



Special points of interest:

- Knife Angel
- Day Opportunity Re -Design



On Friday 2nd July 2021 Wallace and Gromit Charity have a day called "wear your wrong trousers". Join thousands of other fantastic fundraisers from the comfort of your own home, or at a safe social distance in your workplace or school by put on your weirdest, wackiest, and most wonderful wrong trousers, all to raise money to support critically ill children and babies at Bristol Children's Hospital.



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# Our News Our Views

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

Edition 72 – July 2021

## Wrong trousers day – By Tracy Roberts

Whether you parade your pajamas on video call, shimmy around in sequins or just have some fun in some funky flares, all you have to do is get your family, friends, colleagues or housemates to choose their trousers, upload a cracking #WrongTrousersDay selfie and donate for the right to look wrong!

## Consultation about Westfield School

Herefordshire Council has published a consultation on a proposal to close Westfield Special School Sixth Form.

The consultation opened on Wednesday 16 June 2021 and closes on Tuesday 20 July 2021.

The consultation can be found on the following link along with full supporting information and how to respond:-

[www.herefordshire.gov.uk/westfieldsixthformconsultation](http://www.herefordshire.gov.uk/westfieldsixthformconsultation)

# Update from the editors



Thank you for your messages. We hope you are keeping well and safe.

In this edition lots for you to see:

- Have you visited the knife angel?
- The Olympics and some facts about Japan.
- Make a crustless Quiche?

- Read about Obesity and how to Keep Fit.

<b>Our News Our</b> <b>Views</b>	• Some facts about King Arthur and how they built Venice.
<b>Editorial Team.</b>	• A review of a pub and a film and favourite musicals. • Experiences of Aerial dancing, • Puzzles and jokes.

**See you in August — deadline 21st July.**

## The Knife Angel — By Tracy Roberts

The knife angel is a stunning 27ft tall, 3.5 ton. The sculpture of the angel made out of 100,000 knives that have been taken away by 43 police forces across the United Kingdom.

It was created in the British ironwork centre in Oswestry and created by Sculptor Alfie Bradley it took over two years to construct. The angel has been on tour around the UK and has become a national monument against violence and



aggression in all its form.

I went with my mum to see this amazing piece of art, When you get close up to it, you can see how much work has gone in to this sculpture.

If you want to see this sculpture it is situated in front of the west door of the cathedral until 12th July.



# Japan - By Peter Crum

## Where is Japan?

Japan is an island country on the Asian continent. More exactly, Japan is an archipelago or chain of islands along the eastern cost of Asia, reaching from the northern coast of Russia to the south East China sea. On the map you can spot where Japan is located in eastern Asia.



## Some facts about Japan:

National Anthem: "Kimigayo"-

The Emperors Reign

National symbols red sun disk ( as show on the flag), national bird green pheasant, national flower: cherry blossom and chrysanthemum, national fish: Japanese koi fish



## National day:

23<sup>rd</sup> February-Birthday of Emperor Naruhito, who was born in 1960

Prime minister: Yoshihide Suga, since 14 September 2020

## Islands

The Japanese islands consist of 4 main islands and many of smaller isles. In total there are over 6,800 islands! The largest of the four major islands is Honshu, which is also the seventh largest islands in the world .

The biggest cities in Japan are Tokyo, Yokoyama, Osaka and Nagoya.

The highest mountain in Japan is Mount Fuji, a dormant (sleeping) volcano, which last erupted in 1707. Mount fuji is 3,776 meters/ 12,388 feet height.



## Have you heard the one about...



## How Venice rose from a Lagoon – By Adrian Phipps

As the Roman Empire collapsed in the 5<sup>th</sup> century, Goths and Vandals drove many inhabitants of the Italian province of Venetia to seek sanctuary on a group of islands in the north-east.

The early Venetians led a difficult existence, tying their boats beside wooden huts, which were raised on stilts to protect them from high tides and flooding. On some of the higher islands, houses could be built on patches of gravel, but elsewhere the land had to be reclaimed little by little by digging drainage canals.



