baltic Sea to the southeast of Sweden and Denmark.

Lithuania is bordered by Latvia, Belarus, to the east and South Poland to the south and Russia to the southeast.

Lithuanian food and cookery features products suited to the cool and moist northern climate of Lithuania like barley, potatoes, rye, beets, greens, berries, and mushrooms which are locally grown. Dairy products are also one of its specialties. Various ways of pickling are used to preserve food for winter soups and are extremely popular, widely thought of as the key to good health.



ChiChi FIT - By Tracy Roberts

ChiChi FIT is a fun dance fitness experience the magic of Broadway with cardio and strength training to give you a full-body workout! Featuring hit songs such as "You Can't Stop the Beat" (Hairspray), "Defying Gravity" (Wicked), "Circle of Life" (The Lion King) & Fame, to name a few.



I take part in this dance class via zoom every Saturday morning, Rebecca White runs the class and it is so much fun, you use weights and a hat.

It is a good workout thanks to Sarah Rowberry and Rebecca White for recommending it to me.

Top ten Valentine's gifts - By Laura Joliffe

1. Card
2. flowers
3. chocolate
4. jewellery
5. meal out
6. gift card
7. clothes
8. balloon
9. beer/ wine / prosecco
10. spend time together e.g. Romantic walk



What
says I
love
you
best?

Have you heard the one about...

Why is a river so rich.
It has two Banks.



What is the tallest building in the entire world?
The library, because it has so many stories.

What do you call security guards working outside Samsung shops?
Guardians of the Galaxy.



What is a tree's favourite drink?
Root Beer.



Why do dragons sleep during the day?
So, they can fight knights.



The 10 most common New Year's Resolutions - By Tracy Roberts

Every year, millions of people make New Year's resolutions, hoping to spark positive change. The same themes each year include a more active approach to health and fitness, improved finances, and learning new things for personal reasons.

Chances are, more than a couple of the top 10 most common resolutions will look familiar to you:



Exercise more; Lose weight.; Get organised; Learn a new skill or hobby.; Live life to the fullest; Save more money / spend less money; Quit smoking; Spend more time with family and friends; Travel more; Read more.

My New Year resolutions are: Lose weight; More exercise; Making a podcast

What are yours?

Answer to Rebus Puzzles on p13

Top row: Lower back pain, Shaking all over, Home is where the heart is

Middle row: Head over heels in love, Countdown, Apple turnover

Bottom row: Merry go round, Just between us, Head in the sand

Beats flex wireless earphones—By Peter Crum



For my Christmas present I had Beats wireless earphones and I like them. It was from my sister who bought for me.

The earphone's battery lasts up to twelve hours and you can link them up to a tablet/ Ipad or smartphone.

Overall this is the best present I had.



Having a birthday close to Christmas - By Tracy Roberts



My birthday is on 6th January so it just over a week after Christmas. Some people don't like having a birthday close to Christmas, but I am ok with it.

My tips are:

Enjoy your birthday!

Don't get upset, if you get fewer presents – they are often bigger if combined with your Christmas present.

If you are on a diet forget it for one day - it is your birthday. And EAT CAKE!

A winter walk around Hereford – By Laura Joliffe

We decided that it was a lovely day to explore and go for a nice long walk around Hereford.

We started up on the Belmont road and then the walk took us down the river walk all the way past the rowing club and towards Sainsbury.

We then headed towards the football ground and the Courtyard and then across to Morrison where our walk ended.

On the long walk we got to see lots of beautiful wildlife which included squirrels and birds and lots of lovely trees and the leaves were all falling, there are some lovely places in Hereford to see.



"We got to see lots of beautiful wildlife"

The evolution of man - By Alex Rodgers



Where did we humans come from? Some people believe we all came from Adam and Eve. Others suggest we evolved from apes and had to work our way up the evolutionary chain.

Whatever people may think, both theories are somewhat relevant. I tend to not pick a side. Saves me from the backlash of both parties!

Our origins, scientifically, started out as a group of nocturnal monkeys living in the treetops of prehistoric Germany 50 million years ago. Over time these little monkeys evolved into more intelligent primates.



