



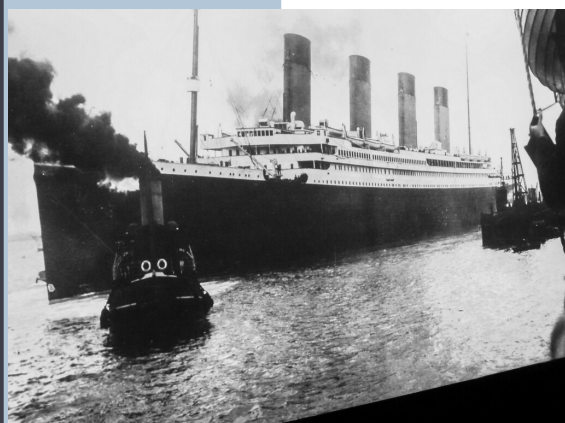
Our News Our Views

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

Edition 69 – **April 2021**

Special points of interest:

- Easter Egg origins
- Dinosaurs



National Titanic Remembrance Day -

By Adrian Phipps

Each year, on April 15th, National Titanic Remembrance Day is dedicated to the memory of the lives lost when the Titanic sank into the icy waters off the North Atlantic Ocean on April 15th, 1912.

This day is to remember the more than 1,500 people who died that day.

The largest ocean liner in service at the time, 'Titanic' had an estimated 2,224 people on board when she struck an iceberg resulting in the deaths. It is one of the deadliest peacetime disasters in history.

Inside issue

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book day

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Colouring P20

My Experience on having the COVID-19 Jab - By Tracy Roberts

I recently had my Covid –19 jab. This is my experience of having the jab.

My parents told me that they had had their covid jab done and it was okay, so I decided to have my Covid—19 jab done as well.

I went to have it at my own surgery at Wargrave House and my mum came with me because of my learning disability.

My parents were right it wasn't bad, I was brave because I don't like needles. I felt tired and my arm ached for a little while afterwards but otherwise it was okay.



Update from the editors



Thank you all for your support. It has been an unusual year for all of us and we are hoping that we shall be able to meet up as a team this month in two groups alternate weeks, still zooming with half the group.

Like some of you we are gradually being vaccinated and life may be opening up slowly but surely for us all. How good that will be. Sending you all a hug!

**By the Editors
on behalf of
Our News Our
Views
Editorial Team.**

In this edition, it was interesting to read about how ECHO groups have been carrying out activities online, about Easter facts, the Titanic, Churchill, Olympic games and all about Dinosaurs. A lot of variety with some Easter puzzles and colouring and the all important jokes too! - Enjoy!

See you in May — deadline 21st April.

Easter Egg, anyone?

These days Easter eggs come in all shapes and sizes, but where did the first chocolate egg come from and where did this tradition begin?

The first chocolate Easter egg in the UK was introduced in 1873 by the family-owned company, Fry's. The founder, Joseph Fry, started out selling drinking chocolate in the 1750s, and his grandsons created the first chocolate bars in the 1860s. Fry's particular achievement at this time was their chocolate Cream Bar, a product that is still sold today.

Traditionally, at Easter, people would give each other chicken's eggs which had been hard boiled and painted bright colours (that's where the tradition of decorating eggs comes from). Fry's took this tradition and put their own spin on it, and so the first chocolate Easter eggs were introduced in this country.

Fry's competitors quickly caught on and copied with Cadbury's making their own chocolate Easter eggs two years later. Around the world, the likes of France and Germany had been making chocolate eggs for many years before the UK, but these eggs had been made from solid chocolate. Fry's had been the first to figure out how to use moulds and make hollow eggs.

This had been achieved through the Fry family's innovations in making chocolate by mixing cocoa fat with cocoa powder and sugar. This made a smooth paste which could be poured into egg moulds.





ACROSS

1. It's in a necklace
4. Something you travel in
5. Close to; near; by
7. Upon
8. Took in food
9. One; any
10. She lays eggs
11. To write on a typewriter
12. Lincoln's nickname
14. Beneath

DOWN

1. He brings your Easter eggs
2. Girl's nickname
3. The time of an event
4. These travel on the water
6. Gentle
8. In front
13. To exist

National Winston Churchill Day – By Adrian Phipps

National Winston Churchill Day on the 9th April commemorates the day he was made an honorary citizen of the United States.

On this day in 1963, a ceremony for honorary citizenship presided over by President John F. Kennedy took place for Winston Churchill.

