



Our News Our Views

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

Edition 79 – April 2022

Ukraine History - By L. Perkins

Special points of interest:

- **Giant Cookie P5**
- **Action for Ukraine P6**



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Ukraine is a country in Eastern Europe. It is the second-largest area in Europe after Russia, which it borders to the east and north-east. Ukraine also shares borders with Belarus to the north; Poland, Slovakia, and Hungary to the west; Romania and Moldova to the south; and has a coastline along the Sea of Azov and the Black Sea.

It spans an area of 603,628 miles, with a population of 41.2 million, and so, has the eighth most people of all the countries in Europe.

The nation's capital and largest city is Kyiv.

The territory of modern Ukraine has been inhabited since 32,000 BC. During the Middle Ages, the area was a key centre of East Slavic culture.

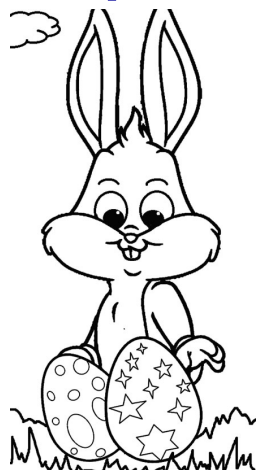
Following its independence, Ukraine formed a republic under a semi-presidential system, with separation of powers into legislative, executive branches.

War in Ukraine

Russia has invaded Ukraine. An invasion is when one country sends their army into another country to attack them. This is making people around the world very worried. Over 3.3 million refugees have left Ukraine (as of 18 March 2022), while an estimated 6.48 million people have been displaced within the country (as of 16 March 2022). Many people have been killed. You can read about this war in United Response's Easy Read edition about the war in Ukraine. <https://tinyurl.com/URWARUKRAINE>



Update from the editors



We hope you are keeping well and enjoying life as the weather becomes less cold. April starts with jokes and pranks, and then we go on to celebrate Earth Day, St. George's Day and Penguin Day and sadly we find ourselves yet again in a world at war. In this month:

- Ukraine history and ideas for what you can do if you wish to help in the current situation.
- Poland and Pysanky Ukrainian Easter eggs.
- Theatre and cinema reviews.
- An interview with Central Involvement Group Walsingham Support.
- Loch Ness Monster tales and April showers.
- jokes and puzzles and lots more.

Our News Our Views

Editorial Team.

See you in May — deadline 20th April.

Sports Day - 24th April - By L. Perkins

ECHO, Aspire, Mencap, Affinity Trust and Halo are bringing you a 'Come & Try' Sports Day!

When is it? Sunday 24th April, 10.00am-2.00pm.

Where? Halo Leisure Centre, Holmer Road, Hereford, HR4 QUD.

FREE!



How much will it cost? It's

You will have the chance to try a variety of sports such as athletics, football, racquetball, tennis, bowls, dance and more!

Watch out For flyers and Posters which will be sent out soon, also keep an eye on ECHO's Facebook page.



Stay up late 2022 — Mencap news.



29 April, 22 July and 18 November.

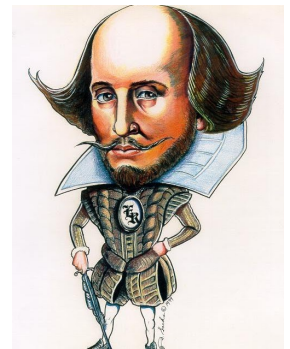
All at the Left Bank, Hereford.

Further details will be announced soon.



April 2022 Events Celebrations and Special days

April Fool's Day 1st Apr 2022
 World Autism Awareness Day 2nd Apr 2022
 International Children's Book Day 2nd Apr 2022
 Unicorn Day 9th Apr 2022
 Siblings Day 10th Apr 2022
 Good Friday 15th Apr 2022
 Easter Day 17th Apr 2022
 Easter Monday 18th Apr 2022
 World Heritage Day 18th Apr 2022
 Earth Day 22nd Apr 2022
 National Shakespeare Day 23rd Apr 2022
 St. George's Day 23rd Apr 2022
 World Book Night 23rd Apr 2022
 Penguin Day 25th Apr 2022
 International Jazz Day 30th Apr 2022



Pysanky Ukrainian Easter Egg - By L. Perkins Peter Crum

Ukrainian Easter eggs called Pysanky, are a form of folk art dating back to the 1st century A.D.

