



# Our News Our Views

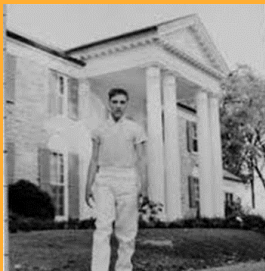
Created by People with a Learning Disability for the Learning Disability Community.

Edition 75 – **November 2021**



## Special points of interest:

- **Herefordshire community recycling point.**



## Inside issue

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## History of Graceland — By Adrian Phipps

Graceland is a mansion on a 13.8 acre estate in Memphis, Tennessee, in the United States, (and had been built in 1939), once owned by singer and actor Elvis Presley. It is located at 3764 Elvis Presley Boulevard in Whitehaven, about nine miles from Downtown and less than four miles north of the Mississippi border.



Graceland is 17,552 square feet and has a total of 23 rooms, including eight bedrooms and bathrooms. To the right of the Entrance Hall is the Living Room, with the adjoining Music Room behind a doorway framed by vivid large peacocks set in stained glass.

To the left of the Entrance Hall is the Dining Room. The room features rounded curio cabinets in the north end corners of the room, and black marble flooring in the centre of the room, with carpet around the perimeter.

The Entrance Hall contains a white staircase leading to the second floor of the house with a wall of mirrors. The floor features Elvis' bedroom at the southwest corner that connects to his dressing room and bathroom in the northwest corner. His daughter Lisa Marie's bedroom is in the north-east corner.

## Stay up late – By Tracy Roberts and Laura Joliffe

Herefordshire Mencap this was their first stay up late gig since COVID

Stay up late was held at the De Koffie Pot at Left Bank.

Andy Disco did the music for the gig and lots of people attended the stay up late.

I took some photos for this event and I helped Kevin sell the raffle tickets.

Overall, it was a good night.

Laura commented, "The disco was too hot in the room with lots of people in it but I liked it. Good job by Mencap".



# Update from the editors

## NOVEMBER



Thank you for your support. We hope you are all still keeping well and safe—time for flu jabs and Covid-19 boosters!

We are happy to return to printed copies this month - yippee! And do take a look for extra content on our Facebook page e.g. News of Derwen College opening in Ludlow. Please get in contact if you can help with sponsorship or by

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

advertising. We need this to cover printing costs which have risen since over a year ago. Thank you. In this edition lots for you to see:

- Yummy lemon drizzle cake.
- Experience of Stay Up Late
- History galore — Graceland and Railways and a passion for old cars and buses.
- Facts about Mexico
- And colouring and jokes.



**See you in December — deadline 20th**

**November.**

## A passion for old buses — By Peter Crum

I like old buses, their character and their looks.

I think it is really nice to see photos of old buses you don't see them on the road much in this modern age.



## The Walking Dead - By Laura Joliffe

The walking dead is an American post-apocalyptic television series based on the comic book of the same name by Robert Kirkman Tony Moore and Charlie Adlard and developed for television.

It focuses on Rick Grimes sheriff's deputy who slips into a coma 31 august 2021. When he wakes the world is full of zombies. Its all about trying to survive and how people work together well or not.

It is quite scary, and it is blood thirsty. Be prepared!

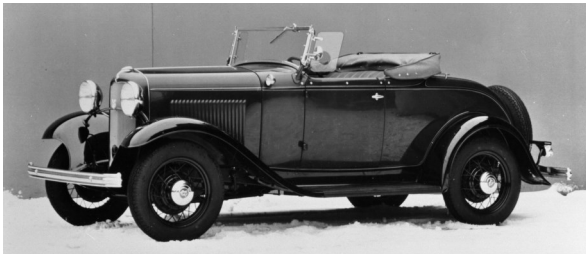
I watched the first one. I like watching it. It is quite a good DVD.

Adrian says there are 11 seasons so I could watch a lot more. I think I will!



## A passion for old cars - By Peter Crum

I have liked old fashioned cars from a young age .



## November harvest picture to colour





## Herefordshire Community Recycling Point – By Laura Joliffe

We visited Herefordshire community recycling point which is based in the grounds of Saint Martin's Ross Road opposite where we meet every Thursday. Luke, Sue and Jackie were very welcoming and told us all about the work that they do. Herefordshire community recycling point is an offshoot of Wide Marsh Pavilion common recycling point that was started by Andrew wood.

The purpose is to reuse and recycle all sorts of goods. They collect for example clothes bikes and toys for children of families that are struggling who are referred by social services or are living in a refuge. Many of the goods are used in refurbishing flats - things like pots and pans, kitchen equipment, furniture, and curtains. Some clothes are put aside in different sizes and others are sent to be recycled elsewhere.

Anything is recycled from clothing to bottle tops to crisp packets and blister packs. They also collect things like furniture, jewellery, flower pots, gardening tools all of these are sorted. They need more storage!

