



#### Special points of interest:

- Grab a jab with a free cab
- Learn to swim for free



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# Our News Our Views

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

Edition 74 – October 2021

## Halloween - By Laura Joliffe

Halloween is now celebrated across the world on the night of 31<sup>st</sup> October. Halloween can be traced back to the ancient Celtic festival of Samhain. Until 2,000 years ago the Celts lived across the land we now know as Britain Ireland and northern France.



Samhain marked the end of the summer and the harvest and beginning of the dark cold winter. The festival symbolised the boundary between the

world of the living and the world of the dead. It was believed by the Celts that the night of 31st October, ghosts of their dead would revisit the mortal world and large bonfires were lit in each village to ward off any evil spirits that may be at large. Celtic priests, known as druids, would have led the Samhain celebrations.



The Romans invaded from mainland Europe in 43 AD. They appear to have mixed their own celebrations into existing Celtic festivals. One example is 'bobbing' for apples after the Roman goddess of fruit trees 'Pomona'.

In the early 5th century, Saxon warriors raided England's south and east coasts and from around AD430 Germanic migrants arrived in east and southeast England, including Jutes from the Jutland peninsula (modern Denmark), Angles from Angeln in South West Jutland and Saxons from northwest Germany.

Britain was also invaded by a new religion Christianity with their Christian festivals of "All Hallows' Day", also known as "All Saints Day", a day to remember those who had died for their beliefs.

Pope Gregory had the date of the all Hallows' feast moved to 1st November sometime in the 8<sup>th</sup> century. He was attempting to replace the Celtic Samhain festival of the dead with a related but church approved celebration. Continued page 2...



# Update from the editors



**Our News Our  
Views  
Editorial Team.**

Hi All, Autumn is here and we hope life is good for you at the moment? In this edition you will find news of free taxi rides to get a vaccination and free swimming lessons.

Adrian has been exploring history of the Blackpool illuminations, native Americans, Paralympics and the death penalty and Lisa has explored Black Lives Matters and Stephen Lawrence, and fashion by disabled designers. Tracy and Peter tell you about their visit to Cadbury World, Kinky Boots while Laura writes about Herefordshire Community recycling point, autograss and Ludlow and Alex shares his top ten best selling fantasy authors.

Plus puzzles and jokes and more.

**See you in November — deadline 20th October.**

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

**<https://tinyurl.com/eba5txs>**

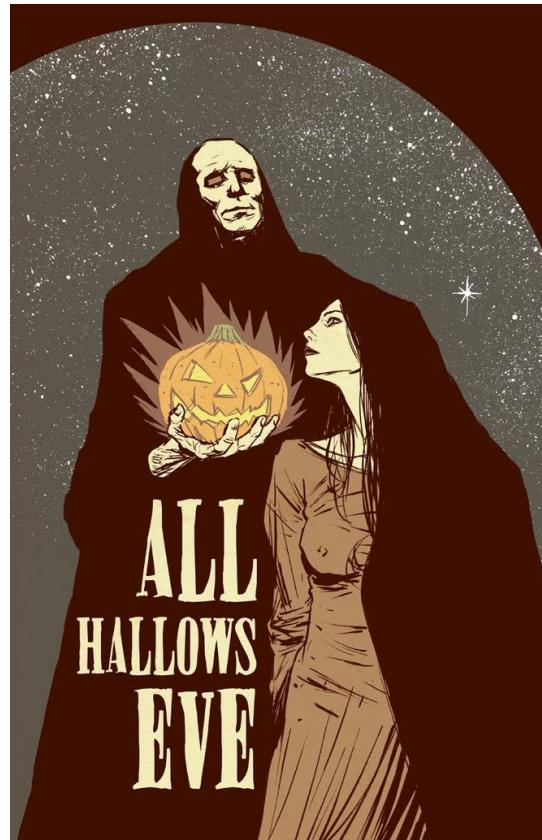
## Halloween continued... - By Laura Joliffe

The night or evening of Samhain therefore became known as "All – hallows-even" then "Hallow Eve" still later, "Hallowe'en" then of course Halloween. A special time of year when many believe that the spirit world can make contact with the physical world, a night when magic is at its most potent

Halloween has traditionally been celebrated by children's games such as bobbing for apples in containers full of water, telling ghost stories and carving of faces into hollowed-out vegetables such as swedes and turnips.

These faces would usually be lit by a candle and the lanterns displayed to ward off any evil spirits. The current use of pumpkins is relatively modern from the United States as well as the "trick-or-treat tradition!"

Ward off any evil spirits the current use of pumpkins is relatively modern from the United States as well as the trick or treat tradition.



## Free taxi to vaccination - By Herefordshire Council

Two of the leading taxi companies in the county are to offer FREE return journeys for anyone struggling to get their Covid-19 vaccinations in Hereford.

Blue Line Taxis, Hi-Town Taxis and Herefordshire Council are working together to provide the deal, with pick-ups from the Widemarsh, Central, Hinton and Hunderton, Newton Farm and Greyfriars areas.