While Churchill was not present at the ceremony, his son and grandson attended.



Fun Easter Facts

The name **Easter** comes from Eostre, an ancient Anglo-Saxon goddess, originally of the dawn. In pagan times an annual spring festival was held in her honour.

Easter is now celebrated on the first Sunday after the full moon which happens on or after March 21, the Spring Equinox. Therefore it can occur on any Sunday from March 22nd through to April 25th.



In medieval times a festival of **egg throwing** was held in church, during which the priest would throw a hard-boiled egg to one of the choirboys. It was then tossed from one choirboy to the next and whoever held the egg when the clock struck 12 was the winner and retained the egg.

Other games included egg tapping (a bit like conkers) and egg rolling (furthest down hill egg roll wins), and egg dancing. Dating back to the Saxon times egg dancing, is where eggs are laid on the ground or floor and the goal is to dance among them, damaging as few eggs as possible, or a springtime game where the goal was to roll an egg out of a bowl while keeping within a chalk circle and then flip the bowl to cover the egg.

What makes the game challenging is that this must be done with the feet, without touching the other objects placed on the floor. In medieval England egg dancing was known as hop egg, where – as you might expect – the dancing was more akin to hopping. It was most likely brought to England from Germany by the Saxons; potentially as early as the 5th century. Continued on Page 12...

Interview with Nick Baker and Netty Flynn- By Tracy Roberts



Nick Baker and Letty Flynn tell me about how they decided to put together the ECHO Activities Extra Online programme.

What gave you the idea to run the activities online? And why?

Nick: "Before we had COVID 19 and Lockdown, the Social & Leisure project provided a programme of social activities for ECHO participants, from sports and recreational activities and social activities such as the Boogie Nights club night, Yam Jams and the young person's social activity, The Rendezvous. These and lots of the things we did used community venues but when lockdown happened those venues closed. Unlike other projects like About Face, Clever Betsy and so on who still had a base to work from, we couldn't".

When things started to come back last Autumn, about August – September, when Day Opportunities started opening up again, Nick started up with the sport activities he could do outside – football, tennis and the walking group. But the social activities (Yam Jams, Rendezvous, Boogie Nights, Yoga) they still couldn't do. So Nick and Letty talked about what could they recreate as an Online Activities Extra, modelled on the Activities Extra, which offered a monthly 'menu' of trips out, taster sessions or workshops.



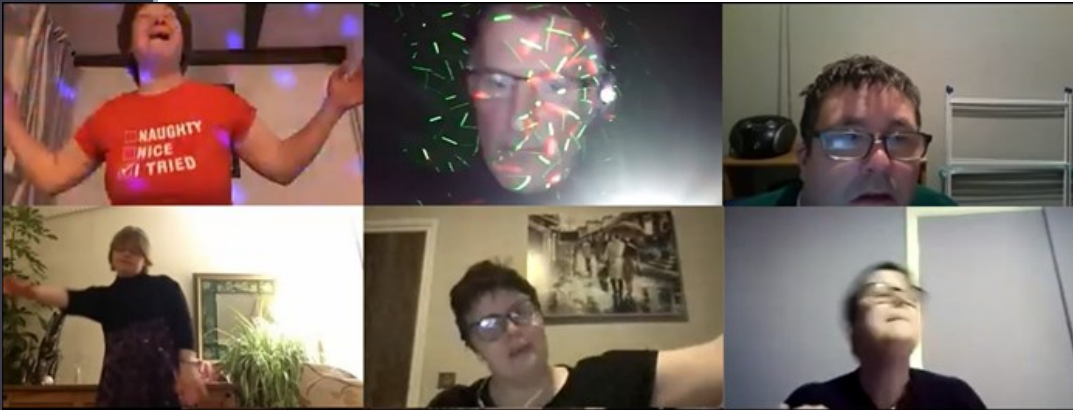
Nick : "We had done a lot of work with About Face using Zoom to keep groups together. So, when we looked at the online Social and Leisure programme we thought what could we replace exiting sessions with and what new sessions could we put on? These have now been running since the end of November and we have an activity happening each day".

The idea is to help participants stay connected with their friends, and to enjoy social activities of some sort; a quiz, Boogie Nights, renamed The House Party as an online club night. "We accidentally invented a new service" says Nick, "which has had lots of spin offs. We hadn't particularly planned for these sessions but it could well be that after lockdown we will continue to offer a 'real' session and a virtual alternative".