The only thing not taken is duvets and pillows they can take mattress is but only if they are in a good condition and are not king sized.

The goods go to many different places to be re-used or recycled for example:



The Scrap Store 'Scrappies!', which is a charity dedicated to recycling, creative arts and children's education; The Mug Kitchen which produces starter packs for people in their own homes; The unit in Rotherwas like kids clothing and toys; The Welly bank where people can buy wellies for a pound!; The Widemarsh pavilion store. Clothes go to be recycled locally or end up going to another country

possibly South Africa as clothes or rags. Bras go to breast cancer haven.

Books are sold through a website or they find a place for them locally they are sorted by a company and the group gates gets some funds.

Videos and cassettes go to Butterfly Gardens in Cheltenham where they recycle all the different parts and enjoy taking them

apart.

They make creative

things out of the CD's.

There are also pop-up shops for your clothes that have labels. Funds raised help to fund the recycling process.

They are quite short of electrical gear which all need safety labels for example televisions.



# Lemon Drizzle Cake - By Peter Crum

Serves: 8 Skill: Easy, Cost: Cheap, Preparation time: 20 minutes, Cooking time: 40 minutes.

## Ingredients

175g caster sugar  
175g self-raising flour  
175g softened butter  
3 eggs  
Finely grated zest of 1 lemon  
¾ level tsp baking powder

## For The Lemon Drizzle Topping:

100g granulated sugar  
Juice of 1 lemon  
Special Bakeware / Equipment:  
Electric whisk  
A traybake or roasting, greased and lined

## Method

Preheat the oven to 180°C, gas 4. Beat together the eggs, flour, caster sugar, butter, baking powder and lemon zest until smooth in a large mixing bowl and turn into the prepared tin. Bake in the pre-heated oven for about 40 mins, or until golden brown, shrinking away from the sides of the tin and springy to the touch.

While the cake is still warm, make the lemon drizzle topping. Mix together the sugar and lemon juice, and pour over the warm cake. Leave to cool a little and loosen the sides of the cake, then lift the cake out of the tin.

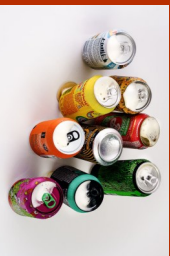
Slice to serve.



## Herefordshire Community Recycling Point contd...

Herefordshire community recycling point have a fabulous group of volunteers including Sue Jackie and Wendy. They always welcome volunteers so if you are interested you can contact them through the Facebook group or pop by and have a word at Widemarsh pavilion on Thursdays and Saturdays or at Saint Martin's church on Ross Rd on Thursdays.

Luke said, "We are grateful for all the donations – they do a lot of good for people and the environment. We can't do this without you".



**Volunteers  
always  
welcomed!**



## Facts about Mexico - By Lisa Perkins



The northern part of Mexico is a desert. Similar to Southern Arizona, this part of Mexico has saguaro cactus, scorpions and rattlesnakes water is scarce here.

Southern Mexico is a tropical rain forest, Most people live in the middle of the country.

Mexico is a very crowded country.

There are over 127 million people living here.

Over 50 percent of the population is under the age of 18. That means there are many children in Mexico. It is hard to raise enough food to feed all the people who live here.

Mexico must buy food from other countries.

The Capital City of Mexico is Mexico City.

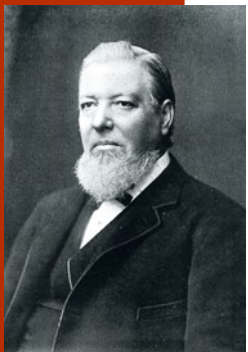
People speak Spanish, Mayan and other native languages.

Mexico city lies dangerously close to one of the worlds most dangerous volcanoes "Popocatepetl".

Foods from Mexico include enchiladas, Taco's and chilli.



## Early Railway — By Peter Crum

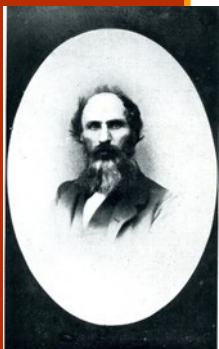


In the second half of the 19th century, the rail network was expanding rapidly in the UK and around the world. The increasing demand for locomotive engines combined with innovative designs assured the success of Manchester company Beyer, Peacock & Co. Ltd. The company built almost 8,000 locomotives, which were shipped globally.

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The Liverpool and Manchester Railway was the world's first steam powered, inter-urban railway designed to transport both passengers and goods. Its Manchester terminus was Liverpool Road Station, now home to the Science and Industry Museum. For almost 150 years, goods of every description poured in and out of Liverpool Road.





## 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 were five years  
old in June 2019!

**The deadline for articles and  
adverts for the December/ January  
edition is 20th November.**

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

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