There are walk-in vaccination clinics held at Elgar House and Saxon Hall throughout the week for anyone aged 16 and over. You can find the latest times and dates [here](#).

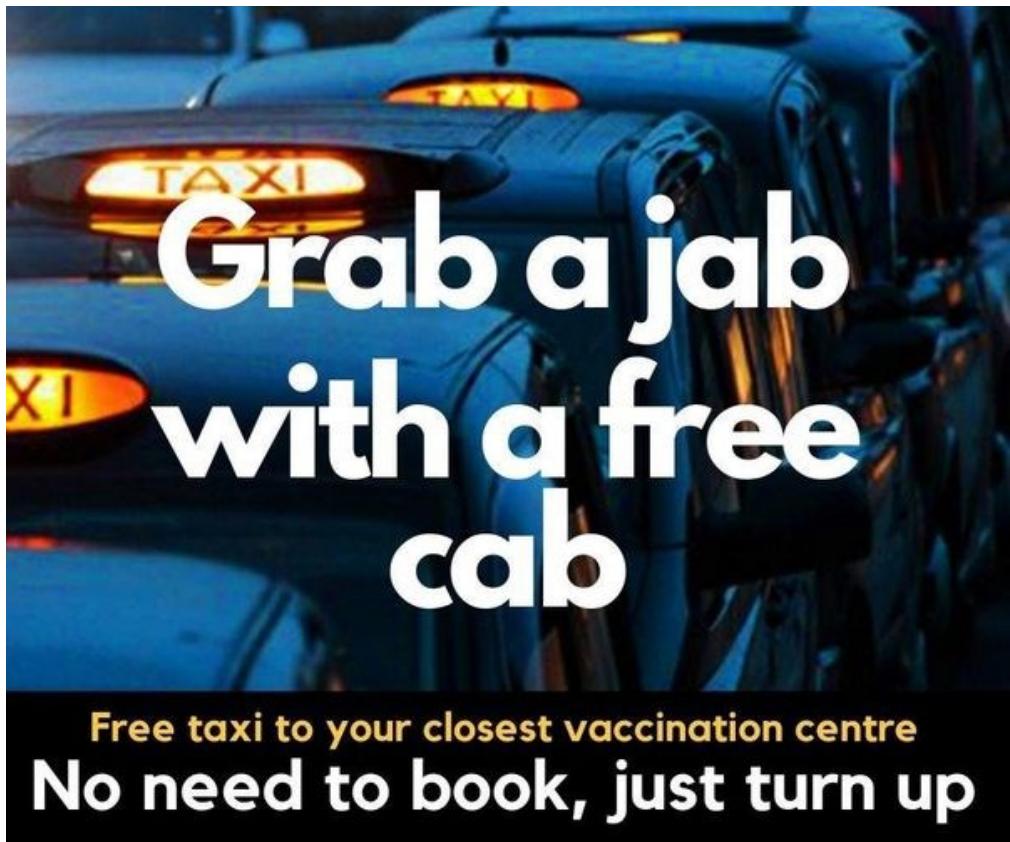
Dr Rebecca Howell-Jones, Acting Director for Public Health for Herefordshire, said: "I am pleased that we are working with both Blue Line Taxis and Hi-Town Towns to offer this service for anyone who is currently struggling to get to any of our vaccination centres from some key areas of Hereford.

"We know it can be difficult to travel to vaccination centres, particularly for people who don't have a car, find it difficult to get around or where money is tight. We hope this offer will help people to take up vaccination.

"I encourage anyone who has not yet had their vaccine to take the opportunity to do so now.

"This is a really important action we can each take today to protect ourselves, our families and Herefordshire communities."

To book your free taxi, call either Blue Line Taxis on 01432 343435 (quoting code V21WVT) or Hi-Town Taxis on 01432 354321 (quoting code C19WVT).



## Have you heard the one about...

How do trees get on the internet? They log in!

What is the cutest of all seasons? Awwwtumn!

Why did the scarecrow win the Nobel Prize? Because he was out-standing in his field!

What do the trees say when they start getting their leaves back in spring? What a re-leaf!

What do you call a very large pile of leaves? The Great Barrier Leaf!

What is a scarecrow's favourite type of fruit? Strawberries!

What is the best thing to put into a pumpkin pie?  
Your teeth of course!



## Return of Autograss – By Laura Joliffe

### Return of autograss – By Laura Joliffe

I went to watch an auto grass meeting last weekend. It was in Marden, in a field I went with Kevin.

I saw a 13-year-old driving a car! She crashed – was alright but the car wasn't!

I felt it was a bit crowded and could have been better in a larger field but I do like watching auto grass and am glad it is back.



# History of the Blackpool Illuminations

- By Adrian Phipps



The Blackpool Illuminations were first shown in 1879 when they were described as 'Artificial sunshine', and consisted of just eight carbon arc lamps which bathed the Promenade.

