



## Special points of interest:

- **New Covid rules** P5
- **Adam's family** P6



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# Our News Our Views

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

**Edition 78 – March 2022**

## Covid: Bristol group fronts campaign urging disabled to get jab - BBC News

Two women with learning disabilities have fronted a national campaign urging more people with disabilities to have their Covid jabs.

Penny and Beth, from Bristol, feature in an NHS video which has been viewed more than 500,000 times on social media.

Beth encouraged people with disabilities to get the vaccine. Speaking to BBC Points West, she said:

"I've found some people I know are too scared.

I would say to people with learning disabilities and autism go for it. It doesn't really hurt, you just feel a bit of a scratch and voila it's over and it really protects you from the virus".

Both women are part of Misfits, a Bristol-based learning disability and autism theatre group.

It worked with the NHS to produce the short video encouraging people to come forward.

Penny said: "In the past there's been a lot of barriers to people with learning difficulties. Like you shouldn't do this, you shouldn't do that. So getting the Covid-19 jab is a good idea for anyone with a learning disability and not all disabilities are physical - they are hidden as well".

She explained, "there is 'a bit of uncertainty' about the vaccine so people can be reluctant".

Penny said it was because, "there is a lot of misinformation about the jab which can affect people".

She went on to say it was important, "to get across that all this misinformation is just plain mumbo jumbo".

You can see their video online at this address: [www.Bbc.co.uk/news/uk-England-Bristol-60244401](http://www.Bbc.co.uk/news/uk-England-Bristol-60244401)



# Update from the editors



Hello March! My time is flying isn't it? We hope you are keeping well and enjoying life as the weather becomes less cold. In this month:

- Articles about dog shock collars and changes to Covid rules and disability news.
- Addams family musical, Rust to riches, winter Olympics.
- A list of March events, celebrations and special days and a feature telling you about International women's day.
- A pinch of Nom book review and a delicious example recipe.
- Movie mystery, jokes and puzzles.

**See you in April — deadline 23rd March.**



**Our News Our  
Views**

**Editorial Team.**

## Mencap news.

### Another new safe place.

The Living Room, 10 Commercial Road, Hereford, HR1 2BB.

The Courtyard, Edgar Street, Hereford, HR4 9JR is now open and continues to be a safe place.



## 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.



## March 2022 Events Celebrations and Special days

Pancake Day 1st Mar 2022  
 St. David's Day 1st Mar 2022  
 World Book Day 3rd Mar 2022  
 World Wildlife Day 3rd Mar 2022  
 International Women's Day 8th Mar 2022  
 Barbie Day 9th Mar 2022  
 Pi Day 14th Mar 2022  
 St. Patrick's Day 17th Mar 2022  
 Recycling Day 18th Mar 2022  
 Red Nose Day 18th Mar 2022  
 World Sleep Day 19th Mar 2022  
 Spring Begins 20th Mar 2022  
 World Frog Day 20th Mar 2022  
 Shakespeare Week 21st Mar to 27th Mar 2022  
 World Poetry Day 21st Mar 2022  
 International Day of Action for the Seals 22nd Mar 2022  
 Tolkein Day 25th Mar 2022  
 Wear A Hat Day 25th Mar 2022  
 Mother's Day (UK) 27th Mar 2022  
 British Summer Time Begins 27th Mar 2022



