



Our News Our Views

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

Edition 73 – **August+September 2021**



Special points of interest:

- **Japan**
- **Protect yourself**

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England Football Semi- Final - By Peter Crum

We played Denmark in the first half it was end to end play and it was hard to get past Denmark but in the second half England was all over them and tried to score the goal but could not get past Denmark goalkeeper Kasper Schmeichel. England went to extra time and England scored the goal and it was Harry Kane who gave England the win and so, now they would go to the final against Italy at Wembley. Come on England!!!!

The Final...

England played well it was a close match but in the end they lost by penalties which was sad.

I felt sorry for some of the players because they were getting racist comments on Social Media which is very wrong.

I was pleased they got through to the final.



Gary Lineker 
@GaryLineker

Booing and racially abusing the fine young men that play for our country and have given us so much pleasure and joy over the last month is not being an @england fan. That goes for the pathetic fighting at the ground too. It's a minority but it's a loud one and it's embarrassing.

11:09 AM · Jul 12, 2021



 195K  3.2K  Share this Tweet



Update from the editors



Hi All, How is the world treating you this month? We hope you are looking forward to a good summer and continuing to keep well and safe.

If you have not filled our survey to tell us if you would like to continue to receive our colour online edition please do. If you represent an organisation that used to receive hard copies (black and white) please let us

know how many you would like when we start again in October.

Send us your email address and we will send you a survey link or leave us a message

ournewsourviews@hotmail.co.uk or 01432 352085

In this edition lots to read finding out about Japan with the Olympics happening, places to visit and do, jokes, puzzles and more. Have a lovely Summer.

**Our News Our
Views
Editorial Team.**

See you in October — deadline 22nd September.

Link to tell us you wish to continue receiving the newsletter:

<https://forms.office.com/Pages/ResponsePage.aspx?>

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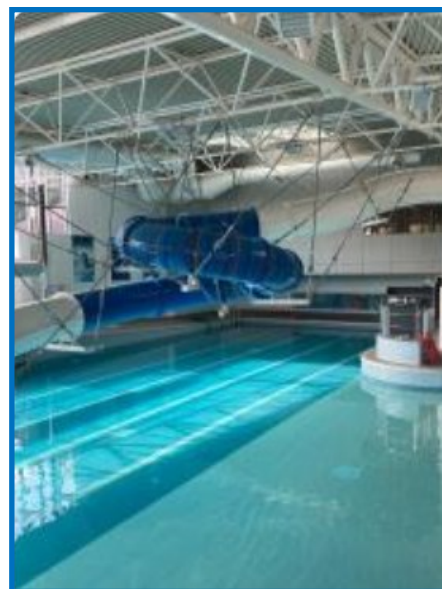
Malvern Splash - By Laura Joliffe

Malvern splash leisure complex works in partnership with swimming England and Sport England to offer a great environment for children 3 months of age all the way through to older children and adults who look to improve technique or learn new strokes.

I had never been before and went to visit it for the first time with Kevin.

There is one large pool and one big slide that goes around in a corkscrew. Kevin enjoyed going down it but I stayed in the swimming pool.

There is some criticism online that the pool is not very clean but we thought it looked fine. I Think it is a good day out especially if it is tipping down!



Japan - By Peter Crum

Japanese Language

Japanese language is spoken by about 128 million people worldwide. The Japanese language is complex, but there are no singular and plural forms and there is no gender form (as in French, Spanish or German). There are only 48 sounds so it is relatively easy to learn to speak. Japanese language is different from speaking English.

日本語

Japanese Schoolchildren

In Japan, learners at most schools have to wear school uniforms. In Japan school holidays are much shorter than in most countries around the world, and even during holidays and on weekends, many students in Japan go to school for club activities or extra lessons. In Japan they celebrate many festivals among them the most popular in springtime to celebrate the spring flower season and the cherry blossom. The Gion Matsuri in July is celebrated in Kyoto when the Japanese people dress in traditional kimonos.