The threat of invasion eventually became less, and while some of the refugees returned home, others began to make a more permanent settlement. In AD697, by which time building had begun, the settlements became an independent unit under an elected chief magistrate known as the Doge. The most central settlement, Rivo Alto, was to become the heart of Venice, linking 118 separate islands with some 400 bridges. To drain the land, more than 200 canals were dug branching off the Grand Canal, the waterway that crosses the islands.

**Continued page 5**

## Crustless Quiche Lorraine - By Peter Crum



**Season well with salt and pepper**

### Ingredients

4 smoked bacon medallions  
 1 large onion peeled (you can use frozen onions if you want to)  
 Fry light  
 6 large eggs  
 4 tablespoon of plain quark  
 Salt and peppers  
 160g low fat cheese

### Method.

Pre heat the oven to 180 degrees (fan 160 degrees or gas mark 4) chop the bacon into thin strips the finely dice the onion.

Spray a large frying pan with fry light and place over a medium heat. Add the bacon strips and diced onion and cook until the bacon has coloured and the onion is soft. Set aside to cool slightly.

Place the eggs into a large bowl and whisk. Add the quark and continue to whisk until the quark is fully combined – there should be no lumps at all. Season well with salt and pepper. Stir in half the cheese, bacon and onion mix. Spray a flan dish with fry light and pour in the egg mixture. Make sure that the mixture is even with bacon and onion. Top with the rest of the cheese and cook for 20 minutes until golden.

Serve hot or cold and ENJOY!

### Venice continued...

On the soft ground of the island city, buildings required the firmest of foundations. The answer was to sink a forest of larch piles. They were driven into the clay subsoil by teams of builders using wooden hammers. Then further layers of larch and crushed birch were packed into the foundations. Locally produced birch was the most common building material, but workmen also used clay bricks from the mainland.



To hold back rising damp in the walls, stonemasons laid a layer of white limestone at the high water mark of a building. This stone was easy to carve. Minor shifts in the foundation of buildings were a constant hazard, and structures were designed to 'flex' with the ground beneath them. Roofs, for example, were rarely vaulted, and ceiling beams were closely spaced and topped by one or two layers of wooden planks.

## 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.



## Day Opportunities re-design - have your say!



Over the next few months Herefordshire Council will be looking at Day Opportunities in Herefordshire for people