There was a type of primate that lived in north Africa 30 million years ago that fed mostly on insects and fruits. While these creatures enjoyed themselves, they sadly went extinct.

The next species of humans were a group of apes that came down from the trees, lost the use of a tail and learnt to walk upright like we do today. They were called Australopithecus afarensis and they developed social skills and were our closet living relatives. They unfortunately went extinct as well.



After Australopithecus ceased to be, the new species, known as Paranthropus boisei, took up the mantle and owned it. This ape was known to groom each other like Australopithecus did before. Like most apes its diet consisted of fruits, nuts, and insects, which it would use a twig or a long stick to get at ants or termite mounds.

Living alongside it was one human that would revolutionise the way we use equipment. It was called homo habilis, which means handy man. 1.5 million years after homo habilis died out, two new species, homo ergaster and homo erectus, dominated Africa for the next millions of years.



Homo ergaster was the first to read animal tracks and became a master of hunting.

Homo erectus lived alongside homo ergaster and was the first species to discover one of the world's most famous elements: FIRE! This was one of the biggest deals in history.

The evolution of man continued...

One animal that also lived in Africa was Gigantopithecus, a 3-metre-tall orangutang like ape that weighed nearly 550 kg. Despite being herbivorous, it was known to attack intruders if it felt threatened. It went extinct 100,000 years ago.

4,000 years later the ice age arrived. And with it was another species of humans that looked less ape like and had less body hair. These were called homo heidelbergensis, the original cavemen. Like what you see on telly they lived in caves in mountainous terrain for shelter. They preyed upon ice age animals such as the Irish elk, the woolly rhinoceros and of course the icon that epitomised the ice age: the mammoth. They were the first to use cave paintings.



One race of humans lived amongst heidelbergensis was homo neanderthalensis or the Neanderthals. Like their predecessors they were skilled enough to hunt down mammoths. But unlike them they were not very bright hence why they became extinct. After the Neanderthals were wiped out there came a new human species that would become smarter in years to come.

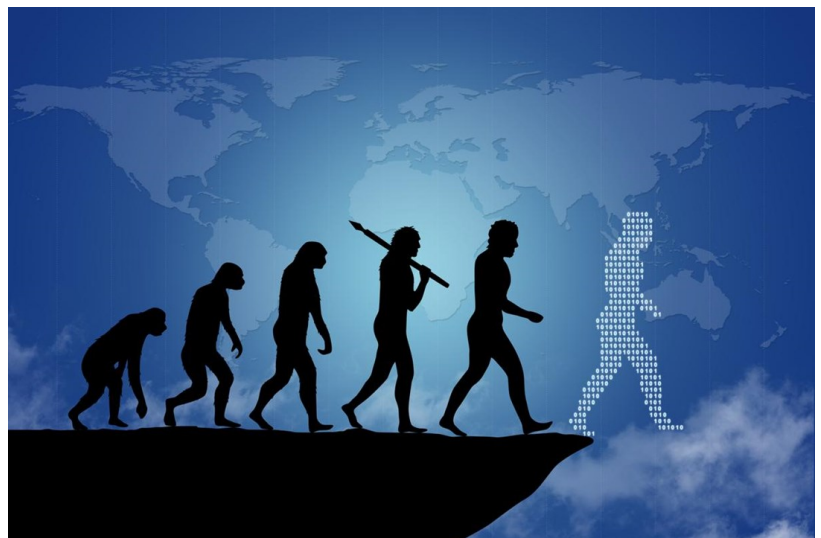
They are in fact: us. We are called homo sapiens or modern man. After the last ice age, we have become the dominant species on earth and are not going anytime soon. So far, we have had quite the remarkable change in the last thousands of years, but the big question is this: who is next? In truth we do not know but me personally I have two theories as to who will be the next humans:

- We might merge ourselves with artificial intelligence where humans will convert to becoming robots, cyborgs, androids, mechanoids and will be known as homo roboticus.
- We get mutated by an unknown chemical substance and are granted superpowers and will be called homo Novus.

Whatever happens in the next millions of years, we must adapt to new environments if we are to survive.