Famous Japanese People

Miyamoto Musashi, a samurai 1584 - 1645

Yoko Ono, anti-war activist and artist (and widow of Beatles star John Lennon). Born in 1933

Haruki Murakami, writer (born 1949), he won many awards for his works

Takashi Murakami, artist (born 1962), see his artworks 'Jellyfish Eyes' in the image

Yamapi, actor and youth idol (born 1985)

Emperor Akihito, former emperor/'*tenno heika*' (reigning from 1989 - 2019)



Japan Facts | Japanese Food

The Japanese diet consists mainly of rice, fish, soy products and vegetables. Many dishes contain these ingredients and soups as well as *sushi* are very popular.

Popular Japanese dishes are:

Sushi: raw fish or seafood dish but also vegetable can be used in these dainty little bites or rice rolls

Bento box: Lunch boxes often filled with sushi or other treats and snacks

Ramen: thin egg noodles, usually served in broth

Soba: buckwheat noodles, usually served in broth

Tempura: light and crispy deep-fried food such as fried vegetables, fish, seafood or meat.



Continued page 5...

Have you heard the one about...



Recorder – By Tracy Roberts

Suzie Owen from About Face asked me to make a list of new skills I could learn I thought I could learn the recorder.

Then NODA summer school courses came out, and I decided to do the course 'making a musical'. I thought this is the perfect time to learn to play the recorder.

I got a book called 'recorder from the beginning'. So far, I have learnt 'little fly' and 'no more milk'.

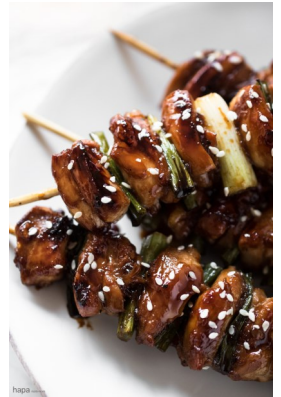


Japan continued...

Teriyaki: dark sticky sauce containing honey, ginger, garlic and soy sauce. This sauce is popularly served with meat or fish dishes.

Taiyaki: sweet cake treat with various fillings in fish shape

Yakitory: chicken cubes on skewers often dipped into a salty soy sauce

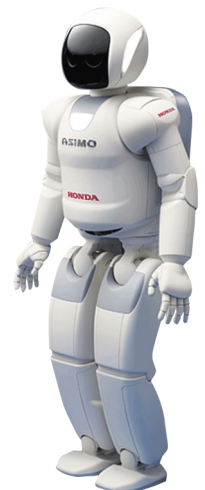


Japan Economy

Japan is the third largest economy in the world after the USA and China. The country however, has no natural energy resources and is the world's largest importer of oil, coal and liquefied natural gas.

Japan was badly affected by the Fukushima nuclear plant disaster in 2011, there are many coal plants currently under construction in Japan.

The main trading partners of Japan are the USA, China, South Korea and Australia. The main export products of Japan is known for the production of motor vehicles, electronics, robotics and mobile games. Some of the biggest companies in Japan are Toyota, Mitsubishi, Honda and Sony.



The unemployment rate in Japan is very low, but still more than 15% of the Japanese population live under very poor conditions.

Japan is
known
for
robotics
...

Classic Car choice – By Peter Crum

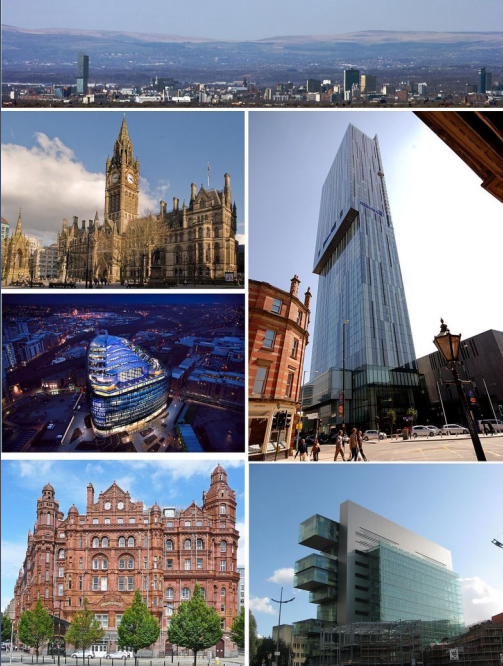


Which old classic cars would you have ?