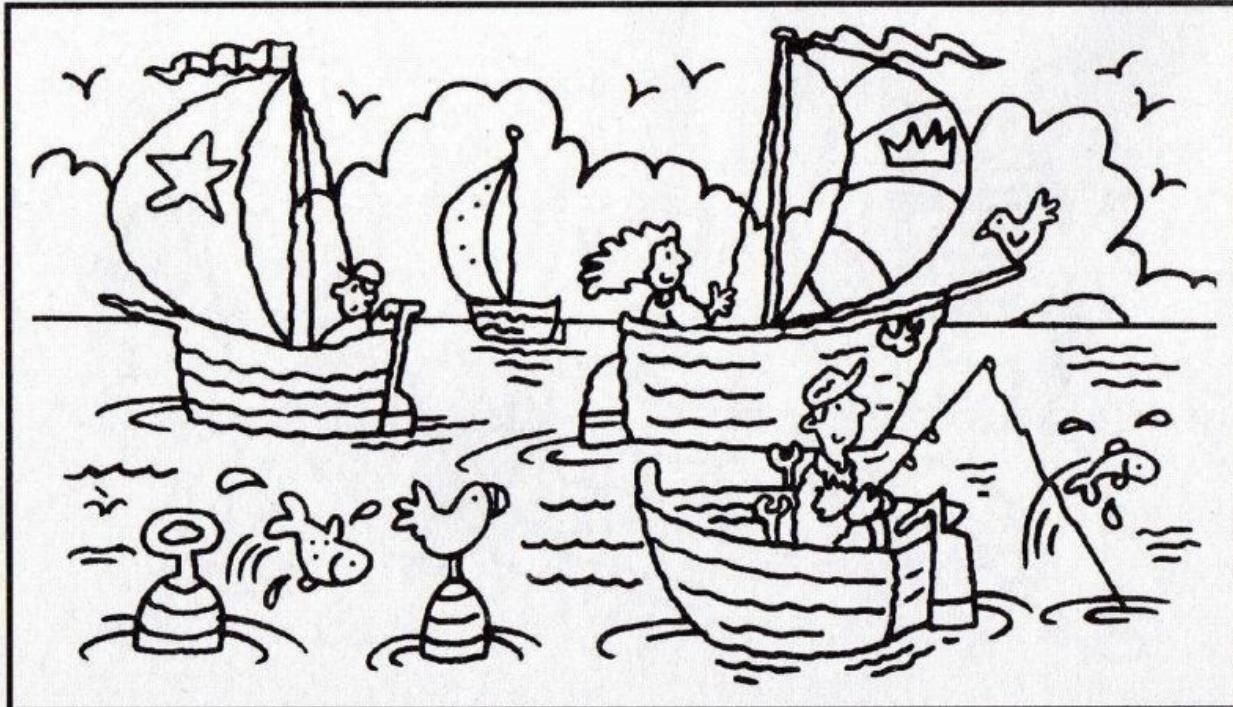
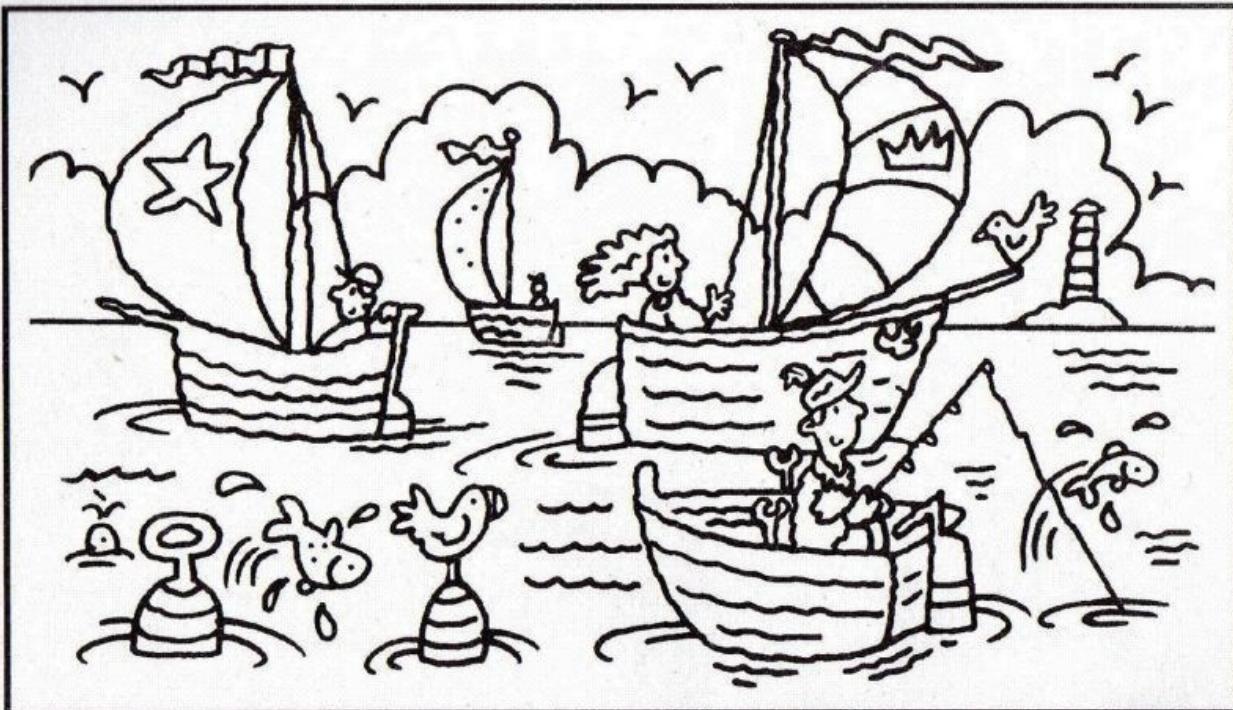
with a Learning Disability. This is your chance to tell the Council what you would like to see in future years. For example:

- Do you wish there were more voluntary opportunities or work experience or jobs?
- Are there activities that you would like to see offered online rather than in person?
- Are there activities you would like more of like music, art and craft, gardening, woodwork, drama, computer use, cooking, keep fit and exercise, sport, history, other.
- Are there skills you want to gain like independent living skills, shopping, travel training, communication, time telling, money use, cleaning and washing, voting, employability, healthy cooking.
- Are there ordinary community activities or places you would like to be involved with like gyms, swimming pools, clubs, sports groups, political groups or councils, faith groups.
- Are there hobbies you want to develop with a group of friends?

