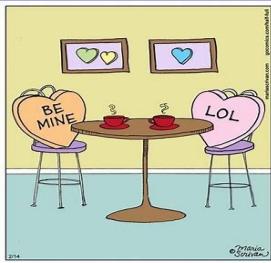




Our News Our Views

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

Edition 77 – February 2022



Special points of interest:

- Original poetry P7
- Trustee required P2



Inside issue

Editors P2

Update.

Jokes P4 +
11

Puzzles P9

Cake P10
recipe

Small is P11
mighty

Where P12+
tears 13
come
from

Pancakes on Pancake Day makes sense, but do you know why we celebrate it in the first place?

Pancake Day falls on what we call Shrove Tuesday. This year it lands on Tuesday 1st March.

Pancake Day always lands 47 days prior to Easter, meaning the dates vary year on year.

Shrove Tuesday is the day that is before Ash Wednesday and therefore the feast before beginning Lent.

Lent is 40 days that leads up to Easter and is traditionally used as a time for fasting so it make sense



50 New Year's Resolutions - by L. Perkins

Have you made any new year's resolutions? Here are some ideas you can use to make your list for 2022. Good luck!

Get in shape

Eat more healthily

Stop procrastinating (putting things off till later)

Improve your concentration

Meet new people

Be more active

Develop confidence

Be more polite

Reduce stress

Learn to be happier

Get more quality sleep

Pick up useful skills or fun hobbies

Learn to cook

See your doctor for a health check

Reinvent yourself

Find a significant other

Learn to meditate

Be tidier

Learn how to dress with style

Spend more time with people that matter to you

Drink less alcohol

Get out of debt

Save money

Learn a new language

Volunteer and give more to charity

Pick up useful skills or fun hobbies

Let go of grudges

Adopt a pet



Update from the editors



**Our News Our
Views
Editorial Team.**

A late Happy New year from our first edition of the year! As Covid restrictions decrease but infections are still out high we hope you continue to be careful and keep safe and well while enjoying getting out and about. Why not look up some of February's special days and explore what you can do to celebrate in these winter months?

In this edition lots for you to see:

- Resolutions to mull over and February happenings
- Ever wondered where tears come from?
- The tale of Clifford the big red dog
- Reviews, recipes, poetry, puzzles and jokes and more

**See you in March — deadline 16th
February.**

Advert for Trustee Support Work-



Herefordshire Mencap is looking for a Trustee Support Worker to work alongside the charity's Trustees who have a learning disability. The Trustee Support Worker will meet with the Trustees before each meeting to support their preparation. They will then work with the Trustees during the meeting. There are approximately 6 meetings each year, no more than that, one of which is the AGM which is held at the Stay Up Late gig in April of each year. Meetings are held on a Monday at 4.15pm either in Hereford or Leominster. It is essential to drive a car and have access to a vehicle.

Herefordshire Mencap is approaching its 67th year and is a well-respected and valuable part of the local, regional and national learning disability community. It is led by its Trustees with a learning disability who are a dynamic group of people, several of whom have been a Trustee for a number of years. The Trustee Support Worker will work with the Development Worker. Pay and hours:

- £10/hour, approximately 6 hours X 6 meetings/year.

Expenses:

- Travel: 45p/mile
- Any costs associated with the role to be agreed with Chairman

Contact rose@herefordshiremencap.com by 2nd March 2022

February 2022 Events Celebrations and Special days

National Storytelling Week 29th Jan to 5th Feb 2022

A week for the promotion of the oral tradition of storytelling, the very first way of communicating life experiences and the creative imagination.



Chinese New Year 1st Feb 2022

The New Year according to the Chinese Calendar. 2022 welcomes the Year of the Tiger. Chinese New Year is celebrated world wide.

Harry Potter Book Night 3rd Feb 2022

Harry Potter Book Night is a chance for fans young and old to celebrate J.K. Rowling's wonderful series - and to pass the magic on to new readers.