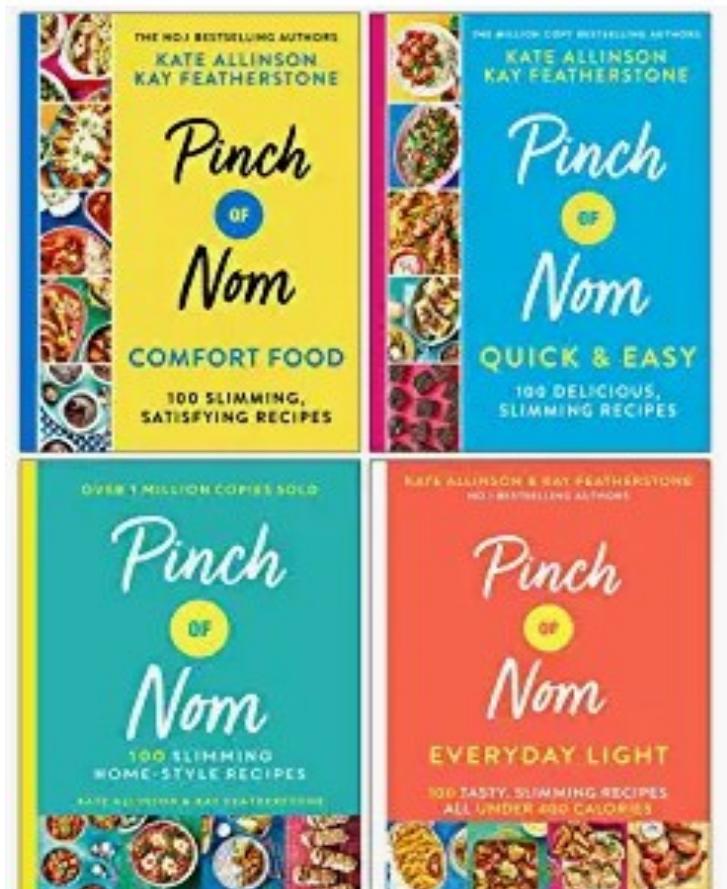
### A pinch of Nom Recipe Books - by Peter Crum

I like the recipes in the books and the pictures are lovely to look at inside the books.

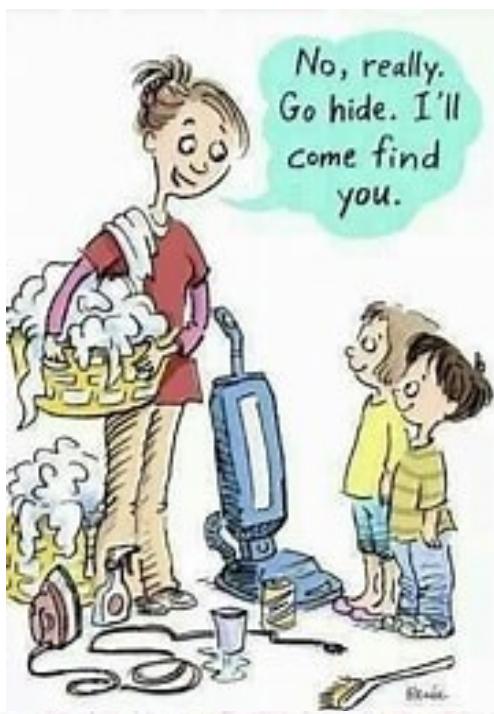
If you are going on a diet I recommend the Pinch of Nom books. There are a lot of good recipes that are easy to follow and are about healthy eating .

It has helped me a lot to cook different things and to lose weight .

I have got 3 books and I have tried lots of recipes like tuna pasta bake and hunters chicken and chicken pie and lots more.