If I could drive I would like to have a Ford Sierra Cosworth, a fast car.

If you own a classic car you can join a classic car club if you want to and meet other owners and their prized cars.

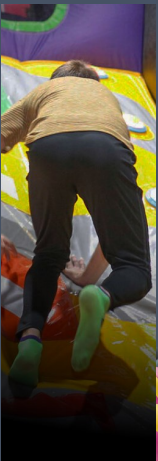
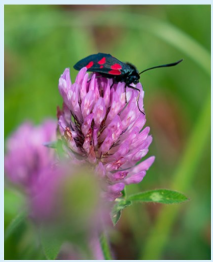
Manchester - By Laura Joliffe



Manchester is a city and metropolitan borough in greater England. The city has the country's fifth largest population at 547,627 (as of 2018) and lies within the United Kingdom's second most populous urban area with a population of 2.7 million, third most populous county, at around 2.8 million, and third most populous metropolitan area with population of 3.3 million. One of our staff went there to work and now she has returned to work with us. I wondered what Manchester was like. It sounds a lot bigger than Hereford.

The Visit Manchester site makes it look quite an exciting place with lots going on like:

- UK's largest urban farm and eco-park set in 160-acres of land
- Fashion Gallery to open at Manchester Art Gallery
- BrewDog to open England's first beer hotel in Manchester
- Tasks and trials from new I'm a Celebrity... Jungle Challenge attraction.



Flip Out - By Laura Joliffe

Flip out is a place in Hereford where people can enjoy bouncing. It is at unit 21 Mortimer trading estate, Mortimer road, Hereford HR49SP.

There is a café upstairs and lots of trampolines and bouncy experiences!

They do slushies in 3 flavours and waffles with syrup or chocolate. You can choose from 2 hour experience, after dark, 1 hour experience, midweek experience, or half price Thursday.

Book online or call 01432370500.

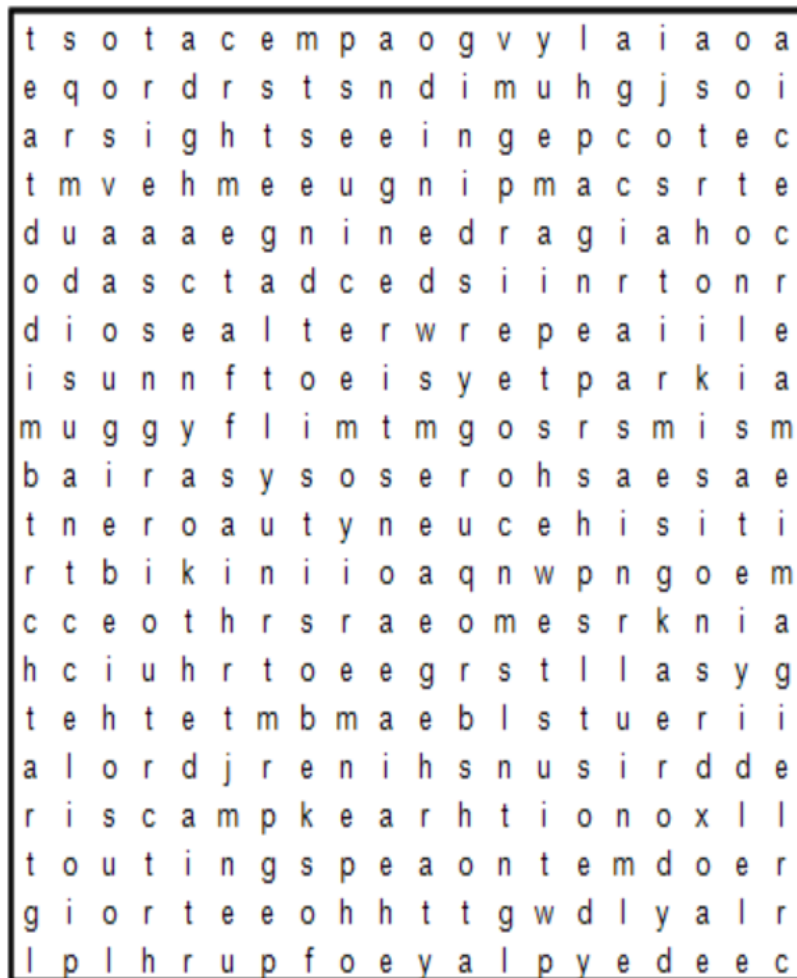
It is definitely alright I can tell you that!



