



# Our News Our Views

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

Edition 71 – June 2021



## Special points of interest:

- **Volunteer needed** page 2
- **Learning Disability Week**

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## Remembering Brian - Adrian Phipps

Brian Gibb passed away on New Years Eve 2020 at the age of 67. It was sad to hear that news, but there is one thing for sure about Brian. He will be well remembered. Brian was a very good friend to have, because he was so funny, and always obsessed with Mr. Blobby and the Meerkats.

Peter Crum: "He used to tell rude jokes that can't be repeated, and he made everyone laugh, and I would feel happy when I was with him in town."

Tracy Roberts: "I remember Brian coming to Monday Club singing about Meerkats and Mr. Blobby, and at Drayton Manor when he talked to the gorilla, saying: "you are too scared to throw that banana peel", and egged the gorilla on by saying: "come on then", and he threw the peel straight into Brian's face!

Aspire: "Brian was passionate about Hereford United, and loved Meerkats, and knew the words from every single advert (with the voices too). He was an absolute gentleman who made every one he met smile. He was well known by Hereford United supporters and many friends in Ledbury from years ago".

Continued page 2



## Announcing Mencap events - By Rose Hunt

Hi, very happy to announce that we have 2 dates:

- Friday 9 July at Die Koffee Pot upstairs
- Friday 19 November middle floor in main Left Bank building.

Andy's disco will be playing at both and we are planning a band for the November date.

If anyone knows of a good band, please let me know.

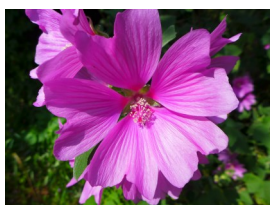
Please note in your diaries and get ready to dance!

# Update from the editors



Thank you for all your messages. We shall be starting to print hard copies we hope in October. Please watch out for our poll to sign up for an email edition or a hard copy. If you organise activities and would like some hard copies make sure you let us know how many you would like us to post.

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



We hope all goes smoothly with opening up and you stay safe and well. In this edition lots for you to see:

We remember our friend Brian, we tell you about Signalong, play station 5, a new digital project of Mencap, some ideas for father's day, recipes jokes and puzzles, all about cholesterol and the first astronauts plus some facts about King Arthur.

**See you in July — deadline 16th June**

## Remembering Brian - continued

Adrian Phipps: "Brian was a very good friend of mine, and would always keep me happy and smiling all day long. I loved listening to Brian tell jokes that he made up himself, and the two things that I will always think about is Brian when he always kept on and on about Mr. Blobby and the Meerkats. What I always liked listening to was when Brian sang to the songs at the disco. The only difference was Brian had his own words which can't be repeated."

## Volunteer needed - By Jacqueline Stewart

Interested in cookery and food? Wednesday cookery club need a volunteer to help out.

Cookery club is held at Belmont Challenge Church Belmont road, Hereford on Wednesdays from 10 - 2.30. The group choose, cook and eat lunch together.



As a volunteer you will help people with a learning disability to make choices, prepare dinner, create recipe books play games and have fun creating a lovely chilled atmosphere. Training in basic food hygiene can be given.

Once we are able we will also visit shops and farmer's markets and visit interesting foodie places. Being a car driver would be useful.

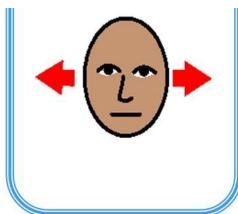
If interested please contact Denise Kerwood or Claire Mee ECHO 01568 620 307



Working flat hand (palm forward, pointing up) moves sharply to working side.

no

 ©SIGNALONG



## Signalong Course — By Tracy Roberts

In the first lockdown I decided to take a Signalong course. I learnt lots of signs including the alphabet, my name and everyday signs. It was a five day course and we worked through the handbook. It was with adult learning in Worcestershire, and it was on zoom.