Winter Olympics 2022 4th Feb to 20th Feb 2022

The world's biggest winter sporting event, held every four years. This time it will be held in Beijing, China.

World Ukulele Day 5th Feb 2022

A day to pick up that four-stringed instrument from Hawaii and strum your favourite tune.



Charles Dickens Day 7th Feb 2022

Celebrating one of Britain's greatest writers on his birthday.

Safer Internet Day 8th Feb 2022

A day to help raise awareness of online safety issues in your home, school, workplace or community, not just on Safer Internet Day but all year round.



The International Day of Women & Girls in Science 11th Feb 2022

A UN Day to encourage women and girls to fully participate in science, and strive for equality of opportunity in the sciences.

Darwin Day 12th Feb 2022

A celebration of scientist Charles Darwin, author of The Origin of Species.

St. Valentine's Day 14th Feb 2022

The annual celebration of love is the day when we take the opportunity to tell the people we love how much they mean to us.

Random Acts of Kindness Day 17th Feb 2022

Spend the day doing random acts of kindness - holiday was started by the Random Acts of Kindness Foundation, founded in 1995.



Fairtrade Fortnight 27th Feb to 13th Mar 2022

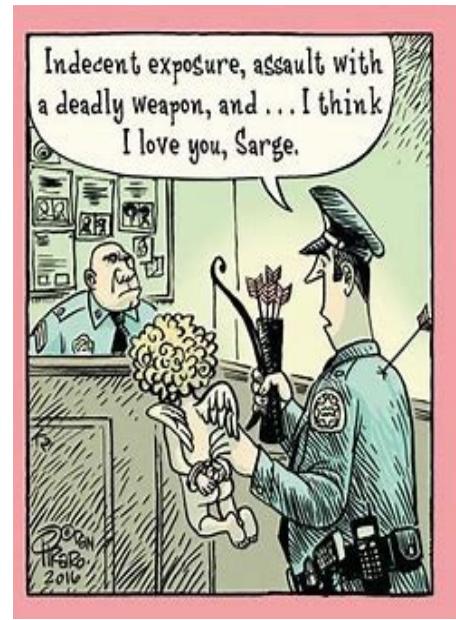
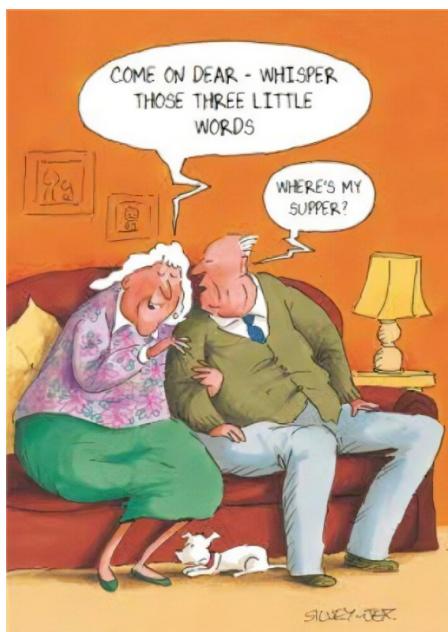
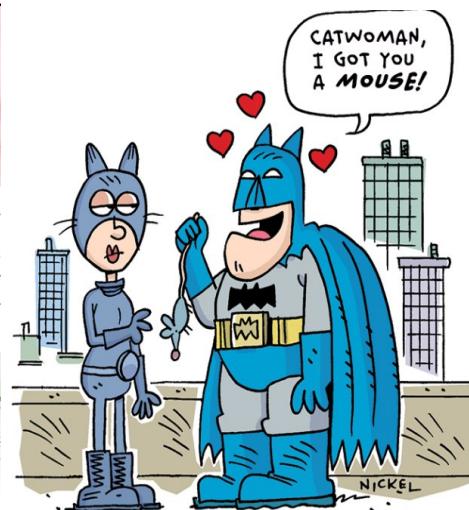
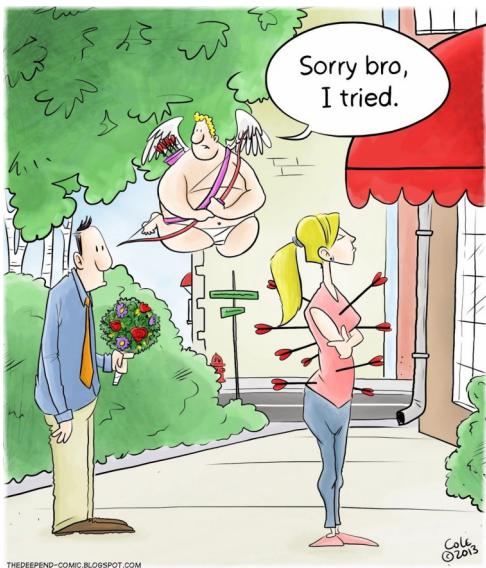
Fairtrade farmers, workers and campaigners up and down the country highlight the difference fair trade can make to lives and communities.