The first display similar to the modern-day displays was held in May 1912 to mark the first British Royal family visit to Blackpool when Princess Louise opened a new section of the Promenade, Princess Parade.

The Promenade was decorated with what was described as "festoons of garland lamps" using about 10,000 light bulbs. The local Chamber of trade requested Blackpool Council to stage the event in September of the same year.



The event was such a success that in 1913 the council were again asked to stage the Princess Parade lights as an end of season event.



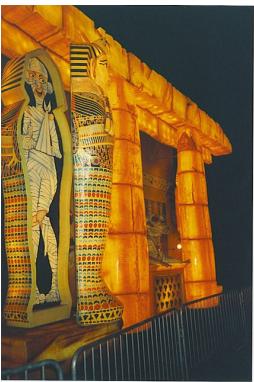
In 1935 the Mayor of Blackpool, Alderman George Whittaker, performed the Switch-on ceremony.

Every year there is also the Festival of Light which features interactive installations as being "a contemporary look at the concept of light and art working together to create entertainment."

Turn the lights off....!

Over the years the Illuminations have become so popular that they are sometimes used in households to describe light being left on.

For example: "turn the lights off, it's like Blackpool Illuminations in here!"



## Black Lives Matter - By Lisa Perkins

### How have protests changed things?

Protests against racism have often brought change e.g.:

- The abolitionists campaigned for an end to slavery in late 1700's
- In the 1960s, the civil rights movement successfully campaigned for laws to be changed to bring about more equality.
- In 1963, the West Indian population of Bristol UK led a four-month boycott of buses in the city after the Bristol Omnibus Company refused to employ any Black or Asian workers. Two years later, this was made legal through the establishment of the Race Relations Act in the UK.
- In 2020, Protests were held by Black Lives Matter all over the world following the death of an unarmed black man called George Floyd after he was stopped by police in the US.

### What should you do if you've experienced racism?

If you've experienced racism, you shouldn't keep it to yourself. There are lots of websites where you can find help and advice. If you think someone is being unfair to you or is bullying you because of your race or colour, you should tell somebody as soon as possible. This could be parents, a teacher or another adult that you trust.

**Remember, being racist is against the law.**



## Stephen Lawrence By Lisa Perkins

In the 1993, A black teenager called Stephen Lawrence was killed by a group of white men.

### Why

He has been stabbed by white men for no real reason – just because he was there and was black.

### When

It was outside of his flat in London as he made his way home.

### How

Two people were charged with the murder of Stephen Lawrence eventually but it took too long.

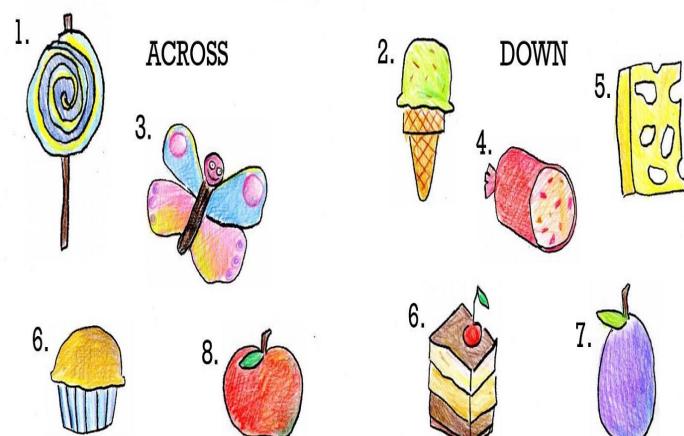
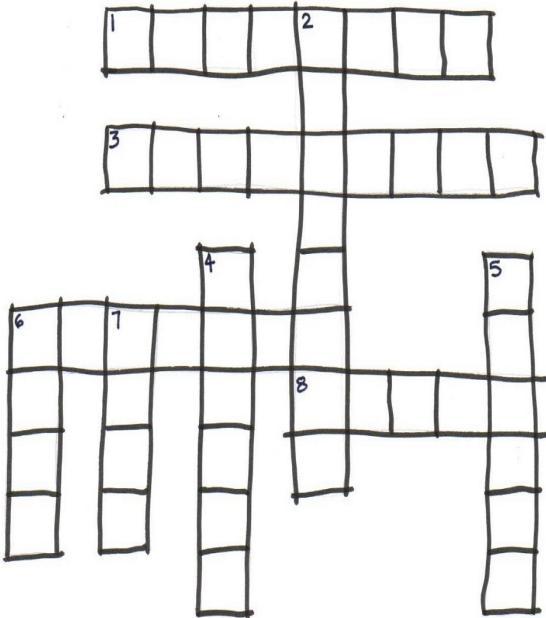
### What

The police treated Stephen's family badly and the officers were acting in a racist way. A new term was invented called 'institutional racism'. This means

the organisation has policies and behaviours that discriminate (are unfair) against people of different ethnicities in favour of white people.