Before the course I knew a bit of Makaton already but the lady who was teaching said Signalong and Makaton signs were the same

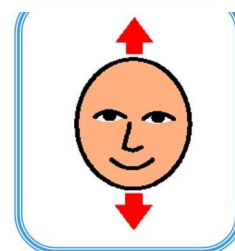
I enjoyed learning the signs and it gave me confidence.



Working closed hand (palm forward, pointing up) by side of head, bends down and up in nodding action.

yes

 ©SIGNALONG



## Play Station 5 — By Peter Crum

I have been waiting for 6 months for a PlayStation 5 and at last I finally got one! I was very excited to get one after waiting patiently for so long and my brother Jordan helped me to set it up. I play Fifa 21 on it. Fifa 21 graphics are brilliant and I love the PlayStation 5.



It was the best buy ever and it beats the PlayStation 4 by miles.



# Learning Disability Week - what Art and Creativity means to me

- By the team

Learning Disability week is from June 21st this year and the theme is Art and Creativity. Here the team tell you about the art and creativity that are important in their lives:

Adrian - "I like writing and at the moment I am planning to write an actual book about two families at war and a romance between two young people in two different gangs in New York in the 1940's or 50's. This involves lots of research and planning. I love making up the plot. It is exciting starting this project".

Peter: I like making things out of wood and baking cake and cooking food. I also like writing. Friendships means to me seeing Cliff who is best friends for life and he was a school friend when I went to Bishops in 1999.

Tracy: I love being creative by: Coming up with dances choreography; Acting, singing and dancing as a performer; I love drawing since being in lockdown; I have done a lot of loom knitting and cross stitch; Writing for Our News Our Views. I didn't think I had that much creativity!

Alex: I enjoy creative writing. It is using your head to create something. To come up with a juicy story that makes sense with plot twists and a centre piece, engaging, interesting characters, heroes and villains. Finding interesting ways for them to meet.

Lisa: Lisa likes knitting, craft and writing about health.

Laura: Recently Laura designed and decorated her bedroom. "It is lovely all pink and grey".

Mary: I love crafts - all sorts! My latest passion is egg writing or Pysanky. I also like creative writing.



## Five facts about King Arthur - By Alex Rodgerson

1. The real king Arthur was supposedly a commander of a roman legion during the 5<sup>th</sup> or 6<sup>th</sup> century who fought and defeated the Saxons or a Celtic chief of a tribe in St Albans.
2. Many people believe he was buried in either Glastonbury, Shropshire or Winchester.
3. His castle Camelot was in either Yorkshire, north Wales or Somerset.
4. His fabled round table was rumoured to have 150 knights or less.
5. His final battle was said to have been at 'cammlan' and fought and died with his son/ nephew Mordred.



# Father's day top ten presents

- By Peter Crum

- |                 |  |
|-----------------|--|
| Red wine / Beer | Steak                                  |
| Wallet          | Voucher                                |
| Clothes         | Day trip/ Weekend away                 |
| Money           | Make a cake                            |
| Chocolate       | Something sporty e.g. a round of golf. |



## Have you heard the one about...

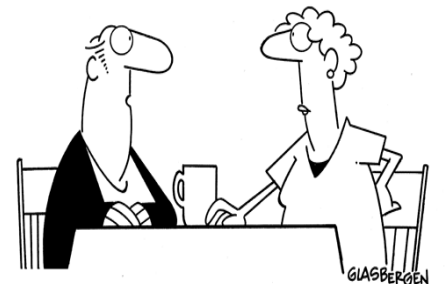
June is a traditional busy month for marriage so here are some wedding jokes!



"HEY, WAIT A MINUTE! WHAT'S THIS 'FOR POORER' STUFF ???"



"And do you, Allison, promise not to share your password with anyone but Roger..."



"I talked about my feelings on our wedding day. If anything changes, I'll let you know."



WEDDING SUIT! I DISTINCTLY SAID "WEDDING SUIT!"



...AND DO YOU, THOMAS, PROMISE TO CHANGE YOUR FACEBOOK STATUS TO "MARRIED" AND LINK TO JENNIFER'S PAGE?

I say I say I say!