The word "Pysanky" derives from the Ukrainian word "Pysaty" which means "to write" or "to inscribe". Looking at a pysanka you'll see why. The eggs are covered with hand-drawn designs.

Some are religious motifs and some are patterns from nature that range from simple to very detailed.

The art of making Pysanky is traditionally handed down from generation to generation as women and girls gather to decorate dozens of eggs before Easter.



Tribute to my mum -

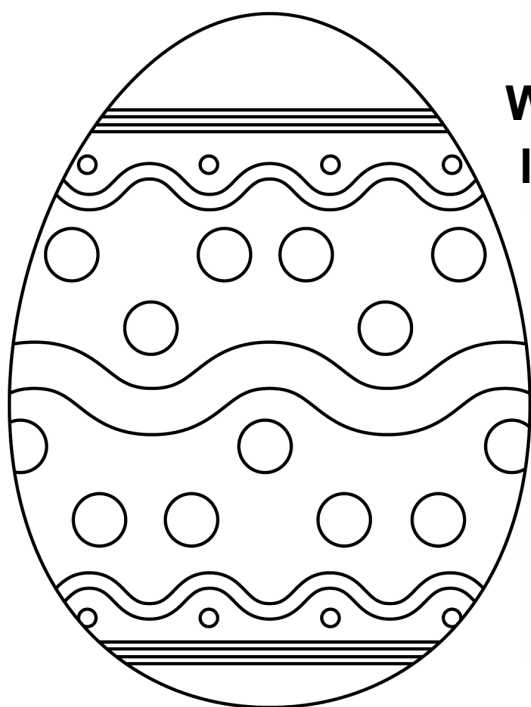
By Tracy Roberts

My mum, Alicia Roberts, sadly passed away on 7th February, she was an amazing Mum and supported me in everything that I do.

She loved cruising and had just been on a lovely five week cruise in the Caribbean and unfortunately died of a heart attack in Southampton on the day she came home.

She loved cruising and her favourite places to go were Venice & the Caribbean.

She is and will be sadly missed by my Dad, brothers and sister and all of the family.



**Wishing you a
lovely Easter
and happy
colouring!**



Giant Cookie - By Peter Crum

Ingredients

- 200g butter at room temperature, plus extra for the pan
- 250g light brown sugar
- 2 egg yolks
- ½ tsp vanilla extract
- 275g plain flour
- 1 tsp baking powder
- 150g chocolate chips
- 100g other cookie fillings, such as pretzels, chopped nuts, pieces of fudge or toffee, marshmallows

Vanilla ice cream, to serve (optional)

Method

STEP 1

Heat oven to 180C/160C fan/gas 4. Tip the butter and sugar into a large mixing bowl, beat until combined, then stir in the yolks and vanilla. Tip in the flour, baking powder, chocolate chips, a pinch of sea salt and any other fillings you want to add. Mix until a crumbly dough forms.

STEP 2

Lightly butter a 25cm ovenproof frying pan. Spoon in and flatten the cookie mixture. For a gooey dessert, bake for 20 mins, leave to rest for 5 mins, then scoop straight from the pan and serve with ice cream, if you like. For a firmer cookie you can cut, bake for 30 mins, then leave to cool completely before cutting into wedges.



Ukraine War, what you can do - Online search

Search online to see how you can help:



What can you do if you wish to support Ukraine?

1. Give Money In The UK: Major UK organisations have launched campaigns, including UNICEF UK, the British Red Cross, Save the Children, and the Embassy of Ukraine in the UK. London Plus has a list of London-based organisations to support.