Interview continued....

What is your favourite online activity?

Letty: "The House Party - I love it as it's a 'grown up' night out and still so much fun."



I also love the 'ECHO does Millionaire' quiz, it feels like the participants are really involved in that. The Women's Social is really participant led, so I only have to send out the link - it's just really nice and sociable".

Nick: "It's difficult to pin down just one, I like different sessions for different reasons, like The House Party. I enjoy the DJ side of things and that it's a night out without leaving home! I also really like the session that I run which is 'Thank Friday It's ECHO' on Friday afternoons. It's a bit different, catching upon everyone's week, what been in the news, so a bit more reflective, although we still do a quiz. I'd choose those two and The Rendezvous, which is a bit 'on the edge' and end up having a real laugh".

At the house party what is your favourite song?

Nick: "It will vary from session to session. My job as DJ is to keep the energy levels up and people dancing. I've really enjoyed playing old school 90s dance music."

Letty: "I like songs like 'Shut Up and Dance With Me' [Shoot the Moon] because it's an excuse to shout 'shut up'!"

Letty, at the women's social, what been the best thing about it?

Letty: "People becoming really good friends - for example, seeing the relationship that you (Tracy) and Steph have got through doing the Women's Social and that you are really close, it's been lovely".

Interview continued.....

Have you enjoyed organising the online activities?

Nick: "Having had the experience with About Face, basically we sat and discussed what sessions we thought we could do every week, made up a list and slowly worked up the programme. I was surprise at how quickly people got it".

Letty: "I agree with Nick. It was the case of smile and say 'YES! YES! YES!' then going home and thinking how are we going to do this? Then we shared the activities out between us and started".

Nick: It's important to say we don't know how long the activities will run for – as we said, some may continue on after lockdown if people are enjoying them. Meanwhile we are always looking for new ideas".

Other participants have had their say about the online activities;-

Tim Simpson was asked about Echo does Millionaire which is ECHO quiz of the week this is what he had to say. My favourite thing about Echo does millionaire is even though I am miles away I still get to come on zoom and see all my friends. I think it's a brilliant quiz as its interesting and fun. You get asked your own questions and then you can use your lifelines which are Multiple choice, Ask a friend and Ask the Zoom Room, we also get bonus points for singing our music question answers which is funny.

The best bit is getting to ask Letty really hard questions and she usually gets my questions wrong.

Steph Hopper was asked about Women Social which is a group just for the women this is what she had to say. I've really enjoyed all the activities we have done in The Women's Social group. We started with a game of bingo and I like Bingo, and soon moved on to the hobbies and interests we enjoy. One of my Favourites that I really enjoyed was when Tracy did some new dance routines with us. I said we should do them at the AGM this year. I've given tips and lessons on loom knitting and It was funny trying to teach Letty's mum how to knit on the loom. I'm getting ready to teach everyone how to crochet and I am looking forward to that. We don't just work we take time to chat and have a drink in between. If you don't want to knit you can just join in and do some sowing or colouring or anything you enjoy. You get to lead the zoom too. I've been doing a lot of the activities and they are all fun. Womens Social, Rendezvous, House Party, Echo does millionaire and Catch up coffee morning, my favourite is Womens Social because I get to me up with my friends, I love crafts, dancing and French knitting. The top thing we have done so far is the dancing but we have planned so many thing to do.



The Priory Rough Mix — By Tracy Roberts

The Priory is an ECHO project, mostly attended by participants with more complex needs. They join as a group of three or four with a support worker and attend the The Rough Mix this is what they had to say.

What is your favourite thing about the Rough Mix?

The Priory enjoy singing to songs that Aidan and we can sing along to. We get to meet new people and see our friends which currently we cannot do now due to current COVID-19 circumstances, and we also get to hear personalised group songs which Aidan helps create with us.



Tell me some things that happen every session...

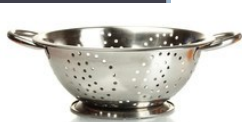
Every week we get to sing along to some popular songs which we all recognise. We also play along with household items which we have turned or learned to make into instruments. Luckily, we have some musical instruments at the Priory which we can also use. People get to see Rough Mix on our big screen every Friday creating the start of a music morning. The participants all get very excited when arriving in the room as they can already tell what their morning will consist of.

What is the best thing you've done/produced/made so far at the Rough Mix?