## Creamy Chicken Pasta Bake — By Peter Crum

### Ingredients



fry light  
400g diced chicken breast  
1 tablespoon white wine vinegar  
1 tablespoon of Worcestershire sauce  
200g mushroom, quartered  
1 leek, trimmed and thinly sliced  
3 garlic cloves, peeled and crushed

400ml chicken stock (2 chicken stock cubes dissolved in 400ml boiling water)  
300g pasta  
120g low fat soft cheese  
Salt and pepper  
80g cheese

### Method

Pre heat the oven to 200 degrees (fan 180 degree/gas mark 6).

Spray a large frying pan with fry light, and fry the chicken over a high heat for 2 minutes until it is sealed on all sides. Pop on a plate and put to one side.



Lower the heat to medium and add the white wine vinegar and Worcestershire sauce to the pan and scrape up any browned bits on the bottom. Spray a little more fry light in the pan and add the mushrooms and leek. Sauté for 5 minutes until soft. Add the garlic and stock, then return the chicken to the pan. Simmer for 10 - 15 minutes.



Meanwhile, cook the pasta for 9 - 12 minutes then drain the pasta.

When the chicken is thoroughly cooked stir in the soft cheese.

Season for a little salt and pepper, then stir in the pasta and pour into a ovenproof dish. Sprinkle with grated cheese and bake in the oven for 15 - 20 minutes, until the cheese has melted and is golden.





## Yummy Golden Syrup Flapjacks — By Peter Crum

Prep 15 minutes, cook 15 minutes,  
Makes 12.

Bake these 4 ingredients flapjacks they are easy to make and ready in half an hour. Add chocolate drops, desiccated coconut, or sultanas if you like.

### Ingredients

250g jumbo porridge oats  
125g butter, pules extra for the tin.  
125 light brown sugar  
2-3 tablespoon golden syrup  
(depending on how gooey you what it.)



### Method

Heat the oven to 200C/180C fan/gas 6. Put the oats, butter, sugar and golden syrup in a food processor and pulse until mixed – be careful not to overmix or the oats may lose their texture.

Lightly butter a 20 x 20cm baking tin and add the mixture. Press into the corners with the back of a spoon so the mixture is flat and score into 12 squares. Bake for around 15 mins until golden brown.

## Sudoku

					7	5			5	3			7					
7			1				4		6			1	9	5				
5						2				9	8					6		
		1	3	9					8	8			6					3
3			7	8	6				4	4		8		3				1
8				4	1	7			7	7			2					6
		8							9		6					2	8	
	5				3				1				4	1	9			5
		4	6										8				7	9

## Let's get digital — By Tracy Roberts

Let's Get Digital is Mencap's new digital inclusion project developed using the Covid response fund.

Mencap have been awarded some funding from a Covid response fund to support community organisations in developing digital opportunities for people with a learning disability, helping to reduce loneliness whilst in this pandemic.

The funding will support organisations to include more digital ways of working, assist staff, volunteers, and members to improve their digital skills and secure access to technology, all of which will benefit their members both now and in the future.



In total They will work with 100 partner organisations. Mencap are currently looking to involve 60 organisations who will receive funding prior to March 2021. One of these is Herefordshire Mencap.

Mencap will recruit a further 40 organisations to receive funding after April 2021. All programme partners will receive ongoing support and access to resources and training up until March 2022 as well as the opportunity to submit applications for further funding pots to support and enhance their work.

Network Partners will receive a grant to purchase relevant devices and internet access for their members. Network Partners can choose where to get devices from, however Mencap have developed a recommended package through the Good Things Foundations. This offer will provide Network Partners with:

- Provision of recommended devices (Lenovo Tablet e10) for 20 individuals
- Provision of 6 months of internet access per individual.
- Accessible programming of devices so that they are easy to access and use.

- Support to set each device up.

- Ongoing support for people with a learning disability to remain digitally connected via a network of Online Centre.

Herefordshire Mencap decided to take part in this project. Rose Hunt asked me if I would like to be a Digital champion for Herefordshire Mencap - of course I said yes!