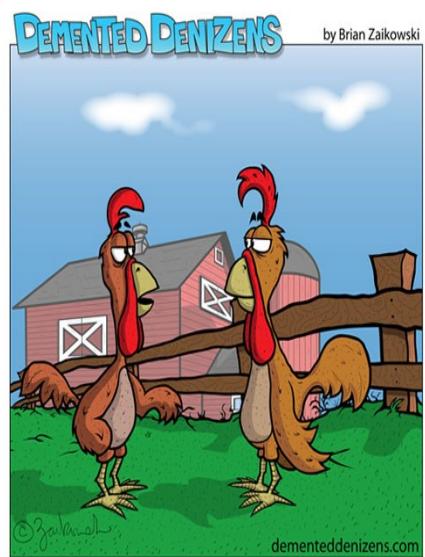


# Have you heard the one about...

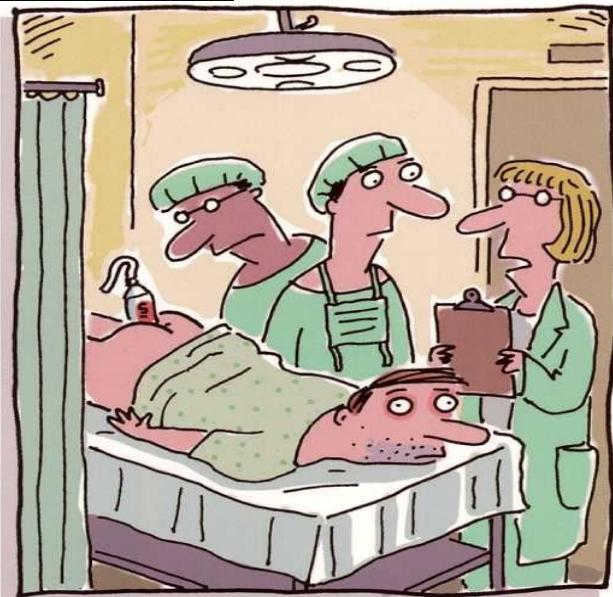


Celebrate the  
Ides of March  
with a donut.  
In fact ...

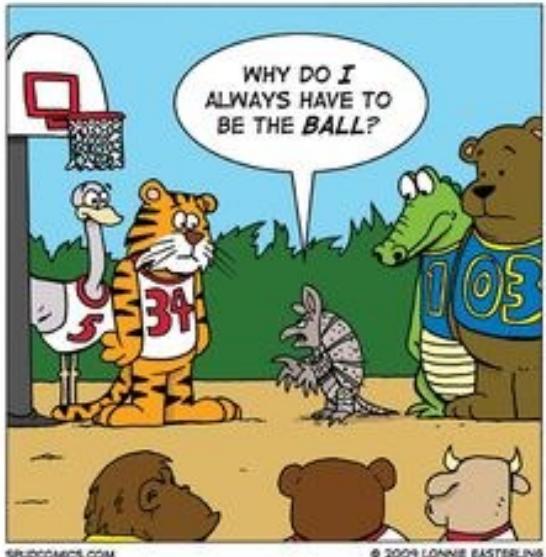
Eat two, Bruté.



If tuna is considered "Chicken of the Sea", how come we're not called "Tuna of the Land"?



"That's correct, Doctor. He claims that the instructions said to squeeze toothpaste from bottom."



## Shock collars for dogs should be banned! -

Adrian Phipps

I believe shock collars for dogs should be banned. Electric shock collars are devices that are sometimes used as a training method to control behaviour or punish a dog for bad behaviour. The device delivers an electric or static shock to the dog's neck via a remote control or an automatic trigger.



People who use shock collars on their dogs always say that they know how to control them. But in my own opinion that is wrong because it is the shock collar that has kept the dog's behaviour good, not them.

There has been research that has shown that shock collars can have a bad effect on the welfare of dogs by causing them unnecessary harm and suffering.

It has been said that the owners do not read the instructions on shock collars, which raises serious concerns about inconsistent use and misuse of the devices.

The Kennel Club fully support a total ban on the use and sale of electric shock collars. Their words were: "We fully support a total ban on the use and sale of electric shock collars. As such, we have extensively lobbied – and continue to lobby – the relevant authorities to prohibit shock collars from being used to train dogs. We are firmly against the use of any aversive training devices."

## Covid-19 isolation rules to end as vulnerable people told to 'live with Covid' - By Learning Disability today

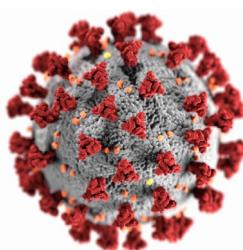
The Covid-19 legal isolation rules for England look set to be replaced by new guidance as part of a government 'Living with Covid' strategy. "What we would simply be doing is removing the domestic regulations which relate to isolation. But obviously in the same way that someone with flu, we wouldn't recommend they go to work, we would never recommend anyone goes to work when they have an infectious disease", a spokesperson said.

Deepti Gurdasani, a clinical epidemiologist at Queen Mary University of London, said: "Removing requirements for self-isolation will lead to preventable illness and death. Disproportionately in CV, elderly, minoritised, poor and disabled people who can do little to protect themselves - as they enter workplaces, transport, society with people who are infected."