Tell the Council all these and more so that they can make sure with services that your needs can be planned for and served over future years. **Look out for a link on our Facebook page to take a survey or take part in focus groups or through your services.**

## Puzzle page — By Name Name

Can you spot the 10 differences between these two pictures?



### Brain Teaser:

There are three switches downstairs. Each corresponds to one of the three light bulbs in the attic. You can turn the switches on and off and leave them in any position.

How would you identify which switch corresponds to which light bulb, if you are only allowed one trip upstairs? (Answer page 11)

## Obesity - By Tracy Roberts



Obesity is when a person is overweight (carrying too much body fat for their height). This is not healthy for your body. Obesity can happen when you keep eating more calories than you burn. A calorie is the energy given off from food you eat.

If you eat more calories than you burn off through exercise, your body will store it as fat. Most of us have more food than we need.

Fast foods, high calorie snacks, and large portions all mean it is easy to take in more energy than we need. Obesity has now become one of the most serious medical problems of the Western world. Your doctor or nurse will work out if you are obese. A person is obese if they have a Body Mass Index (BMI) of 30 or more. The doctor or nurse will work this out for you.

Your doctor or nurse may talk with you about:

- Any other health problems you have
- What you think has caused your extra weight
- What you eat each day
- How confident and good you feel about yourself

- What exercise (if any) you do
- How you feel about your weight
- What or who could help you lose weight
- The good part of losing weight
- What could happen if you don't lose weight



## Obesity continued...

Your doctor or nurse may ask about your health in the past:

- Any medical condition you may have that causes you to be obese
- For example, if your thyroid gland in your neck is not working properly, it could make you put on weight
- If your weight causes you any problems like back pain
- If anyone in your family is overweight, obese or has any extra health problems (like diabetes or heart disease)
- If you are taking any medicines that may cause you to become overweight

The sort of food you have eaten in the past, exercise, alcohol, smoking, work and activities with friends and family

The doctor and nurses may want to check:

- Your blood pressure using a large arm cuff (that wraps around your arm)
- Your sugar and fat levels by you giving a 'urine' (wee) sample
- Your liver is working properly.

• How your thyroid is working. Your thyroid is a small gland in your neck. It tells the body how to break down your food.

• If it isn't working properly it can cause people to put on weight

Your doctor or nurse may suggest that you see a specialist.

This is someone who is trained to explain about obesity and what people eat.

What advice might the doctor or nurse give me?

- To eat balanced meals that are rich in fruit, vegetables and starchy foods.
- They will think about the sorts of foods that you like.
- They may suggest foods that you like that are healthier.



What advice might the doctor or nurse give about exercising?

- This will always depend on how fit you are now.

Depending on this, the doctor or nurse may encourage you to:

- Be more active
- Do more active exercise 2 or 3 times a week
- Do activities that can be included into everyday life. This could be walking faster, gardening, or even walking up and down your stairs at home.

### Medicines

Some people are given medicines to help control their weight.

This will probably be alongside healthy eating and exercising.

Your doctor or nurse will talk to you about what suits you best.

It is important to make sure that you take your medicines at the right time/day.

## Aerial Dancing - By Tracy Roberts

I took part in a taster session with About Face. I was nervous and excited about taking part.

Rachel Freeman from everybody dance told me what to do when I was in a harness.

Rachel was impressed with my dancing so she wanted me to do a solo in the performance.

So Jess from everybody dance helped me choreograph some moves.

I had so much fun performing for the first time publicly since COVID.



## Green Dragon Inn at Bishops Frome - By Laura Joliffe

A welcoming pub with an unspoilt feel. It has beams, flagstones and log fires and half a dozen real ales and ciders as well as tasty traditional food.