## The Very Hungry Caterpillar Crossword Puzzle



### WORD BANK

Cross these words off after you've used them.

APPLE  
BUTTERFLY  
CAKE

CHEESE  
CUPCAKE  
ICE CREAM

LOLLIPOP  
PLUM  
SALAMI

# Native Americans - By Lisa Perkins



People lived in the United States long before the arrival of Christopher Columbus and the Europeans. These people and cultures are called Native Americans. This page is an overview of Native Americans who have lived in the United States. The first people to live in a land are called indigenous peoples. This means they were the original settlers. The Native Americans are the indigenous peoples and cultures of the United States.



## American Indians

Sometimes these peoples are referred to as Indians or American Indians. This is because when Columbus had first landed in America he thought he had sailed all the way to the country of Indians in India! He called the locals Indians and the name stuck for some time.

## Where did they live?

Native Americans lived throughout North and South America. In the United States there were Native Americans in Alaska, Hawaii, and the mainland of the United States. Different tribes and cultures lived in different areas.

In the middle of the country lived the Plains Indians, including tribes such as the Comanche and Arapaho. In the Southeast area of the country lived tribes such as the Cherokee and the Seminole.

## Tribes

The Native Americans were grouped into tribes or nations usually based on the area they lived in and their culture such as their religion, customs, and language. Sometimes smaller tribes were part of a bigger tribe or nation.

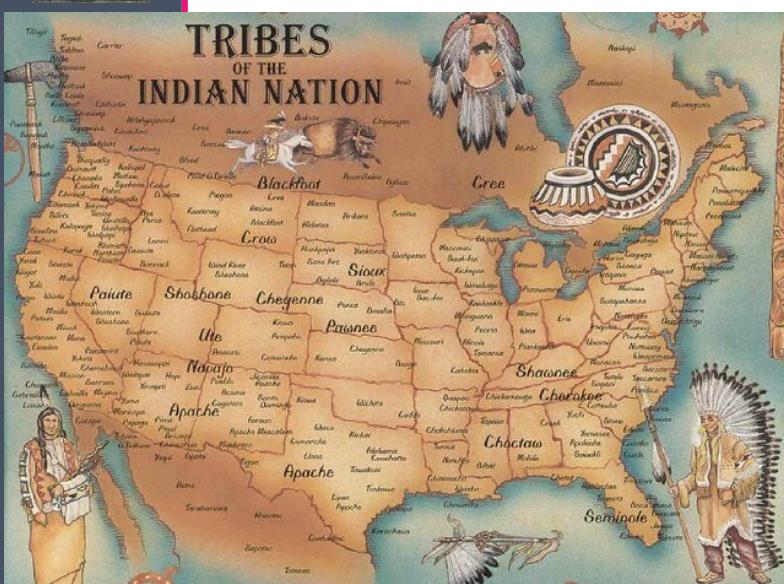
As best as historians can tell, these tribes were fairly peaceful prior to the arrival of Columbus and the Europeans. There were hundreds of tribes throughout the United States when Columbus first arrived.

Many of them are well known such as the Cherokee, Apache, and the Navajo.

The Native Americans did not write down or record their history, so we have to find out about their history in other ways.

Today archaeologists are able to learn a lot about past cultures by digging up artifacts such as tools and weapons. Much of what we know comes from the recordings of the first Europeans to arrive.

Most importantly, we can learn from traditions and stories that have been passed down within the tribes from generation to generation.



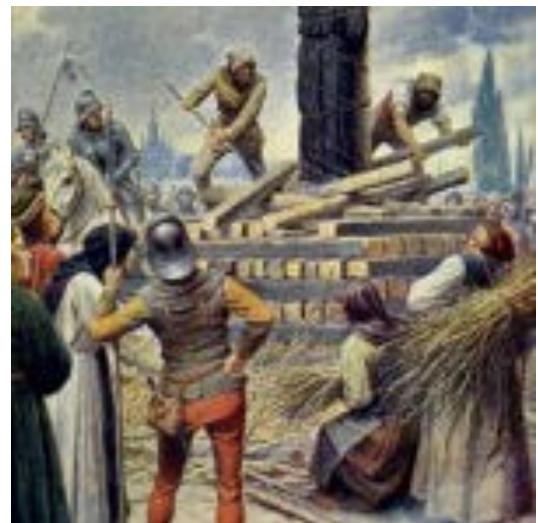
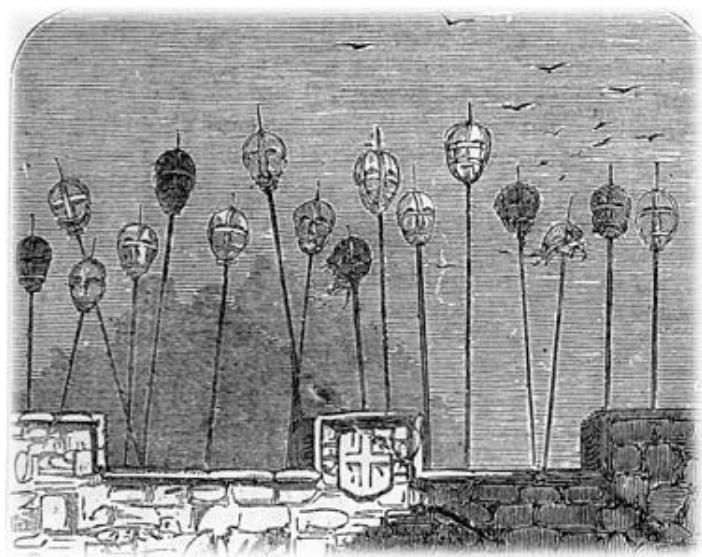
## History of the death penalty - By Adrian Phipps