# Top 6 best cakes - Peter Crum

Victoria cake  
Chocolate cake  
Coconut cake  
Fruit cake  
Red velvet cake  
Carrot cake



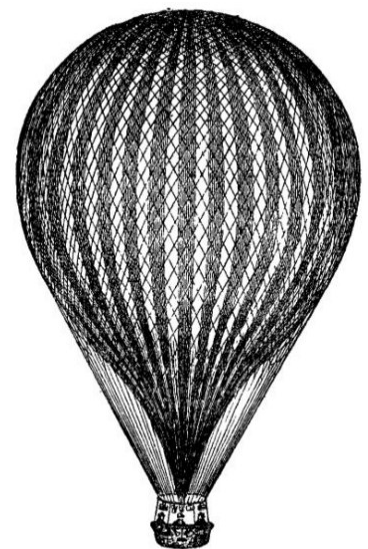
# How the Montgolfiers sent the first Arronauts aloft - By Adrian Phipps

On November 21<sup>st</sup>, 1783, the first hot air balloon rose into the air above the Bois de Boulogne. The two volunteer passengers - the historian Jean Pilatre de Rozier and the Marquis d'Arlandes – raised their hats to acknowledge the acclaim, and in the streets, people gasped and pointed in amazement at the balloon, the first to ever carry humans on a free flight.

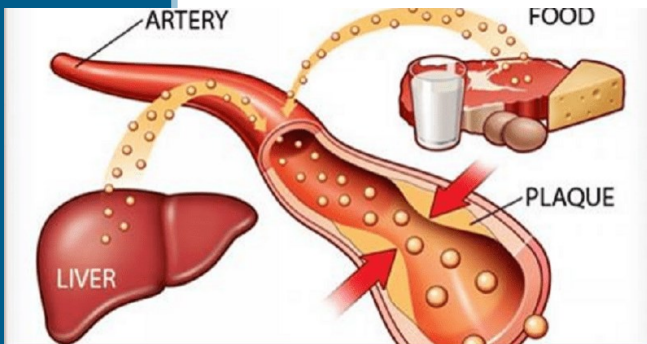
The balloon, the “Montgolfiere” had been designed and built by two brothers, Joseph Michel and Jacques Etienne Montgolfier, owners of a papermaking factory near the small town of Annonay, near Lyons in south-east France.

The airtight oval bag – measuring some 50 ft across the middle and about 75 feet high – consisting of paper-lined linen sections buttoned together. From the open neck of the bag hung a wire-mesh brazier. This burned straw and wool to produce the hot air that inflated the balloon and kept it airborne.

Finally, after a flight lasting 26 eventful minutes, the balloon touched down between two millhouses about 5 miles from its take-off point, and was declared by the marquis “the most significant and exciting event of the century.



## Understanding Cholesterol - By Lisa Perkins



Some cholesterol comes from your food, but most is made in your body, mainly in your liver, from the saturated fats that you eat. Cholesterol occurs in every cell of your body and forms a vital part of the membrane that surrounds each cell preventing cells from being too leaky.

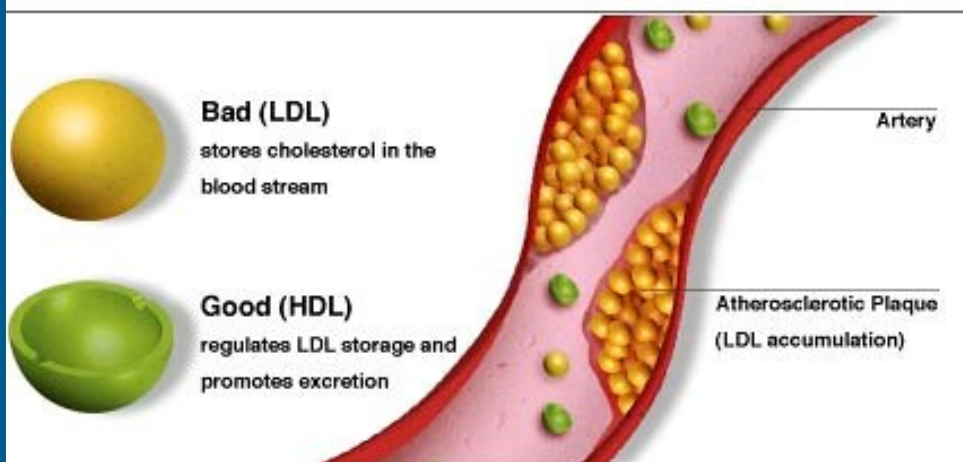
**Cholesterol is not all bad - it is essential for our bodies to run properly.**