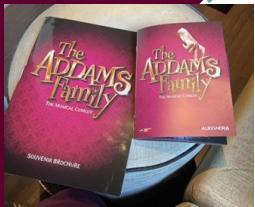
UNISON general secretary Christina McAnea added:

"Everybody wants to get back to normal, but Covid risks haven't disappeared. This is going too far, way too soon".

"Infections are still rife in schools. Large numbers of pupils and staff are off. Allowing a premature return could lead to a further jump in infections and disrupt learning for thousands more."



**ONOV comment:** Looks like it is still important to be careful especially if you live with or meet with people more vulnerable than you. We can continue to be polite and look after each other and ourselves.



## The Addams family Musical - By Tracy Roberts

I went to Birmingham to see the Addams family with my friend Janet.



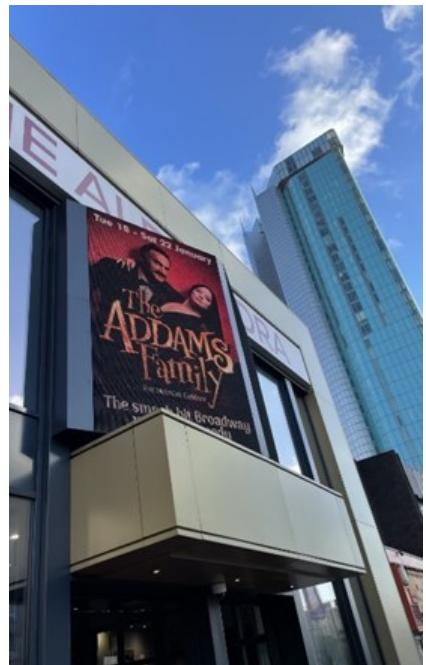
The Addams family are visiting the graveyard for an annual gathering of all family members (living, dead, and undecided) to celebrate what it is to be an Addams. Uncle Fester stops the Ancestors' return to their graves to enlist their help. He explains that Wednesday, has invited her new boyfriend, Lucas Beineke, and his parents, Mal and Alice, to dinner. While torturing Pugsley on a rack, Wednesday admits that love is pulling her in a new direction. Meanwhile, Wednesday's parents, Morticia and Gomez, worry about her changing ways.

As the Beinekes arrive, Wednesday and Lucas instruct their families to act normal so they can all enjoy a simple dinner. But the moment Lurch ushers the Beinekes into the mansion, tensions begin to mount. Mal wants to tear down the old house, Alice begins to spout happy poems at random, Pugsley, Fester, and Grandma fail at acting normal and Wednesday, after wearing black for eighteen years, appears in a bright yellow dress. Later, Lucas and Wednesday, away from their families, reveal that the reason they brought their families together is to announce their marriage. Gomez and Mal share a drink and Alice admits to Morticia that her marriage to Mal has grown passionless. Morticia then hears

Wednesday call her old and worries that she's getting crows feet. She turns down Gomez's request to tango, leaving him alone and unsatisfied. Meanwhile, Pugsley is worried that Wednesday's love life means she won't torture him anymore. He steals a potion from Grandma after she reveals it will bring out someone's dark nature. Pugsley plans to slip it to Wednesday at dinner.



At dinner, "The Game" is played, where each person at the table confesses something. Gomez tells a story about scaring away crows and their feet, but upsets Morticia by accidentally comparing her to a goat, while Uncle Fester admits he's in love with the moon.



## The Addams Family Musical continued....

In a mix-up, Alice drinks Pugsley's potion and in front of everyone declares her marriage to Mal a loveless mess as she reveals her misery and woe. As Mal, humiliated, attempts to leave with his family, Wednesday announces that she and Lucas will marry, to which Lucas sheepishly agrees. Chaos engulfs both families, and Uncle Fester, trying to be helpful, instructs the Ancestors to create a sudden, terrible storm, trapping everyone in the mansion for the night. During the storm, Wednesday tries to leave, but Lucas wants to stay and work things out with their families, leading the pair to have their first fight. Later, Morticia fears she is no longer relevant to her own family, and reminds herself that death is waiting for her. Mal and Alice start to have a fight about their marriage at the dinner after Alice makes a poem that doesn't rhyme. Uncle Fester calls for an interlude as he plays his ukulele, singing a love song to the Moon.