The first established death penalty laws date as far back as the Eighteenth Century B.C. in the code of King Hammerurabi of Babylon, which gave the death penalty for 25 different crimes.

In the Tenth Century A.D., hanging became the usual method of execution in Britain. Then, in the Sixteenth Century, under the reign of Henry VIII, as many as 72,000 people are estimated to have been executed, some methods being boiling, burning at the stake, hanging, beheading, and quartering.

Britain influenced America's use of the death penalty more than any other country. The first recorded execution in the new colonies was that of Captain George Kendall in the Jamestown colony of Virginia. He was executed for being a spy for Spain in 1612.

I, myself, think that the death penalty in America should stop. Why? Because if a murderer is sentenced to death he has not had as much punishment as imprisonment for the rest of his life. And one other thing I ask: "Why kill killers to show that killing is wrong?"

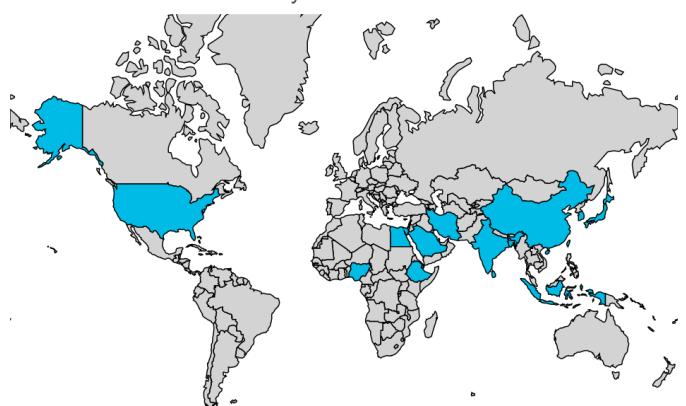


## Which countries still have the death penalty?

The fourteen countries that have legalized and retained the right to execute criminals for their crimes include:

Bangladesh, China, Egypt, Ethiopia, India, Indonesia, Iran, Japan, Nigeria, Saudi Arabia, South Korea, Sri Lanka, Taiwan, The United States.

Countries With Death Penalty 2021



## Paralympic Games History - By Adrian Phipps



Dame  
Sarah  
Joanne  
Storey,  
DBE



The Paralympic movement dates only as far as 1948, when Sir Ludwig Guttmann introduced the first Stoke Mandeville Games for Second World War veterans with spinal cord-related injuries.

After the Second World War, neurologists at the spinal injuries unit at Stoke Mandeville Hospital used sport as part of their patient rehabilitation programmes.

In 1948, the Stoke Mandeville Games were held at Stoke Mandeville Hospital in Aylesbury to coincide with the London Olympics. Wheelchair-using archers drawn from paralysed British Second World War veterans competed.

The 2020 Paralympic Games started at midday on Tuesday the 24<sup>th</sup> August 2021!

The British team secured podium finishes across 18 sports and ended second behind China in the medal table with 124 medals overall, including 41 gold, 38 silver and 45 bronze.



## Saxty's Review - By Peter Crum

We went to Saxty's for my birthday and our anniversary for food and drink with friends and the food was really good and the pudding was really good. I had fish burger and chips with chocolate melt cake for pudding. Tracy had six small plates of mixed bites (beef and Yorkshire pudding, pigs in blankets and onion rings, belly pork, salmon on ciabatta and camembert shared with Sarah and fudgy brownie Eaton Mess for pudding and Sarah had sticky toffee. Cliff had steak and Banoffee pie.

The food is bistro food and the atmosphere is good. It is brighter than it used to be with funky seats.

There are cubes on each table and you can press it and someone comes around to serve you which is a good system.

I would go back there again.



## Fashion Collection launched - By Lisa Perkins

A fashion knitwear student with mild cerebral palsy has designed an inclusive collection to support wheelchair users and other people with disabilities.

Gemma Tye, 22 from Axminster in Devon, Who is studying BA fashion Knitwear design at Nottingham Trent University, says today's high street brands should think outside of the box when it comes to inclusive when you consider that over 1 out of 6 people have a disability, it makes you wonder why there's so little adaptive clothing on the market.