International Polar Bear Day 27th Feb 2022

Every year, this global event draws attention to the challenges polar bears face in a warming Arctic and how each of us can help.



Have you heard the one about...



A good time at The Barrels - By Laura Joliffe

I went to The Barrels with Kevin it was very good.

There was great music with people we know in the band (Tim and Neil).

They play there quite often — I recommend it!



Clifford the big red dog - A review by Tracy Roberts

girl called Emily is a middle school student living with her mother Maggie in New York City. She is regularly bullied but finds comfort in her only friend Owen.

Maggie leaves her in the care of her Uncle Casey before going to Chicago for a business trip.

Mr. Bridwell, who runs an animal rescue tent at a carnival, introduces Emily to a small red puppy whose family had been taken by dog catchers. He tells her that the puppy will grow based on how much he is loved. Casey rejects the adoption due to dogs not being allowed in the apartment building.

When Emily gets home from school, she finds the puppy in her backpack and names him Clifford. Casey allows her to keep Clifford for one night only. The next morning, Clifford has grown to giant proportions!

Emily and Casey attempt to hide him from the landlord, Mr. Packard. They try taking Clifford to a vet, but he chases and plays with a man in an inflatable bubble. Word of his existence quickly spreads online...

There follow many adventures including themes of social media power, bullies and friends, police chases, fear of losing the dog on a boat to Shanghai, a break in and rescue and finally the gift of being different and the power of love.

I really enjoyed the film my favourite bit of the film was when Clifford grew into a Giant dog.





Christmas Presents — By Peter Crum

I had a DVD from Tracy's mum and dad and its called 'Are you being served?' and chocolate and lots more.

My favourite present was a Kindle HD Fire.



I enjoyed Christmas day, boxing day and news year's eve. We watched the TV and the fireworks and listened to lots of music. The band was called 'Years and Years', with Kylie Minogue and the Pet Shop Boys. I really enjoyed it.

Now in 2022 I am hoping to see better things to come this year!!!!!!

Happy New Year everyone.



Poetry corner

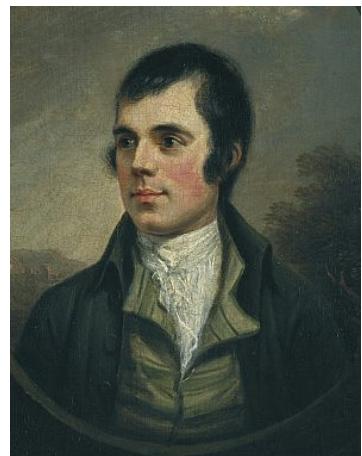
For those who love Valentine's day—a famous love poem:

O my Luve is like a red, red rose
That's newly sprung in June;
O my Luve is like the melody
That's sweetly played in tune.

So fair art thou, my bonnie lass,
So deep in luve am I;
And I will luve thee still, my dear,
Till a' the seas gang dry.

Till a' the seas gang dry, my dear,
And the rocks melt wi' the sun;
I will love thee still, my dear,
While the sands o' life shall run.