Walking out in the yard, Wednesday runs into Gomez. He is happy she's found someone to love, yet sad that his daughter is growing up. Wednesday is left worrying that she and Lucas are too different. Then as a show of trust, Lucas blindfolds Wednesday and lets her shoot an apple off his head with a crossbow. She succeeds, and the two embrace. Pugsley cannot sleep, and Morticia relaxes him a bit but he cannot bring himself to confess what he did to Alice. In the grotto, Gomez and Fester attempt to get Mal to open up about his feelings to no avail. He is ultimately kidnapped by Bernice and pulled into the sewers. Grandma, hearing the word "love", comes to sing with Gomez and Fester. Moments after, Alice is led down to the grotto by Lurch where Mal, now back from his swim with Bernice, has learned to appreciate what he has after spending time in the arms of a passionate squid and announces he still loves Alice. Gomez now goes up to the rooftop to profess his love for Morticia. They kiss and begin to tango.

With all the couples reunited, Pugsley admits to slipping the potion to Alice, but is congratulated since it brought everyone together. Uncle Fester, wearing a rocket, tells everyone he is flying off to be with the moon. As the families sing one last ballad, they are all shocked as Lurch sings out loud for the first time, just as a puff of smoke is seen on the moon, signaling Fester has just landed.  
I loved the set.





## Car Master Rust to Riches - By Peter Crum

I have been watching a program on Netflix called Car Master Rust to Riches.

Restoring and flipping cars can be a lucrative business for firms that do it. One such company is Gotham garage, which is at the centre of this series.

Owner Mark Towle leads a colourful crew which overhauls a varied collection of cars and trucks, they can sell for big money.

I really enjoyed watching the program and especially the practical side of it.



## Puzzle page - Movie Mystery

### Guess the movie

These popular movies have different (and bizarre) titles in other countries. Can you guess what movies they are?

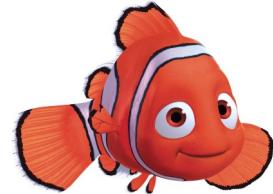
1. *The Electronic Murderer.*
2. *Full of Nuts.*
3. *General Mobilization Under The Sea.*
4. *Dimwit Surges Forth.*
5. *The Boy Who Drowned in Chocolate.*
6. *Odd Couple, Wacky Trip, Go Together In Time for Birth.*
7. *Please, Do Not Touch the Old Women.*
8. *I Will Marry a Prostitute to Save Money.*
9. *Mr. Cat Poop.*
10. *Super Speeding Cleaning Evil Accounts.*
11. *Satan Female Soldier.*
12. *Santa Is A Pervert.*
13. *Because She Is Ugly.*
14. *It's Raining Falafel.*
15. *Mom, I Missed the Plane.*
16. *Interplanetary Unusual Attacking Team.*
17. *If You Leave, I Delete You.*
18. *The Night of the Cold Noses.*
19. *A Super Tough Kangaroo.*
20. *Super Power Dare Die Team.*