It's even claimed there are more clothing lines for dogs than for people with disabilities, which is astonishing.

So I want to encourage brands to think outside of the box and make big differences to be inclusive and show that it's possible with minor adjustments to their existing ranges.

In many cases it only means incorporating things like Velcro and magnets instead of buttons, So that garments can be fastened easily.

Disabled people want to look like everyone else, but a lot of adapted clothes are very functional and boring. They're not unique and don't allow people to express themselves.

- A cotton top for wheelchair users which is cut out at the front and features a high back curve-meaning less excess fabric.
- Shorts and top as undergarments made from comfortable merino wool, with elastic waistbands.



The top features strong magnets sewn into the material to fastened the straps. Seams have been omitted from areas that a person sits on to increase comfort.

- A beach dress with a low back that is oversized which is designed for people with a hidden disability.
- A poncho-like cape with hood that fastens with magnets.
- There are straps around the waist to secure it down.
- A textured dress, with adjustable back.
- A skort-shorts which look like a skirt to provide modesty when seated, designed with a higher back to front, magnetic seams and an elasticated waist.
- A zero waist skirt that wraps around and has poppers and ties.

Gemma has taken her personal experience with modern fashion, sought the views of a range of people with disabilities, and provided a workable solution for the industry to consider.

Her designs show that inclusive fashion can and should offer a variety of stylish clothing allowing people to express themselves and communicate to the outside world how they perceive their own identity.

## Top Ten Best Selling Fantasy Authors - By Alex Rodgerson

This is my choice of top ten fantasy Authors counting down:

10. Terry Pratchett: discworld, good omens and the Nome trilogy.



9. J.M Barrie: Peter pan.



8. Roald Dahl: James and the giant peach, Matilda, the twits, Charlie and the chocolate factory, fantastic Mr fox, Danny the champion of the world, George's marvellous medicine, the BFG, the witches, esio trot, the enormous crocodile, the magic finger, the giraffe and the Pelly and me, Charlie and the great glass elevator and revolting rhymes.

7. Neil Gaimen: The sandman comics, Coraline, good omens, American gods, stardust, the graveyard book and the ocean at the end of the world.



6. Lewis Carroll: Alice in wonderland, Alice through the looking glass, jabberwocky and the hunting of the snark.

5. T.H. White: the once and future king series.

4. C.S Lewis: the chronicles of Narnia series.



3. JK Rowling: harry potter, fantastic beasts and where to find them, quidditch through the ages, the tales of beadle the bard, the ickabog and the Christmas pig.

2. George RR Martin: a song of ice and fire series, Fire and blood, a knight of the seven kingdoms, tales of dunk and egg, the mystery knight and the ice dragon.

1. JRR Tolkien: The lord of the rings, the hobbit, the Silmarillion, unfinished tales and the children of hurin.



# Cadbury World - By Peter Crum and Tracy Roberts

Sarah (our friend) bought us tickets to Cadbury World as our Christmas presents this is what we got up to.



## Bournville Village.

Adverts describe it as: "Fascinating for all ages, the Bournville experience focuses on the quaker ethics of the Cadbury family and how the Bournville village came to be built. Come and see how the values that were so important to the company's founders are still relevant in the company today. Did you know that Richard and George Cadbury founded Bournville Village".

## 4D Chocolate Adventure

We went on a 4D Cinema ride, you sit in cinema seats, it feels like you are on a rollercoaster ride but you are not. We liked this ride.



## The main attraction.

You travel back 1,000 years to Mexico and walk through the tropical rainforest of the Mayan Indian, where they are very protective of their cocoa. Then travel back in time to Victorian Bull street where you will meet businessman John Cadbury and see where the Cadbury business began.

Then they take you on an adventure of how chocolate is made and we found out how popular Cadbury brands are made, including Creme Egg, Buttons and Roses chocolates, with interactive video stations.

We had a go at tempering chocolate and writing our names in chocolate.

Peter - "I enjoyed doing both of these".

Tracy - "I enjoyed writing my name in chocolate most".



We had our pictures taken during the tour and we chose two backgrounds see the pictures in this article to see what we chose.



Cadbury world have a popular ride called Cadabra.

"Step into bean mobiles and enjoy the ride through a chocolate wonderland". We enjoyed this ride. We saw all the Cadbury adverts, Peter's favourite was the gorilla advert. There were lots of interactive things to do.

## Cadbury shop and cafe.

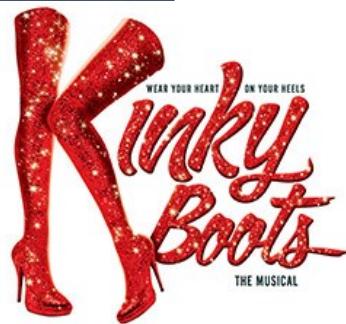
We had lunch and a drink the food was really good and nicely spaced out because of covid. They bought out food in takeaway bags. In the shops Peter bought chocolate for Christmas presents.