Puzzle page — By Name Name

Difficult Summer Word Search

Summer is one of the four seasons and comes after Spring and before Autumn. It is the hottest season of the year. The Eiffel Tower grows in summer. On a hot day the iron from which it is constructed expands so much that the tower can rise by 17cm!!



Word List

See if you can find the Summer related words in our word search.

Bikini
Gardening
Humid
Outings
Seashore
Sundress
Vacation

Camp
Heat
Ice cream
Park
Sightseeing
Sunshine
Wetsuit

Camping
Hot
Muggy
Play
Sun
Swimsuit

Protect yourself - By Herefordshire Council

Herefordshire Council is asking people to continue to protect themselves and others as we enter into Step 4 of the Government's Roadmap out of lockdown.

From Monday 19 July, all remaining limits on social contact will be removed and there will be no more restrictions on how many people can meet in any setting, indoors or outdoors, including life events. The legal requirements to wear a face covering will also be lifted, as well as social distancing rules. However, the Government is advising people to act responsibly to protect themselves and others.

Council staff will continue to wear face coverings when walking around council buildings, including libraries and museums, and encourage visitors to do likewise. The pre-booking system at Herefordshire Recycling Centres will also remain in place after proving to be successful at reducing queues and crowding at peak times.

Rebecca Howell-Jones, Acting Director of Public Health for Herefordshire, said: "Everyone in Herefordshire has played a huge part during the pandemic and I want to thank you all.

"However, even though a lot of the restrictions are being eased this week, coronavirus is not going away and indeed the number of cases in the county is rising and expected to rise further. I therefore ask everyone to make informed decisions to protect themselves and others and to continue to play their part in keeping Herefordshire safe.

"I, for one, will continue to wear a face covering in indoor public settings and on public transport and would advise and encourage you to do the same. I will also try to socialise outdoors as much as possible. We all know the Hands, Face, Space (and ventilation) mantra and continuing to choose to take these actions can help protect ourselves, friends and families from COVID infection."



"I want
to
thank
you
all".

Protect yourself continued...

The COVID vaccination programme has had a huge impact and is preventing many serious cases and deaths from coronavirus. The vast majority of adults in Herefordshire have had at least one dose of the COVID vaccine (over 86%), and over 71% of adults have had two doses.

However, there are still a significant number of cases, particularly in young adults so, if you haven't received your first dose yet or are still awaiting a second one, please book it now. Alternatively, keep an eye on our social media platforms or www.herefordshire.gov.uk for any walk-in clinics that will become available in the county.

It is also important that you continue to take regular lateral flow tests, even if you have been vaccinated. Testing twice a week will help protect you, your family and friends.

If you have COVID symptoms, you and your household must isolate immediately and book a PCR test. Remember, although vaccination is very effective against becoming very ill or dying with COVID, you can still get infected and

Hereford Times

Restrictions lift but shoppers play it safe: Page 3

Masks stay on



Netflix - By Laura Joliffe

I have been watching Netflix.

When England was on it was particularly good, so I watched Netflix called Mako Mermaids: An H2O Adventure when they turn into mermaids and go in the water.

I have never had it before, but it is very good and only £ 5 ,99 a month there is lots of choice I enjoy watching all sorts of series and films.