Our Christmas song! Spuds, Turkey, and sprouts including the music video which was great for the guys to see a project song from start to finish.

What would you say to someone who was thinking of coming along to the Rough Mix?

If you fancy learning something new, creating some noise, and enjoying some company with friendly faces, then Rough Mix will be the perfect way to start off your Friday. Aidan makes sure everyone is involved with the help of Nick creating beats with everyday kitchen items. Rough Mix is always looked forward to by the people at the Priory.



Rough Mix continued...

The following two set of responses come from young women who are supported by a family member

What's your favourite thing about the Rough Mix?

She loves the music !

Is it hard to log on to a Zoom session? What technical skills do you need?

I do log on as she cant use computers

Tell me some things that happen every session...

The Wake up song at the beginning and song at the end are things that always happen even though they are different songs.

What's the best thing you've done/produced/made so far at the Rough Mix?

She finds using shakers and other instruments exciting.

What would you say to someone who was thinking of coming along to the Rough Mix?

And to your final question she said " just do it !" 👍👍

What's your favourite thing about the Rough Mix?

Bob Marley

Is it hard to log on to a Zoom session? What technical skills do you need?

No - mum does it

Tell me some things that happen every session...

spoons, shaker, listen to music, fun

What's the best thing you've done/produced/made so far at the Rough Mix?

Seeing my friend (we encouraged her to join)

What would you say to someone who was thinking of coming along to the Rough Mix?

Yes - do it



Thank Friday it's ECHO - By Tracy Roberts

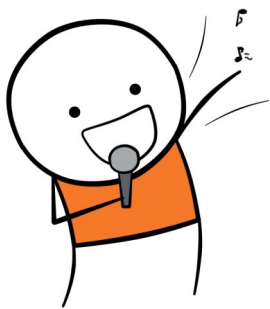
We were recently joined by an ECHO Trustee to observe the session – this is the summary of that observation



I think that this was a fun activity. Aiden (from Encore who ran the session) was very welcoming and enthusiastic. Nick was a great support and ensured that the session ran smoothly in spite of a couple of technical issues as well as participating - and amazingly find a clip of a Clash song from London Calling which mentioned playing a cheese grater and playing it at the end of the session!

The session consisted of playing a variety of household equipment as percussion instruments and singing. We received information prior to the session about what might be an appropriate and good bit of equipment to use.

We all played in a number of ways, just making a noise, playing along with Aiden as he played his own instruments (mouth organ, guitar, another mouth instrument whose name eludes me), playing the equipment in a rhythm, singing and playing along with a karaoke type song (Walking on Sunshine), a clip of a band (AC/DC) and specific clip showing different tools and equipment being played.



Participants were also asked to show and play their instruments individually. Aiden had also asked for input from the participants the previous week (lyrics and song style) and then made up a song from what they had contributed which he played to everyone. He also asked the participants to do some 'funwork' as opposed to homework in preparation for a song next week. Nick was tasked to support this with follow-up emails.

Aiden is obviously a talented musician with an enthusiasm for teaching. The session was fun as well as being educational. He and Nick worked well together.



The participants seemed to really enjoy the session and there was a lot of amiable banter apart from the percussion / singing activities which I felt showed that everyone felt relaxed and happy to talk.

Thank Friday it's ECHO continued...

(An ECHO worker supported a participant who was very unsure of online activities to try the session. This is the response when I asked how they got on. The participant stayed for the whole session and has subsequently tried other activities also).

He absolutely loved it. He picked up that you have to take it in turns to speak really quickly and once he knew he was allowed to make noise in the office, he was really going for it. We had a chat afterwards and he was really pleased with himself for trying something new. He liked the music, and being able to see people he knew. (Many participants said that their favourite thing about TFI ECHO was chatting to their friends).



Is it hard to log on to a Zoom session? What technical skills do you need?

Easy to log on to a Zoom session, just click on the link sent and it comes up, no real technical skills needed, once shown how to do it, easy to do afterwards.

Tell me some things that happen every session?

Catch up on the week, news quiz.

What would you say to someone who was thinking of coming along to TFI? Would recommend it, it's good fun!



Easter Fun Facts



Easter Bonnets are a throw back to the days when the people denied themselves the pleasure of wearing finery for the duration of Lent. By tradition, it was obligatory (or at least lucky) for churchgoers to wear some bright new piece of clothing - at least an Easter bonnet, if not a complete new outfit.