I have been to this pub in Bishops Frome quite a few times and like it a lot. The staff are very friendly, the food is good and there is a massive garden you can sit in. I have enjoyed eating sausages and chips there. It has been voted overall winner in the Herefordshire pub of the year competition. If people are interested in going there, check out their website for opening times and menu.

## Keep Fit - By Lisa Perkins

**While there are many exercise programs available, here are four important things to think about:**

The frequency and intensity of your exercise program, along with the time and type of your exercise regime. But always consult with your doctor before starting it. Lets look briefly at each of the components of a good exercise program.



### **Frequency has to do with how often you exercise.**

To help your heart, most exercise specialists suggest moderate exercise five days a week or intense exercise three days a week to improve your health.

And for strength training, the recommended frequency is two or three days a week with at least a one-or two-day break between sessions.

### **Time - how long you should exercise?**

Exercise guidelines suggest that your goal should be 30-60 minutes per session. That does not mean you will start by exercising for an hour. It may take you some time to work your way up to that level of exercise. Begin slowly, if you have not been exercising for a while. You cannot make up for years of lack of it in one day!

Its intensity and your fitness level will help you decide how long you exercise. The harder you work, the shorter your workouts will need to be.

Regarding what type of exercise you do, you can do any type of activity that increases your heartrate, such as Running, Walking, Cycling, Swimming, Sports.

### **Remember these four principles:**

- A Frequency: exercise regularly.
- B Intensity: exercise energetically.
- C Time: exercise at least 30 minutes a day.
- D Type: Include a variety of different exercises.

## **Brain Teaser answer from page 7**

Keep the first bulb switched on for a few minutes. It gets warm, right? So all you have to do then is ... switch it off, switch another one on, walk into the room with bulbs, touch them and tell which one was switched on as the first one (the warm one) and the others can be easily identified :-)

# Musicals - By Julie Richardson

I like going to theatre to see these shows:

- 42nd Street
- Beauty and the Beast
- Mary Poppins
- Joseph and the amazing Technicolour dream coat
- Blood Brothers
- Fame
- Lion King



## Peter Rabbit the Runaway - By Peter Crum

Thomas and Bea are now married and living with Peter and his rabbit family.

Bored of life in the garden, Peter goes to the big city, where he meets shady characters and ends up creating chaos for the whole family.

Peter rabbit was really good and very funny from start to finish. I give it five stars for Peter Rabbit.

The staff did really well...

The staff at the Odeon did really well with helping us because we have not been there in over 12 months.



## Olympic Games

The Olympic games was supposed to take place in 2020 in Japan but, because of the Covid-19 pandemic it was postponed. It is still called Japan 2020 but will take place this year in 2021. The Olympics will be 23rd July to 8th August 2021.

Some facts about the Olympics:

- Takes place (ordinarily every 4 years)
- 194 countries participate
- 9 sports - including Water sports, Gymnastics, athletics and equestrian
- 43 events - all the events from the first summer Olympics are still part of the Olympic games.

In 1924 it took place in France with 16 countries, 8 sports and 16 events. It takes place in a different place each time, and this year will be in Tokyo Japan. Countries that host the Olympics compete to have it and must have space, a good transport system and it costs a lot of money.

The flame is an important symbol of the games and two months before it starts it is carried from Greece to the host city to light a cauldron at the start of the games in an opening ceremony. Medals are gold, silver and bronze. The top eight in each event also receive a certificate called an Olympic diploma.

## Paralympic Games

Is an event for people with disabilities and has many of the same events and often now takes place in the same city at the same time or in the two weeks after.

The Olympics aims to bring people and nations together so that the world becomes a better and fairer place.

## Japan continued - By Peter Crum

### Places to visit

Tokyo: visit the imperial palace and garden or have fun at Disneyland Tokyo

Kyoto: see the Historic sites and temples such as the famous golden pavilion.

Osaka visit Dotonbori, the main entertainment district and the aquarium or go on tour in the universal studios.

Hokkaido: go skiing or snowboarding in one of oldest ski resorts in Japan

Nagano: monkey parks and hot spring and the famous Matsumoto castle

And don't forget try to go on a ride on the super-fast shinkansen train, high-speed Japanese bullet-train. The maximum speed of the train is 320kph/200 miles per hour).



# 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 August/ September edition is 21st July. 2021**

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

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