And fare thee weel, my only luve!
And fare thee weel awhile!
And I will come again, my luve,
Though it were ten thousand mile.



Robert Burns

**TO LOVE ONESELF
IS THE BEGINNING OF
A LIFELONG ROMANCE**

- OSCAR WILDE

For those who don't 
We hope you enjoy an original poem from Alex on page 7.

Why not send us your poem to be printed?





God v Man — By Alex Rodgerson

In the beginning God created man, his greatest invention.
 They were both floating around in a dark, empty and pitiless dimension.
 Then he reached out his hand and shone a radiant light.
 And used his power to give man the gift of sight.
 He created planets, stars, nebulas and galaxies alike.
 Then he reshaped the heavens, where thunder and lightning strike.
 He stepped back and saw the universe in all its majesty,
 But man felt neglected and green with envy.
 Out of the darkness rose a figure of hate and scorn,
 It was Satan with fire in his eyes and sprouting two, curved horns.
 He asked man what he desired, to which man replied, "Grant me the power
 to destroy my father".
 "Your wish shall be carried out!" Satan cried.
 When God caught wind of this, he galloped to reason with his son.
 "Why do this to me, my boy"? he said. "Because father, it had to be done".
 With a tear in his eye and sadness within his bones, he cast his child down
 Below to walk the earth alone.
 Empires and civilisations rose and fell, but man never aged but felt hunger
 and thought, "This must be worst then rotting in hell".
 He never slept, drank or ate anything new, but felt sadness, pain and
 loneliness of that he knew.
 Time was he only companion but wasn't his friend. His skin was decaying,
 his beard long and dragging on the floor, he collapsed into the sand and
 whispered "please, no more"!
 Then a humble traveller, with a long, giant walking staff, walked up to the
 man
 He knelt and wept at the sight of him suffering in the hot, scourging sand.
 The traveller took the man to find food, water and clothes to wear,
 Then they wondered into a bustling city, where every man, woman and child
 were treated equal and fair.
 The traveller bought fruit, vegetables, a loaf of bread and cheese,
 For him and the man to share and sat down to watch the cool, glistening
 movements of the seas.
 The two men began to speak about their troubles to each other,
 With the man explaining about the trouble that he caused to his father.
 Seeing him shed tears of grief and loneliness, the traveller rose and
 unveiled his hood and revealed himself to the man as his father as his son
 has shown him ways of being good.
 Then Satan arrived, to tempt man to join him and give power.
 But man rebuked his offer, held his hand to the heavens and struck him
 Where he stood and felt even more sour.
 The dark prince fled in anger and discord, to his shadow realm where he
 ruled overall.
 God and man embraced with a hug of warmth and love and both held each
 other's hands and rose up to reach the heavens above.

My 40th Birthday — By Tracy Roberts

I had lots of presents and cards to open from family and friends before I came to Our News Our Views, where I had more presents and cards. I brought in a Colin the Caterpillar cake. When I got home the postman brought more cards and a present from Michelle Tilbury then I had a phone call from mum and dad who are on holiday, then had a surprise from Joy (Pete's Aunty) and Loraine (Joy friend's). After that Peter and I went to Saxty's for dinner when we came home to find yet another present on the doorstep. I had a zoom with ECHO activities called House Party, we celebrated New Year's Eve and my birthday.

I decided I'm going to celebrate all year round by doing 40 things,

- Baking Day
- Go Christmas market
- Coffee and Cake in town
- Shopping trip in town
- Walk in Queenswood
- Farm Park Trip
- Take Away dinner
- Go for a picnic
- Go to Gloucester Quays
- Pizza party
- 40th photo shoot
- Knitting afternoon
- Make a build a bear
- Get nails done
- Cinema trip
- Crazy golf
- Dessert at Creams
- Meal out with friends
- Meal out with family
- Craft afternoon