The traditional act of **painting eggs** is called Pysanka. In Ukrainian it means egg writing. The custom of giving eggs at Easter time has been traced back to Egyptians, Persians, Gauls, Greeks and Romans, to whom the egg was a **symbol of life**.



The most famous decorated Easter eggs were those made by the well-known goldsmith, **Peter Carl Faberge**. In 1883 the Russian Czar, Alexander, commissioned Faberge to make a special Easter gift for his wife, the Empress Marie.



The first Faberge egg was an egg within an egg. It had an outside shell of platinum and enameled white which opened to reveal a smaller gold egg. The smaller egg, in turn, opened to display a golden chicken and a jeweled replica of the Imperial crown. This special Faberge egg so delighted the Czarina that the Czar promptly ordered the Faberge firm to design further eggs to be delivered every Easter. In later years Nicholas II, Alexander's son, continued the custom. Fifty-seven eggs were made in all. Continued page 13...



In 1878 President Hayes and his wife Lucy officially opened the White House grounds to the children of the area for **egg rolling** on Easter Monday. The event has been held on the South Lawn ever since, except during World War I and World War II. During the war years the Easter Egg Roll was held at the National Zoo, and other Washington locations.

The Guinness Book of Records holder for the **largest Easter egg ever** made is the Belgian chocolate producer Guylian who made the chocolate egg with at least 50,000 bars on behalf of the city of St. Niklaas. The egg measured 8.32 metres high. Twenty-six craftsmen worked altogether 525 hours to build the egg. They needed 1950 kg of chocolates.



World Book Night – By Tracy Roberts

World Book Night is the annual celebration of books and reading on 23rd April that brings people from all backgrounds together for one reason – to inspire others to read more. Presented by The Reading Agency, and in partnership with Specsavers, this year they are celebrating their 10th anniversary with a special “Books to Make You Smile” theme.

Looking online you can start planning your activity using the Reading agency’s resources. They will provide you with lots of ideas on how you can celebrate virtually, with friends, family, colleagues, or the people you support in your organisation.



Find your next book

If you’re looking for a new book, take a look at the 2021 booklist. There’s something for everyone, including fiction, non-fiction and young adult books.

As they are celebrating their 10th anniversary, you can also find recommendations of all the books they’ve featured on their booklists since 2011. Use the book sorter to find your next read across a range of book types like horror/ detective/ fantasy/ historical/ science fiction/ romance. World Book Night is run by The Reading Agency, a national charity that “tackles life’s big challenges through the proven power of reading”.

Check out the website <https://readingagency.org.uk>

Dinosaurs — By Alex Rodgerson



Dinosaurs came in weird shapes and sizes. Some were small, fast moving dinosaurs that ran like Olympic athletes, there were dinosaurs that were stupidly huge and slow moving, there were dinosaurs that eat plants and veggies, others ate each other specifically the carnivores or meat eaters to be precise.



There were also dinosaurs that looked unimaginably odd, there were ones that had plates and clubs on their body for use of weaponry and defence, that were gifted with either teeth or beaks.

Each dinosaur lived in three different periods during earth's history They were the Triassic, Jurassic and Cretaceous periods



In each period the dinosaurs went about their usual, daily lives eating, sleeping, laying eggs, travelling in herds, hunting together in packs, fighting each other or over food and looking after their hatchlings.

All three periods were part of one, massive period called the Mesozoic period, also known as the age of reptiles or oddly looking jaws.



There were several types of dinosaurs. There were the meat eating Theropods like the mighty Tyrannosaurus Rex, the Sauropods, like Brachiosaurus or Apatosaurus, the Ceratopsids like Triceratops or Styrachosaurus, the Ornithopods, like Parasaurolophus and Edmontosaurus, the Ankylosaurs like the armour plated Ankylosaurus and the Pterosaurs like Pteranodon, although they are technically not dinosaurs themselves. Nevertheless, these creatures were something extraordinary.

Dinosaurs continued...

One of the most well-known dinosaurs that ever walked the earth was Tyrannosaurus Rex, a 6-meter-tall juggernaut that lived during the late Cretaceous period. Despite having two, little, weak arms T Rex was not to be messed with because it would use its long legs to sprint after prey and once its prey was caught it would sink its long, sharp, serrated teeth into its prey and wouldn't hesitate to tuck in. No matter how far you run if you're in a T Rex's path then you're dead!

Although it may have been a nightmare infused giant, there are other carnivorous dinosaurs that were bigger if not big as T Rex.