We as a race will continue to thrive and live amongst each other for millions of years to come.

We are here. We are ready.



National Baked Alaska Day - By Peter Crum



The key to success? Ice cream as cold as possible and turn up the oven.



National Baked Alaska Day is on Monday 1st February 2021

The History of Baked Alaska

Charles Ranhofer, chef at the famous Delmonico's restaurant in New York, created a new cake to celebrate the United States purchase of Alaska from the Russians. Ranhofer is said to have invented it to commemorate Seward's purchase of Alaska in 1867. It was, at first, called Alaska-Florida Cake, but was soon changed to Baked Alaska. It was a spectacular cake, topped with solidly frozen ice cream, the whole enveloped in meringue, then browned and served still warm from the oven. It is possible that what Ranhofer deserves is the credit for popularizing an already known dessert.

The key to success for this recipe is to keep the ice cream as cold as possible and turn up the oven as high as it will go.

Recipe..... Baked Alaska

Sponge cakes. Try different sorts vanilla or chocolate.

Half gallon block of your favorite flavour ice cream or a mix of flavours.

Apricot jam, as needed

8 egg whites

3/4 cup icing sugar

Method:

Arrange a circle of sponge in a baking dish. (You can add jam if you wish.)

Cut a piece of the block of ice cream to fit on the cake base, keeping 3/4 inch clear all round. Return the cake and ice cream to freezer for about an hour, or until the ice cream is hard again.

Usually it is shaped like a dome. But feel free to make it your own way! Or for extra ease use an arctic roll! Or biscuit for individual ones—see pictures for ideas!

DELMONICO'S RESTAURANT
THE MOST FAMOUS RESTAURANT IN AMERICAN HISTORY



National Baked Alaska Day contd.....

Preheat the oven to its highest setting. Beat the egg whites until semi-stiff. Gradually add the sugar to the egg whites, a couple of tablespoonful at a time, and continue to beat until the meringue is stiff and glossy.

Remove the ice cream and cake from the freezer. With a spatula, spread about half of the meringue over the pound cake, making sure to completely cover the sides and top.

Transfer the remaining meringue to a pastry bag fitted with a star tip and pipe it over the cake, making it as decorative as you wish. Or whirl with the back of a spoon.

Bake for 3 minutes to brown the meringue, and serve the Baked Alaska immediately so the ice cream doesn't melt.



Rebus Puzzles.

Have you heard of a Rebus puzzle? You have to look at each square and find a common phrase that it shows in a sneaky way. It helps to say out loud what you see and sometimes it comes to you! Happy puzzling. Some examples

TEMPERATURE	The Temperature is dropping.			
COLLAR HOT	Hot beneath the collar.			
HEART	Broken heart			
man board	Man overboard	<p>Answers P8</p>		

The new Aladdin Film - By Laura Joliffe



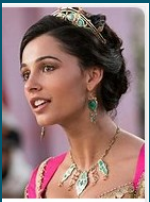
Aladdin is one of my favourite movies and was originally an animation in 1992 with Robin Williams as the blue genie. The plot follows Aladdin, a street urchin, as he falls in love with Princess Jasmine, befriends a wish-granting Genie, and battles the wicked Jafar.

A new live action version came out in 2019 directed by Guy Ritchie with

Will Smith taking the lead as the new genie, I really enjoyed the music and costumes.



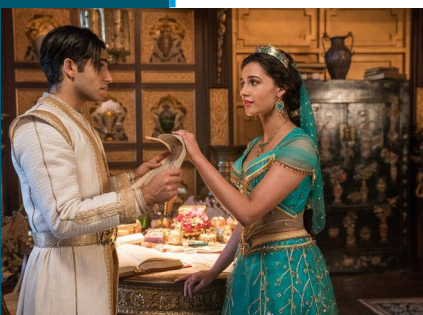
Aladdin, a street urchin in the Arabian city of Agrabah, and his monkey Abu meet Princess Jasmine, who has snuck away from her sheltered life in the palace. Jasmine wishes to succeed her father as Sultan but is instead expected to marry one of her royal suitors, including the charming Prince Anders. Jafar, the grand vizier, schemes to overthrow the Sultan and seeks a magic lamp hidden in the Cave of Wonders, but only "the diamond in the rough" can enter the cave.