Matt Hudd material arts - By Tracy Roberts

I went for a taster session at Matt Hudd material arts learning disability class.

We started by doing some warm up exercises, then learnt some kick and punch combines and we worked on balance as well

Matt is a very good teacher and everyone made me feel so welcome.

I really enjoyed it and I going back again.



One liners just for fun!

Where do you find chili beans? At the North Pole.
Why don't penguins fly? They're not tall enough to be pilots.

What do you call a woman who stands between two goal posts? Annette.

What must you know to be an auctioneer? Lots.
The problem with money is that it is tainted. It taint yours and it taint mine.

When a clock is still hungry, it goes back four seconds.

When a marathon runner had ill fitting shoes, he suffers the agony of defeat.

How do you define a will? It's a Dead Giveaway.
Your debt will stay with you if you can't budge it.



Trials of the Oregon Trail - By Adrian Phipps

The first target of the great pioneer drive to the West was the rich Oregon territory on the north-western seaboard. The lure was cheap land. Propagandists advertised 'a level open trail...better for carriages than any turnpike in the United States.'

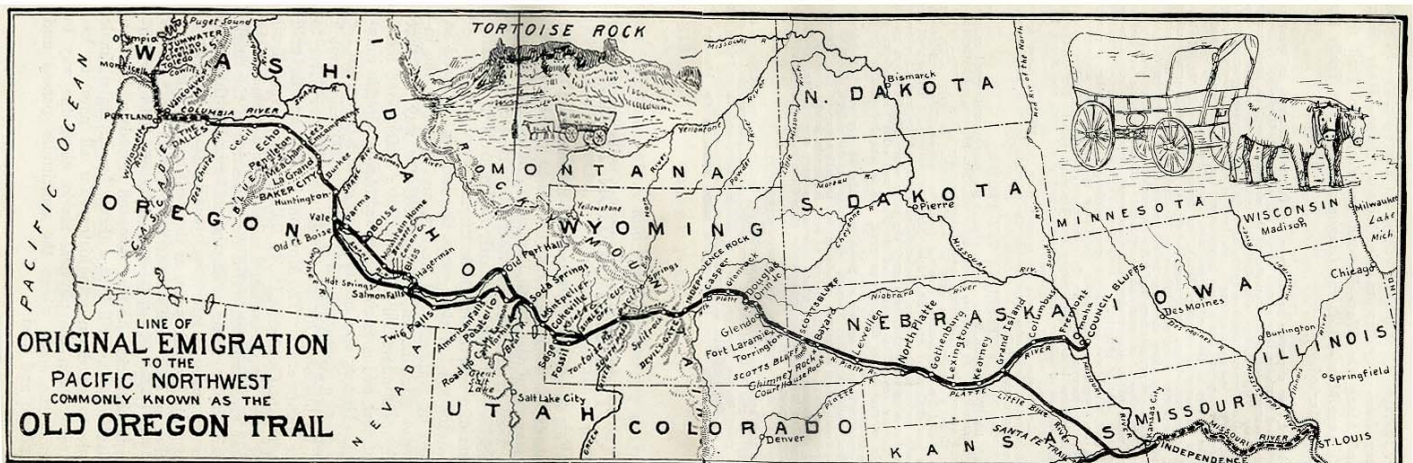
The first trading wagons were led through the South Pass as early as 1832, but without iron axles, the wagons were too fragile for unbroken trails of this kind. In an arid climate where, in the words of a missionary's wife in 1836, 'the Heavens over us were of brass and the earth of iron under our feet,' dried-out spokes sprang out of place and iron rims slipped off shrunken wheels.

Although fur traders were known to have travelled across the mountains and into Oregon in 1832, the first settler wagons to make the trip set out in 1840. The party of missionaries hired a trapper, Robert 'Doc' Newell, to lead them and their two wagons from Green River to Fort Vancouver on the Willamette River.



The Oregon Trail was marked by graves and memorial stones from one end to the other, and of men slaughtered by the Pawnee.