Chief among these were the sailed back Spinosaurus, the brutal Giganotosaurus and the south African tyrant Carcharodontosaurus.

Not all dinosaurs were big, mean looking and slow, lumbering giants, there were also small, fast moving critters like the tiny, but dangerous Compsognathus and the wolf like Velociraptor.

Velociraptor lived during the late Cretaceous period 75 million years ago. It was a supreme hunter and could run almost as fast as Usain bolt, the fastest man in the world.

Its hunting methods were to be in packs of other raptors and would've used teamwork as a key advantage just like wolves do today.



One dinosaur that knows a thing or two about defending itself is Triceratops. This rhinoceros-like dinosaur lived during the same time as T Rex in the late Cretaceous period 65 million years ago. Contd page 16...

Homemade Pasties – By Laura Joliffe

Puff pastry 1/2Ounce Unsalted butter 14G 2medium onions finely chopped /1/2lb Cheddar cheese grated 225g

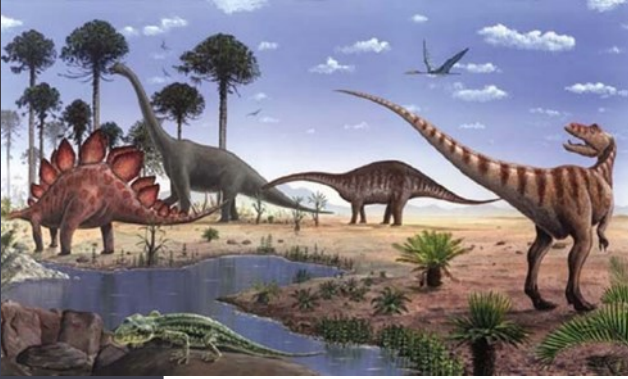
Preheat oven 200⁰c -melt butler on a low heat, mix in onion and cook until nearly soft.

Mix in the cheese, roll out pastry in four rounds.

Put a quarter of the cheese mix in each round. fold and crimp the edges to keep together, put on a baking tray brush with milk bake for 30 minutes.



Dinosaurs continued...



It lived in herds and was herbivorous but it was also very dangerous because it had two, protruding horns on its head and a long frill around its neck so that it could ward off predators like T Rex.

There were also marine reptiles that lived in the prehistoric oceans that lived during the time of the dinosaurs.



One of these ocean dwellers was Mosasaurus, an 18 meter 60

Foot long marine reptile that swam around the sea during the

Late Cretaceous period 70 million years ago. It primarily hunted alone feeding on fish, Plesiosaurs, giant turtles and even sharks.

It may sound like some old sea legend when you think about it, but the scariest truth is that it was a real monster and even the great white shark would look like a common goldfish compared to this animal.

Unfortunately, despite their thriving nature the dinosaurs' fate was decided and their enemy came from space. Hurling around space a huge asteroid, which is a big piece of rock smashed right into the gulf or middle of Mexico. The sky was blackened, huge dust clouds

blocked out the sun and everything was cold.



Then volcanoes started to erupt and spurted out lava. Huge shockwaves came and wiped out every single living specimen including the dinosaurs and after that it felt like everything was going to remain the way it was.

Dinosaurs continued...

Fortunately earth recovered after millions of years of dread and despair but there was one, massive change to it : the dinosaurs were not around anymore.

Or were there?

Well, of course they were gone but there are sort of dinosaurs living with us to this day.

These two animals may look different from each other but they share the many characteristics that their Ancestors had before them.

They are the birds and the crocodilians.



Ever since we started digging up their fossilized remains the dinosaurs have made their mark in pop culture appearing in various films, tv shows, books, video games, comics, magazines and adverts and have become celebrities in their own right.



One of the best portrayals of them is a very popular film franchise called Jurassic park in which a few people travel to a Costa Rican island where there are cloned dinosaurs at an amusement park for the public to view and be awed by them.

But where would be the fun in people being chased, killed or trying to get away from man eating monsters that lived over a million years?

How the Greeks Organised the Olympic Games - By Adrian Phipps

The athletes marched slowly down the great way to the grove of Atlis at Olympia, the most sacred site of Zeus, the ruler of the Gods.

In two days, the Olympic Games would start.

So important was the event that a halt was always called to the feuding between the Greek states.

Heralds were sent out around the Mediterranean, giving the official dates of the festival and announcing a truce. This year, 376, BC, the 100th games were to take place.