# Kickboxing - By Peter Crum



I joined kickboxing because i want to improve my fitness and get good at kick boxing.

I think its is really good and meet new people. Matt and Bryony was very warm welcome me in to kick boxing.



father dies suddenly. Charlie hurries home for the funeral, where he finds the factory near bankruptcy. The factory makes good quality men's shoes, but they are not stylish and not cheap, and the market for them is drying up.

Charlie is determined to save the factory and his father's legacy, though he has no desire to run Price & Sons himself. He goes to London to seek advice from his friend who offers a temporary solution and says he should sell up.

Leaving the pub, Charlie witnesses a woman being attacked by two drunks. He intervenes and is knocked unconscious. He comes to in a seedy nightclub, where the woman he attempted to rescue is revealed to have been the club's **drag queen** headliner, Lola, who performs with her backup troupe of drag dancers, the "angels". Recovered from his ordeal in Lola's dressing room, an uncomfortable Charlie notices the performers' high-heeled boots are not designed to hold a man's weight. Lola explains that the expensive and unreliable footwear is an essential part of any drag act.





## Kinky Boots review continued...

Charlie returns to the factory and begins reluctantly laying off his workers. Lauren, one of the women on the assembly line, explodes at Charlie when given her notice and stubbornly tells him that other struggling shoe factories have survived by entering an "underserved niche market." This gives Charlie an idea, and he invites Lola to come to the factory to help him design a women's boot that can be comfortable for a man.

Lola and the angels arrive at the factory, and she is immediately dissatisfied with Charlie's first design of the boot. Quickly getting the women of the factory on her side, she draws a quick design of a boot, explaining the most important factor is by far the heel. George, the factory manager, realises a way to make her design practical. An impressed Charlie begs Lola to stay until a prestigious footwear show in Milan in three weeks to design a new line of "kinky boots" that could save the factory. Lola is reluctant since she is already receiving rude comments from Don, the factory foreman, and

some of the other factory workers but is flattered by Charlie's praise and finally agrees.

Charlie announces that the factory will be moving ahead with production on the boots. He thanks Lauren for giving him the idea and offers her a promotion. She accepts and is horrified but thrilled to realise she is falling for him. The next day, Lola shows up in men's clothes and is mocked by Don and his friends. An upset Lola takes refuge in the bathroom, and Charlie attempts to comfort her. Lola explains that her father trained her as a boxer but disowned her when she showed up for a match in drag. The two discover their similarly complex feelings toward their fathers, and Lola introduces herself by her birth name Simon.

Nicola and her boss Richard Bailey arrive from London and present Charlie with a plan for the factory that Richard has drawn up: closing it and converting it into flats. Charlie refuses but is shocked to discover that his father had agreed to this plan before he died, presumably because Charlie was not there to run it. He refuses to sell, and soon the workers are celebrating as the first pair of "kinky boots" is finished. Some of the factory workers are not enthusiastic about the radical change in their product line.

Some of them, especially the intimidating Don, make Lola feel very unwelcome. Lola taunts him back, enlisting the female factory workers' help to prove that Lola is closer to a woman's ideal man than Don. Lola presents Don with a unique wager to see who is the better "man" Lola will do anything that Don specifies if Don will do the same thing for her. Don's challenge is for Lola to fight him in a boxing match at the pub.



## Kinky boots review continued

Charlie, remembering Lola's background, is horrified. Lola easily scores against Don in the ring but ultimately lets Don win the match. Afterward, Don asks why she let him win, and Lola replies that she could not be so cruel as to humiliate Don in front of his mates. She gives him her part of the challenge: "accept someone for who they are".

Charlie is pouring his own money into the factory to ensure it will be ready in time for Milan, and he is getting frantic that the product is not right, angrily forcing his staff to redo what he considers to be shoddy work.

Nicola arrives, fed up with Charlie's obsession over the factory, and breaks up with him.

Lola has been making some decisions about production and preparations without consulting Charlie. When he discovers that she has decided to have her angels wear the boots on the runway rather than hiring professional models, an overwhelmed Charlie lashes out at her, humiliating her in front of the other workers. Lola storms out, and the factory workers go home.

Alone, Charlie struggles with the weight of his father's legacy and what it means to be his own man.

Lauren finds Charlie and tells him to come back to the factory. It is revealed Don has persuaded the workers to return to work and to sacrifice a week's pay to ensure the boots can be finished in time for Milan.

Charlie is astonished and grateful and asks if Don has paid up on his wager by accepting Lola. Lauren explains that the person that Don has accepted is Charlie himself.

As he heads to the airport for Milan, Charlie leaves a heartfelt apology on Lola's voicemail.

Meanwhile, Lola performs her act at a nursing home in her home town. After she leaves the stage, she speaks to her dying father, who uses a wheelchair, and reaches a sense of closure.