Disease and accidents took more lives than the Indians ever did, however. Although the Oregon Trail had been conquered, it exacted a harsh revenge.



Knife Angel - By Lisa Perkins

This week sees a new idea start of something to further encourage church leaders all over the UK to help with the Knife Angels national anti-violence tour.

A cross literally burnt from some of the deadliest weapons collected from across the United Kingdom, are being created to inspire church leaders to lend their support to the Angels National tour. The crosses use a melting process cut from weapons either handed in or recovered from stop and search police activities, they then clean the rough edges and polish to a mirror finish and threaded with a necklace of white ribbon and fitted with silver clasps.

These stunning and highly strong feeling pieces are designed to prompt church leaders all over the UK into doing whatever more possible as the Angels arrive in their home town or vicars in charge of other churches in the area.

Each cross gets posted out along with a letter explaining the beginning of something and a call for help in supporting the Angels continued national tour.



Knife Crime - By Lisa Perkins

According to the Office of National Statistics in the year to September 2018, there were just under 4,000 recorded offences involving the use of a knife or sharp instrument in England and Wales. That's the highest level recorded over a year since figures were able to be compared in 2011.

What counts as knife crime?

Knife crimes can fall under a number of offences, depending on if they're recorded as involving a "knife or sharp instrument. The ones where this is measured include murder, and attempted murder, threats to kill, Various kinds of assault, robbery, rape, and assault.

About half of knife offences in 2017/18 were a form of assault that caused injury, and about 5 in 12 were robberies. Murder accounted for less than 1 in 1000 of all recorded offences.

A few years ago, the figures were the other way round with robberies being more common than assaults.

Continued on page 13...

What
is
knife
crime
?

My top 10 favourite Movie Franchises - By Alex

Rodgerson

10. Rocky
9. the godfather
8. terminator
7. mission impossible
6. star trek
5. Friday the 13th
4. a nightmare on elm street
3. the wizing world
2. Star Wars
1. Middle earth

Honourable mentions:

- . Halloween
- . Marvel cinematic uni-verse
- . Batman
- . Superman
- . James bond
- . Jurassic Park/world
- . Indiana jones



Knife Crime continued - By Lisa Perkins

The available figures suggest that when they happen recorded knife crimes are becoming more severe though that may partly be the product of improved recording practices again.

At the same time, sharp instruments account for between 30% and 40% of all murders making them the most common single method of killing.

It's also a crime to possess an offensive weapon unlawfully in public.

In 2017, there were almost 21,000 offences dealt with in the criminal justice system for possessing a knife or sharp instrument.

Found guilty it is more likely to result in a prison sentence.

Looking just at offences involving knives in 2017 about 63 resulted in a prison sentence of some form this has been on a rising trend since 2008, when 5/12 of offences resulted in prison.

The average sentence length for these offences is 7.5 months up from 5.3 months in 2008.



Driving a golf buggy - By Peter Crum

I liked driving a golf buggy. It was great fun. I drove around the golf course at Alexander Park. It is between Hereford and Ledbury.

It was a very good experience, and I would do it again and the golf course is very beautiful and peaceful.



Writing a play - By Tracy Roberts

At NODA E school this year I am doing a course about playwriting. Here are my tips for Writing Your First Play. First, let's get one thing clear: there is no one right way to write a play. Every writer has their own method, and we all learn and grow as we progress when we are writing a play.

How to Write a Play

Before beginning to write a play, it makes sense to create a main character and then simply tell a story through his or her point of view.

Start with an Open Mind

If you have an idea for a play makes sure you go into it with an open mind.

Choose to place yourself in a Time and a Place

The setting of the play: when the main character(s) lived and where.

Research the Main Character's World

Now that you've got a general idea of the time and place of your play, focus on your character's surroundings. Picture Step Two as being like when a movie camera pans the scene from the distance, and Step Three as being like when the movie camera focuses on the main character's more immediate surroundings.



Open
your
mind...

Writing a play continued...

Fill Up Your Inner Brain

Have fun during the discovery process! Let everything filter in and do not be too targeted. Enjoy the process.