Cholesterol is also the basis for many hormones, essential for the regulation of growth and the way your body works on a day-to-day basis. Hormones made using cholesterol include the following:

- These Oestrogen hormones are produced by the ovaries and are responsible for female characteristics and the cycle.
- This Progesterone hormone is produced by the testes and is responsible for male characteristics and production.
- Cortisol is produced by the adrenal glands (there is one on the top of each kidney).
- It regulates your body's response to stress.
- Like cortisol, aldosterone is produced by the adrenal glands.
- Its main function is to ensure that the levels of salt and potassium in the body are normal.

Bile acids are also made from cholesterol in the liver and act like detergents in your gut, dissolving fat from the food. This is necessary for the normal digestion and absorption of lipids and fat-soluble vitamins (a, d, e and k).

### Bad vs. Good Cholesterol

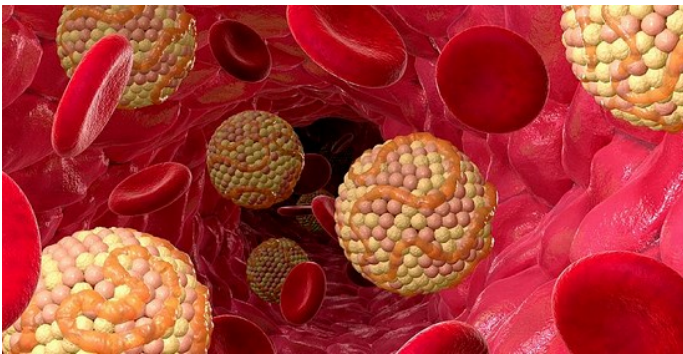


If bile acids do not reach your gut from the gallbladder, where they are stored fat is not digested properly although it is clear too much cholesterol can cause heart disease, it would be impossible to survive without it. Continued page 11.....

## Cholesterol - continued.....

### Basic facts about cholesterol

- You cannot live without cholesterol.
- One out of every three adults have high cholesterol.
- High cholesterol could be genetic.
- Even children can have high cholesterol.
- Sweating can raise your good cholesterol levels.
- Supplements may work to lower cholesterol-but slowly.
- The number of people who should be on cholesterol-lowering medicines is on the rise.
- The woman depicted in the Mona Lisa may have had high cholesterol.
- Your cholesterol levels tend to increase as you age.
- Women's cholesterol levels tend to rise especially after menopause.



## Puzzles

### Riddle

Johnny walks across a bridge.  
He sees a boat full of people, yet  
there isn't a single person on  
board. How is this possible?

Answer: All the people on the  
boat are married.

I am four times as old as my  
daughter. In 20 years time I shall  
be twice as old as her.

I am 40 and my daughter is 10.

Five girls participated in a race. Maria finished  
before Sarah, but behind Ella. Marianne  
finished before Julia, but behind Sarah. In  
what order did the girls finish the race?

1. Ella 2. Maria 3. Sarah 4. Marianne 5. Julia

Two fathers and two sons went fishing one  
day. They were there the whole day and only  
caught 3 fish. One father said, that is enough  
for all of us, we will have one each. How can  
this be possible?

There was the father, his son, and his son's  
son. This equals 2 fathers and 2 sons for a  
total of 3!



## 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 are seven years  
old in June 2021!

**The deadline for articles and  
adverts for the July edition is 16th  
June. 2021**

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

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Informing, campaigning and plugging the gaps.

'Safe places'; 'changing places' toilets;  
advocacy; 'Stay Up Late' gigs; 'Stop Gap Press'.

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