After the procession, the athletes and their entourages pitched their tents around the Olympic complex, and for over five days the games combined athletics with sacrifices to the gods.

The programme varied over the centuries, but long jump, boxing, chariot races, foot and horse races were usually included.



Have you heard the one about...

Terrible Easter jokes — *We promised you some bad ones....*

What is the difference between a crazy bunny and a counterfeit banknote?

One is Bad Money and the other is a Mad Bunny!

What do you get when you cross a bunny with an onion?

A Bunion

Why did the Easter egg hide?

He was a Little Chicken!

What did the bunny want to do when he grew up?

Join the Hare Force.

What does a bunny use when it goes swimming?

A Hare-Net.

What did the grey rabbit say to the blue rabbit?

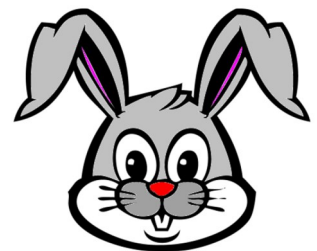
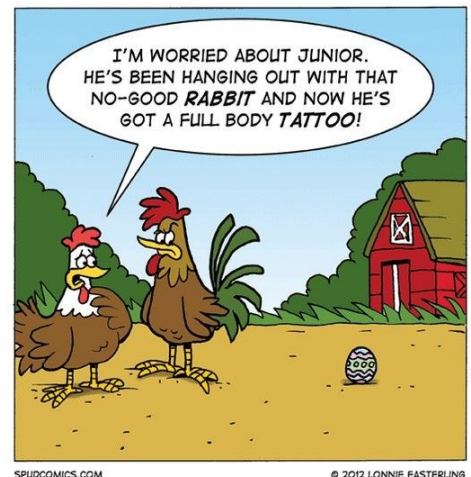
Cheer Up!

What do you get when you pour hot water down a rabbit hole?

A Hot Cross Bunny.

How does the Easter Bunny say Happy Easter?

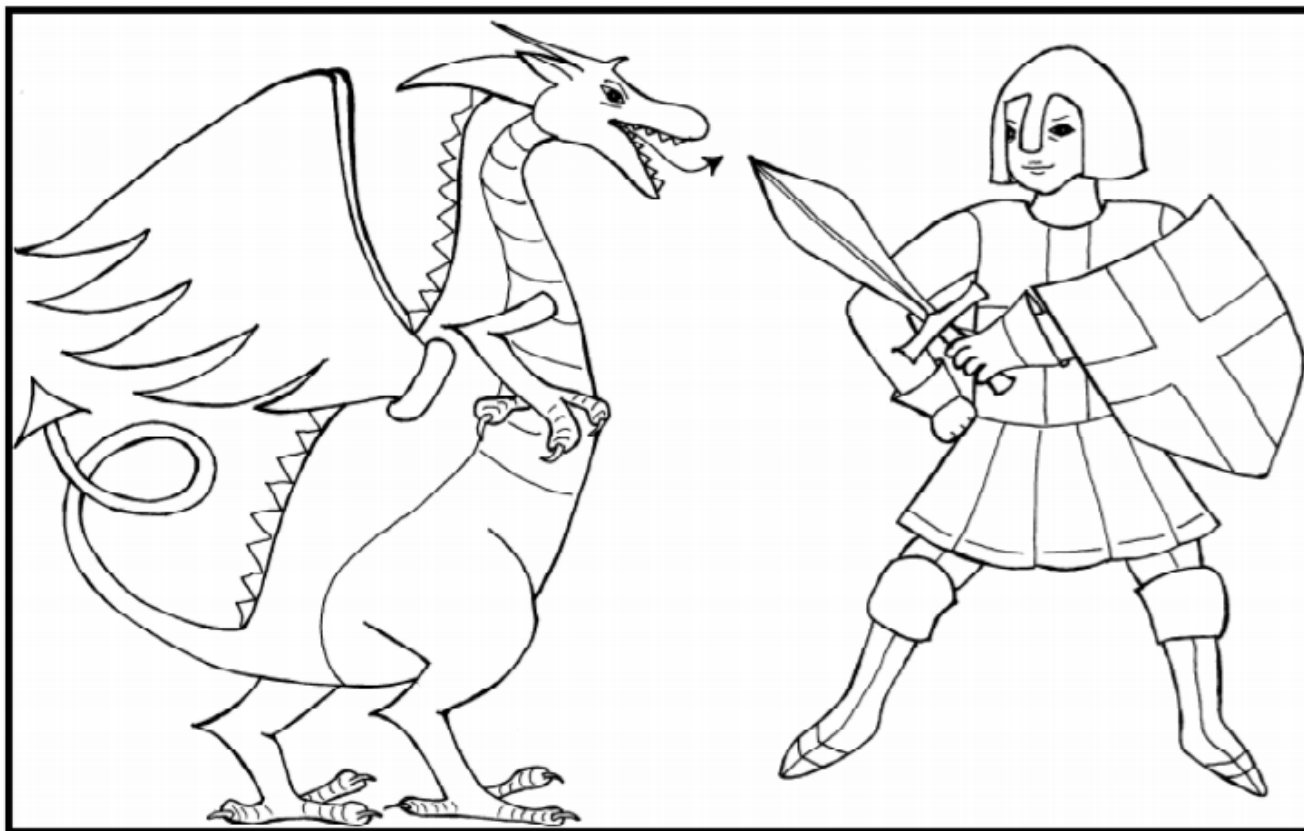
Hoppy Easter!