At this point, it is hard to know what will be important in the end.

Write With Your Imagination

If a certain piece of information or symbol or phrase keeps coming to mind, slow down and focus your attention on what keeps surfacing. Trust yourself!



Identify Your Burning Question

By this point, you should understand enough about your characters' world to have a question you know you want to answer. Identifying that burning question helps you to stay on track as you write your play, serving as your guiding light.

Free-Write Your Characters

With all this groundwork in place, it is time to trust my instincts and begin freewriting.

Plot Arises from Character

As you create your plot, it's crucial that you have your characters do what's in their natures to do. I encourage you to create character-driven plays because they tend to be more believable.



When I say to keep characters in their own natures, I don't mean to make them predictable because characters can change just like people do. In fact, it is important that a key character changes in some measurable way from the start of the play until the end.

Writing Great Dialogue and Speech

Your characters need to sound like real people and especially like real people who came from their era and circumstances.

Add Music to Your Play

Music adds so much to any play (although it is important to use songs in the public domain or obtain permission to use the music). With music we can enhance the drama, romance, humour, or tension of just about any scene, taking it to new levels.

Think about the "soundtrack" to your play when you are writing - does this part have thundering bass? A soft string section? Club music?

Enjoy the Process!

Henry VIII Six Wives - By Adrian Phipps



While on the throne Henry VIII had six wives, the first being Catherine of Aragon. After the death of her first husband, Arthur, who was Henry's brother, a papal dispensation was obtained to enable her to marry Henry, which did not happen until he came to the throne in 1509. After multiple pregnancies and several births, the only child to survive was their daughter, Mary. Catherine remained at Henry's side for 23 years, until Henry sought divorce because of his love for Anne Boleyn.

Henry and Anne wed in January 1533, and Anne gave birth to their first child, Elizabeth. On May 9, 1536, Anne was beheaded for her alleged crimes, which was having affairs with other men.

Only days after Anne's execution, Henry married his third wife, Jane Seymour, who had served as a lady-in-waiting to both Catherine of Aragon and Anne Boleyn. Jane gave birth to Edward VI and died from complications of the birth several weeks later.

Henry stayed a bachelor for two years, until (to seek a European Alliance) he married Anne of Cleves, the so-called "ugly wife". She stayed married to Henry for only six months, then accepted divorce and general settlement.

Henry then got married again to Catherine Howard who was only 19 years old, and a lady-in-waiting to Anne of Cleves. But less than a year into their marriage, rumours of infidelity surfaced, and Catherine was executed for adultery and treason at the Tower Green on February 13, 1542.

Henry married his sixth wife, Catherine Parr, in July, 1543. Of all Henry's wives, Catherine Parr had the most influence upon the widest variety of areas, including court culture, religion, the role of women and the education of Henry's children. Catherine died in 1548, a year after Henry's passing away.



JUMBLE

Word Jumble #1

Unscramble the letters to form important words in fighting infections, or things that you hear about when talking about infections. Then use the letters in the shaded areas to find the most important way to fight infection.

1. AEBRCTAI

--	--	--	--	--	--	--	--

2. AIISZNET

--	--	--	--	--	--	--	--

3. YENIHEG

--	--	--	--	--	--	--

4. UNENPAOIM

--	--	--	--	--	--	--	--

5. HGUCO

--	--	--	--	--

6. VCICNEA

--	--	--	--	--	--	--

7. ENNLUAZIF

--	--	--	--	--	--	--	--

8. EUADONCIT

--	--	--	--	--	--	--	--

What do we all play a role in?

--	--	--	--	--	--	--	--

--	--	--	--	--	--	--	--

Answer Key

1. Bacteria, 2. Sanitize, 3. Hygiene, 4. Pneumonia, 5. Cough, 6. Vaccine, 7. Influenza, 8. Education
Solution: Infection Prevention

Our News Our Views

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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
seven years old in June 2021!

**The deadline for articles and
adverts for the October edition is 22nd
September. 2021**

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