- Shopping for holiday
- Holiday to Croatia
- Party at NODA
- Bowling
- Harry Potter World
- Cream Tea
- Spa day
- Learn to draw
- Paint watercolours
- Write a book
- Sleepover
- Games night
- See a show
- Drayton Manor
- Bristol Zoo
- Sea life centre
- RSC Stratford
- Glamping
- Hobbycraft/ Dunelm
- Go Swimming



Coffee and Walnut cake — By Peter Crum



Preparation and cooking time

Prep:45 mins
Cooking time:30 mins
Plus cooling

Ingredients

- 250g pack softened butter, plus extra for the tins
- 100ml strong black coffee (made with 2 tbsp coffee granules), cooled
- 280g self-raising flour
- 250g golden caster sugar
- ½ tsp baking powder
- 4 eggs
- 1 tsp vanilla extract

85g walnut, 2 tbsp roughly chopped, the rest finely chopped

For the filling

- 100g icing sugar, sifted, plus a little extra for dusting
- 150ml double cream
- 100g mascarpone, at room temperature

Method

STEP 1

Heat oven to 180C/160C fan/gas 4. Butter 2 x 20cm springform cake tins and line with baking parchment. Set aside 2 tbsp of the coffee for the filling.

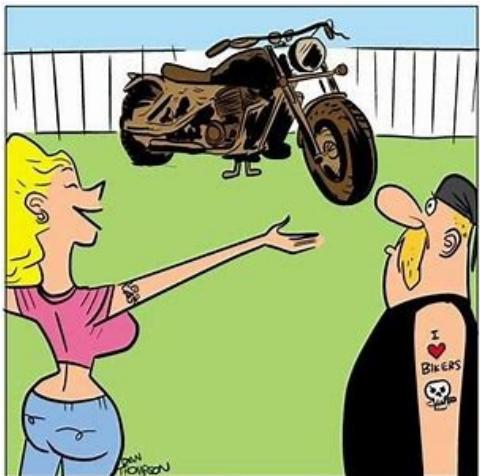
STEP 2

Beat the butter, flour, sugar, baking powder, eggs, vanilla and half the remaining coffee in a large bowl with an electric whisk until lump-free. Fold in the finely chopped walnuts, then divide between the tins and roughly spread. Scatter the roughly chopped walnuts over one of the cakes. Bake the cakes for 25-30 mins until golden and risen, and a skewer poked in comes out clean. Drizzle the plain cake with the remaining coffee. Cool the cakes in the tins.

STEP 3

Meanwhile, make the filling: beat together the icing sugar, cream and mascarpone, then fold in the reserved 2 tbsp coffee. Spread over the plain cake, then cover with the walnut-topped cake and dust with a little icing sugar.

Have you heard the one about...



"HAPPY VALENTINE'S DAY! IT'S THE BIKE YOU ALWAYS DREAMED OF...MADE ENTIRELY OF CHOCOLATE!"



"I didn't mean to fall in love at the office, but the coffee machine is the only one who really understands my needs!"

Small is mighty! - By Peter Crum

Microcar is a term often used for the smallest size of cars, with three or four wheels and often an engine smaller than 700 cc (43 cu in).

Specific types of microcars include bubble cars, cycle cars, invacar, quadricycles and voiturettes, and the Japanese equivalent is the kei car.

Microcars are often covered by separate regulations to normal cars, having relaxed requirements for registration and licensing.

I like the look of this one. 1955-1964 Messerschmitt KR200.



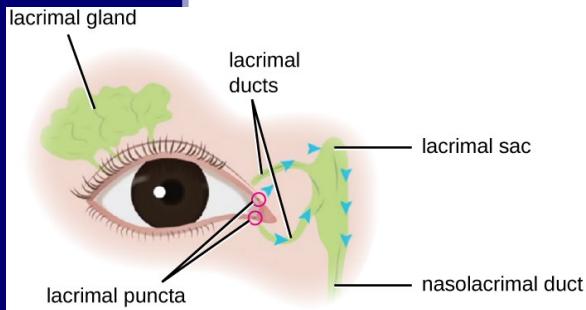
Resolutions contd...