2. Donate items on the list below in Hereford and lorries will drive them to Ukraine.

3. Support grassroots action: The Ukrainian Institute London has a list of organisations to support.

4. Campaign: Freedom from Torture has posted a thread on how to support Ukrainian refugees, and launched a petition. Protests in the capital are being organised by London Euromaidan and the Ukraine Embassy to keep up the visible pressure and show solidarity.



Hereford Help for Ukraine

Please help us to help the people of Ukraine

We are organising humanitarian aid trucks to take essential, life-saving supplies to a Ukrainian warehouse in Poland and urgently need the following items:-

✓ Dry Baby Food	✓ Adult Medicines inc. Cystitis and Cold/Flu Medicines	✓ Torches
✓ Baby Milk Powder/Formula	✓ Baby Medicines	✓ Large Candles
✓ Dry Food (rice, pasta etc)	✓ Toiletries	✓ Sleeping Bags & Blankets
✓ Tinned Food	✓ Ladies Hygiene Products	✓ Can Openers & Metal Spoons
✓ Dried Fruit and Nuts	✓ Incontinence Pads	✓ Batteries
✓ Dark Chocolate		✓ Power Banks for Mobiles
		✓ Men's Military/Walking Boots

THESE ITEMS ARE CURRENTLY NOT REQUIRED

XCLOTHES XSHOES XDUVETS XPILLOWS XBEDDING XTOYS

All donations to:-

Unit 37, Three Elms Trading Estate, Hereford HR4 9PU

(open 9am - 7pm Mon-Fri, and 9am - 5pm at weekends)

Poland - By L Perkins



Poland is located at the heart of the European continent.

The country is a meeting place not only for cultures and ideas, but also for conflict and confrontation.

Poland's borders have changed many times over the centuries.

Its present borders were set after World War II ended in 1945.

Poland has seven neighbours: Germany, Slovakia, the Czech Republic, Lithuania, Belarus, Ukraine, and Russian Kaliningrad.

Poland has a variety of striking landscapes, from the sandy beaches of the Baltic Sea coast in the north and the rolling central lowlands to the snowcapped peaks of the Carpathian and Sudeten Mountains in the south.

Poland has more than 1,300 lakes throughout the country.

Facts

.Official Name: Republic of Poland.

.Form of Government: Republic.

.Capital: Warsaw.

.Population: 38,420,687.

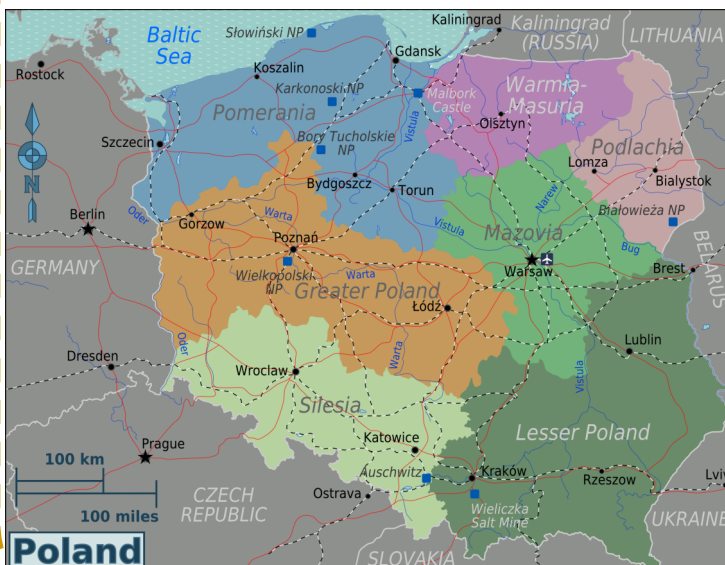
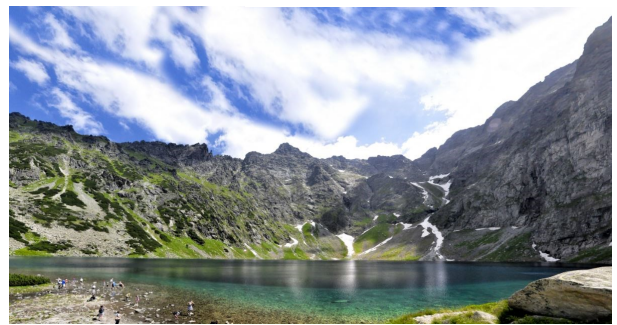
.Official Language: Polish.