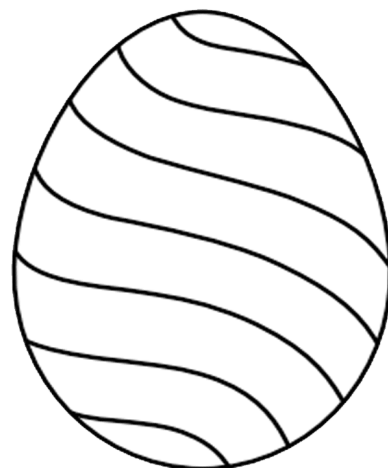
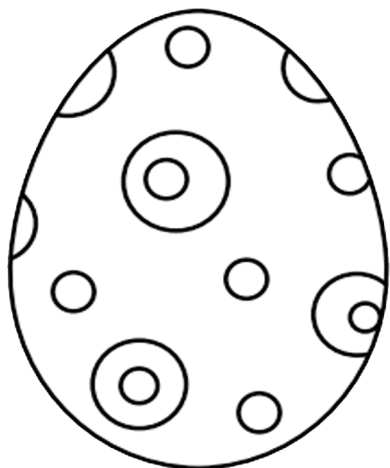
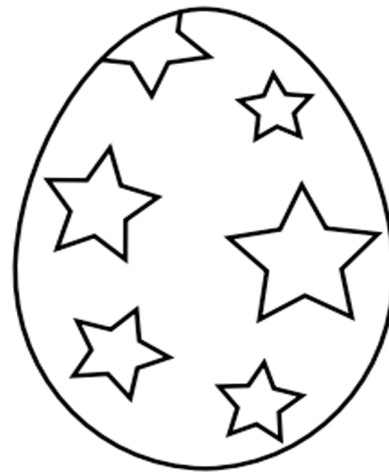
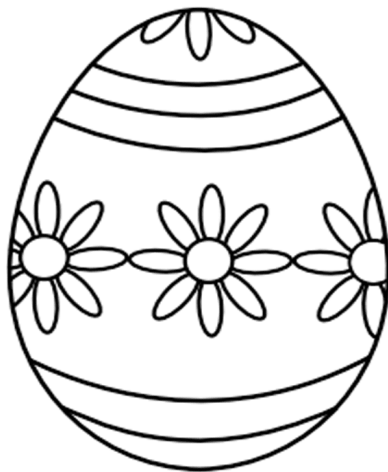
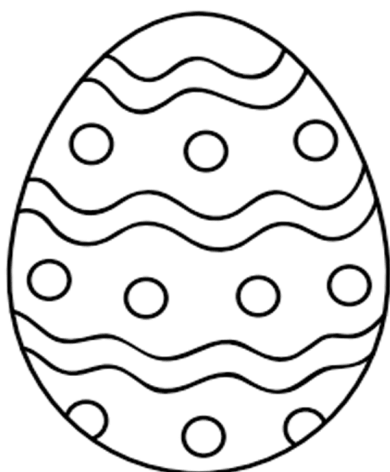
Colouring pages



(St George's day is 23rd April)



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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

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up an accessible newsletter for the
Learning Disability Community of
Herefordshire. We were six years
old in June 2020!

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adverts for the May edition is April 21st
2021.**

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edit all copy.)

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