- Pick up useful skills or fun hobbies
- Let go of grudges
- Adopt a get
- Become more organized
- Travel more
- Learn to cook
- See your doctor more often
- Reinvent yourself
- Stop being late
- Be more self-reliant
- Turn your hobby into a career
- Get over an ex
- Learn to control your emotions
- Be more responsible

- Learn more about music, art, and culture
- Spend less time on social media
- Learn how to defend yourself
- Become more romantic
- Remember important dates
- Be more social
- Develop more creativity
- Express yourself artistically
- Face your fears and insecurities
- Start writing a book / journal
- Stick to the healthy habits you've developed



Where do tears come from? - By L Perkins



Tears are made by little glands above our eyes, called tear glands, or lacrimal glands.

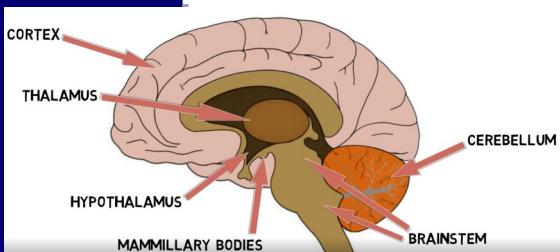
There is one gland above each eye; each produce tears that travel to the eye through tiny pipes, called ducts. There are a number of these tear (lacrimal) ducts behind our upper eye lids.

Our tear ducts are constantly producing tears, to keep our eyes clean and moist, but we don't usually even notice. When we blink we wipe the tear fluid over our eyes, keeping them moist.

This fluid is then drained off from the eyes through more ducts. It is only when we start producing a lot more tears that we start to notice them. The ducts that drain the fluid away cannot cope with all the extra tears and they start to run down our cheeks.

What are tears made of?

Tears are basically made of slightly salty water. They also contain enzymes that kill bacteria and vitamins and minerals. Some tears contain proteins, called hormones, that can change how we feel.



Why do we cry?

Scientists are still working this one out. We do know that we cry different kinds of tears in response to different things. Science defines crying as the process of producing tears in response to an emotion-be it sadness, fear, anger or happiness. When we produce tears to clear something out of our eye or to moisten the eye. Then we call this lacrimation.

So how does it all work? Well, the emotional crying seems to be triggered as a response to activity in a part of the brain called the hypothalamus. This part of the brain responds to our different emotions and can produce chemicals called neurotransmitter, that will travel to specific parts of the body and cause a response. In the case of crying, the neurotransmitter produced is called acetylcholine and it triggers tear production in the lacrimal gland.

Where do tears come from? By L Perkins contd...

The reason why our brain responds in this way to emotions can vary. Babies, for example cry to communicate with us, telling us they are tired, hungry or in pain. This makes sense as they do not have many other forms of communication available to them. But why do we still cry when we are all grown up? It may be that crying creates other responses in our bodies, Our heart rate changes, our breathing alters and other chemicals are released into the body. Crying can make us feel better.

Crying also allows us to show people how we feel!

We may have evolved our crying mechanism to let people know what we are feeling, or to get sympathy or support. Sometimes we cry when we see others hurt or sad and this creates empathy, something that allows us to build strong bonds and create supportive Communities.



What different types of tears are there?

As I said above, we have three types of tears and they are.



.Basal tears- these are the ones we produce to keep our eyes moist;

.Reflex tears-We produce these in response to something else, Usually something that is irritating our eye. From a small piece of dirt to a strong chemical, such as the vapour off a cut onion.

.Emotional tears-these are the ones that get switched on by our emotions, even if we try to suppress them! These tears make us human!



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 March edition is February 16th.

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

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Leisure, learning, social, voluntary and work-based activities during the daytime, evenings and weekends.



www.echoherefordshire.org.uk



Herefordshire Mencap, making a difference to people's lives. Working with local people with a learning disability, their families and anyone with an interest in learning disability.

Informing, campaigning and plugging the gaps.

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

www.herefordshiremencap.co.uk find us on Facebook and twitter @HerefordMencap.

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