.Money: Zloty.

.Area: 120,728 square miles (312,685 square kilometers).

.Major Mountain Ranges: Carpathians, Sudetens.

.Major Rivers: Vistula, Oder.



Review of Belfast - By Tracy Roberts and Peter Crum



We went to see the film Belfast at the courtyard.

The film of Belfast is about the life of a working class northern Irish protestant from the perspective of their nine-year-old son Buddy during the troubles in Belfast.

Tracy: I thought the film was very powerful and moving at the same time, I like how the film started off in colour then turned to black and white and loved that we saw the film through the eyes of the character Buddy.

I really enjoyed this film.

Peter: I thought that the film Belfast was really good, and I found it very interesting and Judi Dench was really funny in places as the Grandma

I highly recommend this film.



Fit 4 Tap - By Tracy Roberts

I went to Courtyard Theatre to take part in a dance class. I decided to take part in a fit4tap class ran by Lisa Fraser.

This class is suitable for beginners or refresher tappers alike. Low impact and easy steps which can be progressed when ready. She went through the steps a few times and then put it to music. I really enjoy this because it been a while since I have done some tap dancing.

Lisa Fraser and I have been friends for years, she is amazing and she made her class accessible. This class runs on a Wednesday morning from 10am to 10.45am.

La Voix - Tracy Roberts.

Sarah and I went to the Courtyard Theatre to see La Voix.

Packed by the case load with side splitting comedy, huge vocals, interesting diva impressions and buckets of energy, La Voix and her incredible musicians provide an unforgettable evening full of sparkling wit, show stopping tunes and even more gorgeous dresses.

My favourite part of the show was when La Voix sang "Mein Herr" with a low chair which was funny!

After the show Sarah and I met La Voix, she is a really lovely person, she is funny in real life as she is on stage.



My weekend visits - By Laura Joliffe

ON Saturday I went to Hereford horse races it was very good and didn't finish till 6 0 Clock. We could sit in the car and watch, as it was cold.

I went to a band on Sunday evening at 8.00pm the band was very good and it was not too packed in the Barrels. It was a man playing keyboard it was all different kinds of music.



Only Fools and Horses the musical -

By Peter Crum

At the end of February I went with my friend Cliff, mum and dad to London to see Only Fools and Horses the musical.

We went by train from Worcester Shrub Hill to Paddington station. It only took 2 hours so we got into London in time for lunch.

Our hotel was called The Royal Horse Guards. It was a really nice hotel and we had lovely rooms.

We went to the Haymarket theatre to see the afternoon performance of Only Fools and Horses. It was packed and people were queuing up to get in. We had seats in the royal circle.

The music was fantastic, the actors were brilliant - just like the dvd with the same accent and looks. And the yellow three wheeled van featured too.

There were lots of jokes and funny things happening and everyone was laughing and clapping all the way through.

In the evening we went to a bistro pub and I had a posh fish pie which was really nice, followed by sticky toffee pudding.

In the morning the breakfast was superb. It was a buffet so we could help ourselves to what we wanted and as much as we wanted and there was loads to chose from.



Poetry corner

thefridaypoem.com

Poets have always responded to war by writing poetry . This is a poem on this site about the war in Ukraine it is by Becky Cullen.