After sneaking into the royal palace and visiting Jasmine, Aladdin is captured by Jafar. He offers to make Aladdin rich enough to impress Jasmine in exchange for retrieving the lamp and warns him to take nothing else. Inside the cave, Aladdin frees a magic carpet and finds the lamp, but Abu cannot resist touching some treasure and causes the cave to collapse. Aladdin gives the lamp to Jafar, who double crosses and kicks him and Abu into the cave, but Abu steals the lamp back.



Trapped in the cave, Aladdin rubs the lamp, unwittingly summoning the Genie inside, who explains that he has the power to grant Aladdin three wishes. Aladdin gets them out of the cave without using a wish on a technicality: he did not rub the lamp in the first place as he stated the wish. Determined to woo Jasmine, he uses his official first wish to become a prince and promises to use his third wish to free the Genie from servitude and turn him human.



Aladdin makes an extravagant arrival at Agrabah as Prince Ali of Ababwa but fails to impress Jasmine. Aladdin and Jasmine bond when he takes her on a ride on the magic carpet. Tricked into revealing his identity, he lies to her, saying that he actually is a prince and dressed like a peasant to explore Agrabah.

The new Aladdin Film contd...

Jafar discovers Aladdin's identity and throws him into the palace moat, knowing that if he survives, it will prove he has the lamp.



The Genie saves Aladdin, at the cost of his second wish. Aladdin returns to the palace and destroys Jafar's magic staff, ending his spell over the Sultan and exposing his plot, and Jafar is imprisoned.

The Sultan allows Aladdin to marry Jasmine; Aladdin decides to save his final wish, aware that he will lose Jasmine if the truth unfolds, much to the Genie's disappointment.

Freed by his scarlet macaw sidekick, Iago, Jafar steals the lamp and becomes the Genie's new master. He uses his first wish to become sultan, but Jasmine reminds the palace guards of their true loyalty, turning them against Jafar.

Using his second wish to become the world's most powerful sorcerer, Jafar exposes Aladdin and exiles him and Abu to a frozen wasteland, then threatens to kill the Sultan unless Jasmine agrees to marry him.

At the wedding, Jasmine swipes the lamp and tries to escape with Aladdin and Abu, who were rescued by the magic carpet. Chased by Iago, they are recaptured, destroying the magic carpet in the process.

Aladdin taunts Jafar for being second in power to the Genie, goading him into using his last wish to become "the most powerful being in the universe", and the Genie transforms Jafar into an even more powerful genie. T

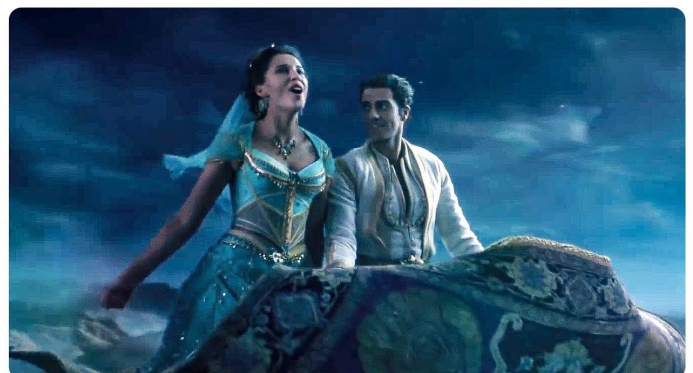


his traps Jafar inside his own lamp, dragging Iago with him, and the Genie banishes them to the Cave of Wonders.

Aladdin keeps his promise and uses his last wish to free the Genie, allowing him to live as a human.

The Sultan crowns Jasmine the new sultana-regnant, no longer bound to marry a prince, and she and Aladdin marry.

"I think this is a really good movie and would love to see it again it is not just for kids adults can enjoy it too as its got adventure, comedy, romance and of course cheeky animals".



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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 17th February.**

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

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