Charlie and Lauren arrive in Milan. But without models, Charlie is forced to walk the runway himself. Lauren is thrilled by his dedication, but the show threatens to be a disaster.

Just as all seems lost, Lola and her angels arrive to save the day. Lauren and Charlie share their first kiss, and the whole company celebrates the success of the "Kinky Boots".

Mary and I went to see this show at The Courtyard, the whole show was amazing, my friend Steve Liddle played Lola he was really good. Loved the dancing. It was really strange to see live theatre but I LOVED IT!



## Riddle



**Riddle:** Only one colour, but not one size,  
Stuck at the bottom, yet easily flies.  
Present in sun, but not in rain, Doing no  
harm, and feeling no pain.  
What is it?

ANSWER:  
It's a shadow!



## What's your Star Wars name?

To find out, follow these steps:

### FOR YOUR FIRST NAME:

- 1) Take the first three letters of your last name
- 2) Add the first two letters of your first name

### FOR YOUR LAST NAME:

- 1) Take the first two letters of your Mother's first name
- 2) Add the first three letters of the city in which you were born

And of course, share your result in the comments

And of course share your results with your Star Wars friends!  
Some of ours are:

Jolla Tredi, Crupe Wewor, Crutr Alher, Perli Shher,  
Phiad Gwher, Simma Eialt and Rodal Beher.





# TAKE THE PLUNGE

Welcome to Halo's Get Active  
**FREE Adult Learn to Swim**  
Programme.

THIS IS GOING TO BE GREAT!

IN PARTNERSHIP WITH  Herefordshire Council

Are you amongst the tens of thousands of adults across the UK who struggle to swim or lack water confidence, and as a result avoid the water?

At Halo we understand everything from a bad experience, or lesson as a child can cause people to pack away their swim stuff for good. But we also know they're missing out.



## WE WANT TO CHANGE THAT FOR YOU...

At Halo, we have developed a package of FREE adult swimming lessons which are funded through Herefordshire Council to increase opportunities for people to get active, as part of a £6million investment to support covid-19 recovery and improve wellbeing in Herefordshire.

These FREE courses will be delivered to groups of adults at Halo pools at Hereford Leisure Pool, Leominster Leisure Centre, Ross Swimming Pool and Ledbury Swimming Pool.

With a patient instructor by your side we'll help you become confident and competent in the pool. We'll take things as slow as you want as you rediscover the joy of water and the power within you to swim. And you will.

No pressure. No rush.

No test at the end of it. Just the chance to put your fears behind you and enjoy the health benefits.

You'll get a life-saving skill, and the chance to enjoy the pool with the kids at the weekend or with friends when they spa or with family when they set off for some summer sunshine. When you achieve your 25m in the beginners class you can then sign up to our improvers sessions to keep your swimming skills growing or come along to any of our public swimming sessions.

### Good to know:



FREE to all Adults aged 16+ unable to swim 25 metres in one stroke



Lessons are 30 minutes long and run weekly. Please contact us for details of when lessons are available



Lessons are FREE until you are able to swim 25 meters in one stroke

(there is no minimum or maximum time you can spend on the course)



FREE 25 metre badge and certificate for achieving the course



Kindly Funded by Herefordshire Council to increase opportunities for people to get active as part of its 'GET ACTIVE' campaign

## THE HEALTH BENEFITS ARE ALL GOOD, AND ALL YOURS...

- ✓ When you rediscover swimming you'll have access to one of the most effective, efficient ways to exercise.
- ✓ Reduce your risk of dementia and depression by 30%, and your risk of heart disease, stroke, type 2 diabetes and cancer by up to 50%.

# Ludlow

- By Laura Joliffe

Ludlow Castle is one of the finest medieval ruins in England. Set in the glorious Shropshire countryside at the heart of the superb, bustling black & white market town of Ludlow.

The Castle, firstly a Norman Fortress and extended over the centuries to become a fortified Royal Palace, has ensured Ludlow's place in English history – originally built to hold back unconquered Welsh, passing through generations of the de Lacy and Mortimer families to Richard Plantagenet, Duke of York.

It became Crown property in 1461 and remained a royal castle for the next 350 years, during which time the Council of the Marches was formed with responsibility for the Government of Wales and the border counties. Abandoned in 1689 the castle quickly fell into ruin, described as 'the very perfection of decay' by Daniel Defoe.

Since 1811 the castle has been owned by the Earls of Powys, who have stopped further decline, and allowed this magnificent historical monument to be open to the public.

Today the Castle is the home to Ludlow's major festivals throughout the year and open for all to enjoy.



## Old Cars

- By Peter Crum

The 1967 Dodge Deora was a custom made car that was so popular even Chrysler took notice and toured it with their

Owen Maserati concept cars. It was also one of the initial 16 cars modeled by Mattes then - Hot Wheels brand.

It looks a bit weird to me!



# 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 seven years old in June 2021!

**The deadline for articles and adverts for the November edition is 20th October 2021**

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

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