Today I am looking at the ticker tape of trauma
 we used to call the news
 and it makes me think of Russian films
 like that sequence
 when a pram is falling down the steps
 and I think about the people working in TV
 on the only opposition channel
 playing Swan Lake as their final broadcast which
 in the last days of the Cold War
 was their first
 and the people working on the radio
 on the only opposition channel
 huddling in the corridor before heading home alone
 and the people in the string section
 of the Siberian State Symphony Orchestra
 whose tour is cancelled and how the world is poorer
 without their second violins
 and the people leaving fearing martial law
 and the teachers I met from Moscow State University
 whether Oleg's son is safe
 if Irina who presented me with a shawl
 embroidered with roses like a mouth of petals
 has lost her singing voice

I don't know the ways of the war
 so if you will tell me please,
 in the name of keeping Peace
 how many mothers will have to weep,
 how many wives
 will hold their husbands
 wrapped in a flag
 in a cold coffin

sunjhini

WAR

War. A terrible thing.
 A continuous rally of endless battles.
 Gunfights and air raids tanks and bloodshed.
 All in one endless nightmare.

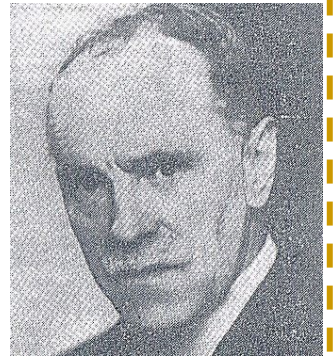
Two sides run towards each other.
 Armed with weapons so fierce.
 But when they think they are running to victory,
 they are really running to their death.

The History of the Loch Ness Monster - By Adrian Phipps

The Loch Ness Monster is a creature in Scottish folklore that is said to inhabit Loch Ness in the Scottish Highlands. It is often described as large, long-necked, and with one or more humps protruding from the water. Popular interest and belief in the creature has varied since it was brought to worldwide attention in 1933. Evidence of its existence is anecdotal (people telling or hearing tales of sightings), with a number of disputed photographs.

Origin Of the Name

In August 1933, the "Courier" published the account of George Spicer's alleged sightings. Public interest skyrocketed, with countless letters being sent in detailing sightings describing a "monster fish," "sea serpent", or "dragon", with the final name ultimately settling on "Loch Ness Monster".



Sightings

The earliest report of a monster in the area of Loch Ness appears in the "Life of St. Columba" by Adomnain, written in the sixth century AD. According to Adomnain, Irish Monk St. Columba was staying in the land of the Picts with his companions when he encountered local residents burying a man by the River Ness. They explained that the man was swimming in the river when he was attacked by a "water beast" that dragged him underwater despite their attempts to rescue him by boat. The beast approached him, but Columba made the sign of the cross and said "Go back at once".

So, is there really a Loch Ness Monster? I, myself, would really like to go to Loch Ness. But, if I do, and I wanted to go for a swim in the loch, would I? Well, that is something I will not be sure of until I do go there.



Interview with Central Involvement Group - By Tracy Roberts

On the 13th January 2022 Our News Our Views met the involvement group at Walsingham support on Zoom—it was lovely to meet them and ask them some questions about what they do.

What do you do?

Tom explained they do activities.

Jacob explained they discuss topics like coronavirus and climate change and projects about what is in the news. Social care funding as well for our support. Shortages of things in the shops that we want to buy .e.g. Walkers crisps!

We discussed our support plan with John Gorman of Herefordshire Council.

Tom shared the complicated support plan that he has which was difficult to read and we tried to make the plan into easy words and pictures.

We contribute to a national newsletter and our group is Central involvement group. We said Walsingham Rocks.

How many people are in the group?

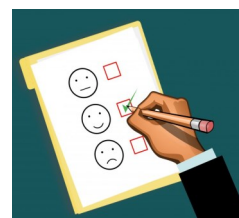
10 regular members.

How often do you meet?

Once a month

What do you talk about at your meetings?

- Feedback.
- A topic that we work on e.g. support plan.
- Surveys
- Policies
- Coronavirus and being safe.
- Walsingham housing? - yes but other groups talk about that in residents meetings.
- Activities.



What made you decide to join the group?

- Something to do
- I benefit a great deal and I enjoy it a lot.
- Working towards Walsingham conference. We presented top tips for health care.



April Showers - By L Perkins

“March winds and April showers bring forth May flowers”.

We often think of this old piece of weather saying during the spring months in the UK.

But is there any truth in it?

What are showers?

Showers are short bursts of rain coming every now and then from individual Cumulus clouds. Cumulus clouds are flat at the bottom and fluffy in appearance.

When the clouds have enough energy to grow big enough, they become cumulonimbus.

Which are towered up clouds, which give us thunderstorms.

Showers and thunderstorms can result in a very heavy downpour in one place, whilst remaining totally dry just down the road.

At this time of year in the UK we are in a changing period between the long, cold (well sometimes) Winter months and the warmer Spring and Summer.

The Jet stream (a fast air current above the earth) starts to move northwards, which can bring the first signs of warmth, but also tends to make our weather more unsettled due to low pressure systems being driven towards the UK, and so we get rain, showers and strong wind.

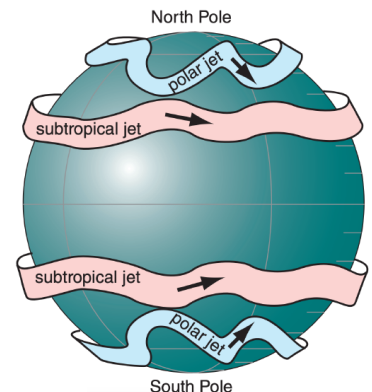
What causes Showers?

But it isn't just low pressure that results in showers, they can also develop due to daytime heating.

At this time of year, the sea temperature around the UK is at its lowest, meanwhile the heating we receive from the sun is increasing as the sun rises higher in the sky and daylight hours increase.

This results in warm land temperatures compared with sea temperatures, and so shower clouds develop more often over the warmer land.

So, there is some truth to the weather saying that April Showers bring may flowers as April does tend to be a showery month, and the warmth of May soon follows.



Interview with Central Involvement continued

What do you find interesting about the group?

- Finding out lots of new information and feedback.
- Get inspiration.
- Meet interesting people.

What do you find challenging/difficult?

- Coronavirus is complicated but you have to grin and bear it.
- Making sure everyone has a voice and nobody takes over.
- John said helping people out to have their say.
- Cath said doing it over zoom is difficult and a challenge.



Is your voice heard?

- Difficult one.
- I say what I want to say.
- Sometimes I get to say what I want to say I find it hard to fit in.

What would you say to people with a learning disability to encourage people to join your group?

- Ali and John have been there the longest and said that they would find interesting beneficial would enjoy it and get a lot out of it.

Anything else?

- We all get on in the group.
- We do like guest speakers Zack Ephron (!), especially important people that can influence things e.g. MP's so, ideas welcome.



Have you heard the one about...

Q: Why is April so popular for using a trampoline?

A: It's Spring-time!

Q: Which April flowers grow on faces?

A: Tulips (2 lips).

Q: What's the biggest difference between Thanksgiving and April Fool's Day?

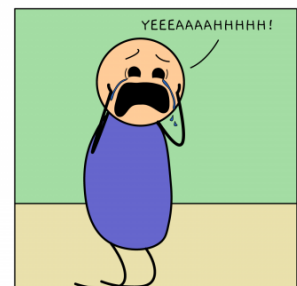
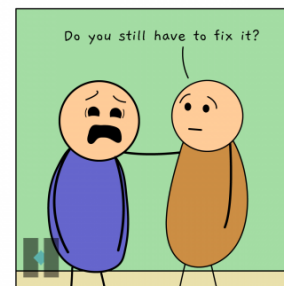
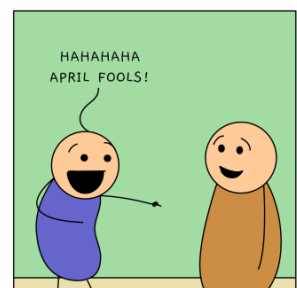
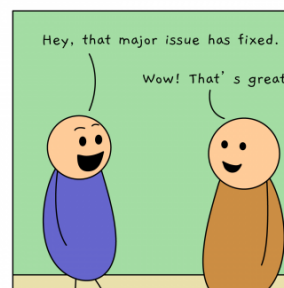
A: On one you're thankful but on the other you're prankful.

Q: What do you say when it's raining chickens and ducks in April?

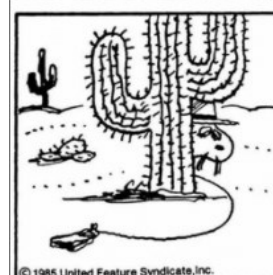
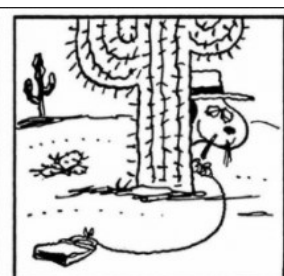
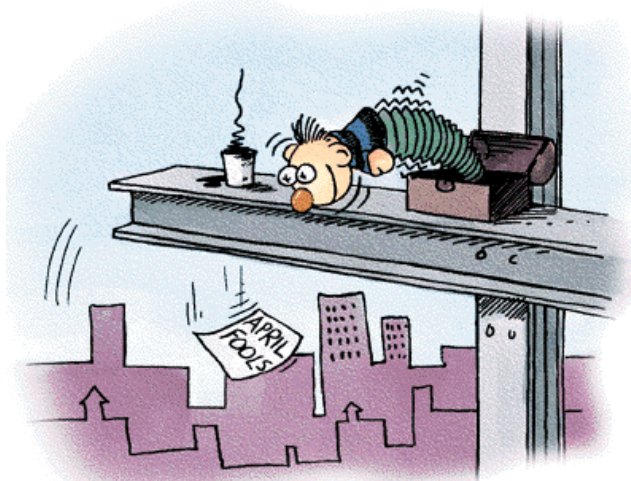
A: FOUL spring weather.

Q: Which day of the year do diesel engines like most?

A: April Fuels Day



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Puzzle Page

1.



2..

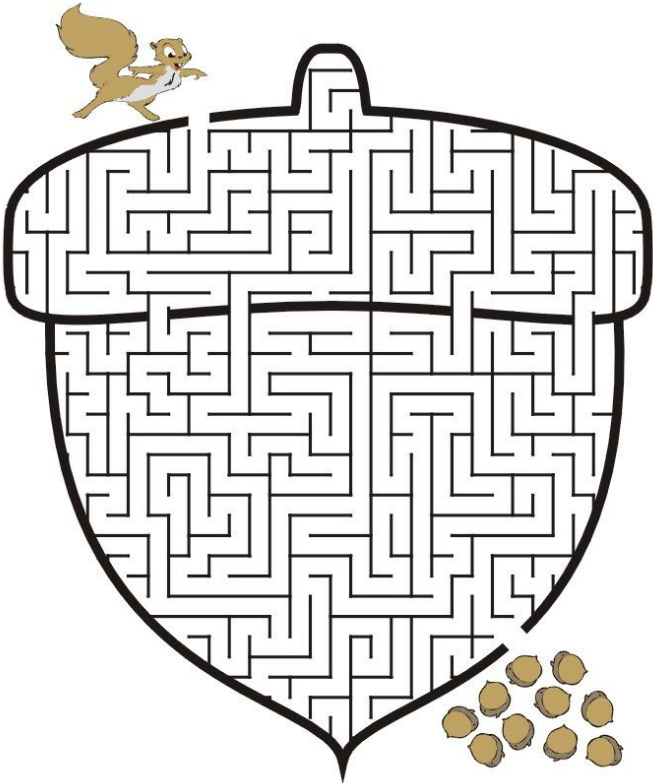


3.



Before and after pictures — name the cities—answer bottom of page.

Help me find my acorns!



	8	4	9			7	5	
3		6	4		5	2		8
	5				2	4		6
	1	5			8	9		2
9		8	6					4
7	6	3		4	9	1		
								1
			5	2	7	6	4	9
			1					

1. Dubai (1980's and now), 2. London (late 1800's and now), 3. Los Angeles(1878 and now)

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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 will be eight
years old in June 2022!

**The deadline for articles and
adverts for the May edition is April
20th.**

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

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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;
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