## Mystery Movie answers



1. In Poland, The Terminator is translated to The Electronic Murderer.
2. In Germany, Dodgeball: A True Underdog Story is translated to Full of Nuts.
3. In China, Finding Nemo is translated to General Mobilization Under The Sea.
4. In Thailand, Water Boy is translated to Dimwit Surges Forth.
5. In Denmark, Willy Wonka & The Chocolate Factory is translated to The Boy Who Drowned in Chocolate.
6. In Japan, Due Date is translated to Odd Couple, Wacky Trip, Go Together In Time for Birth.
7. In Italy, The Producers is translated as Please, Do Not Touch the Old Women.
8. In China, Pretty Woman is translated to I Will Marry a Prostitute to Save Money.
9. In China, As Good As It Gets is translated to Mr. Cat Poop.
10. In Thailand, Drive Angry is translated to Super Speeding Cleaning Evil Accounts.
11. In China, G. I. Jane is translated to Satan Female Soldier.
12. In the Czech Republic, Bad Santa is translated to Santa Is A Pervert.
13. In the Philippines, Never Been Kissed is translated to Because She Is Ugly.
14. In Israel, Cloudy With A Chance of Meatballs is translated to It's Raining Falafel.
15. In France, Home Alone is translated to Mom, I Missed the Plane.
16. In China, Guardians of the Galaxy is translated to Interplanetary Unusual Attacking Team.
17. In Italy, Eternal Sunshine of the Spotless Mind is translated to If You Leave, I Delete You.
18. In Spain, 101 Dalmatians is translated to The Night of the Cold Noses.
19. In Spain, The Pacifier is translated as A Super Tough Kangaroo.
20. In China, Ghostbusters is translated to Super Power Dare Die Team.



# International Women's Day 2022

## campaign theme: #BreakTheBias -

By L Perkins

I have been reading about International Women's Day which is on the 8<sup>th</sup> March 2022 and this year's theme of #Break the Bias. The website says:



Imagine a gender equal world.  
A world free of bias, stereotypes, and discrimination.  
A world that is diverse, equitable, and inclusive.  
A world where difference is valued and celebrated.  
Together we can forge women's equality.  
Collectively we can all **#BreakTheBias**.

Individually, we're all responsible for our own thoughts and actions - all day, every day.  
We can break the bias in our communities.  
We can break the bias in our workplaces.  
We can break the bias in our schools, colleges and universities.  
Together, we can all **break the bias** - on International Women's Day (IWD) and beyond.

Strike the IWD #BreakTheBias pose.

Whether deliberate or unconscious, bias makes it difficult for women to move ahead. Knowing that bias exists isn't enough, action is needed to level the playing field.

**Are you in? Will you actively call out gender bias, discrimination and stereotyping each time you see it?**

Will you help **break the bias**?

Cross your arms to show solidarity.

**Strike the IWD 2022 pose** and share your **#BreakTheBias** image, video, resources, presentation or articles on social media using **#IWD2022 #BreakTheBias** to encourage further people to commit to helping forge an inclusive world.

# Poetry Corner

## March

Now when it's March  
It's really spring  
There's a bright new look  
On everything.

~ Author Unknown ~



## March

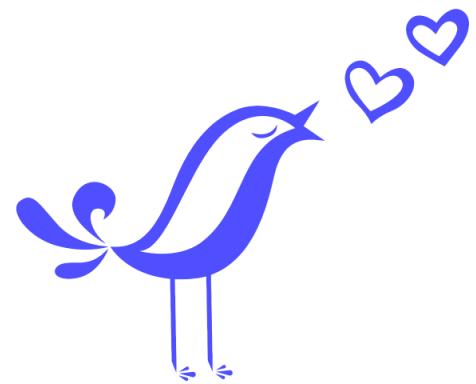
When the rain is splashing down  
On the fields and in the town  
Singing winds begin to blow  
And the flowers start to grow  
How glad I am when I have seen  
Those tender leaves of gentle green  
They warm my heart and make it sing  
For now I know at last it's spring  
Spring makes the world a happy place  
You see a smile on every face  
Flowers come out and birds arrive  
Oh, isn't it grand to be alive.

~ Author Unknown ~

## MARCH

*by Emily Dickinson (1830-1886)*

We like March, his shoes are purple,  
He is new and high;  
Makes he mud for dog and peddler,  
Makes he forest dry;  
Knows the adder's tongue his com-  
ing,  
And begets her spot.  
Stands the sun so close and mighty  
That our minds are hot.  
News is he of all the others;  
Bold it were to die  
With the blue-birds buccaneering  
On his British sky.



## Winter Olympics - By Laura Joliffe

The **Winter Olympic Games** is a major international multi-sport event held once every four years for sports practiced on snow and ice. The first Winter Olympic Games in 1924, were held in Chamonix, France.

The original five Winter Olympic sports (consisting of nine disciplines) were bobsleigh, curling, ice hockey, Nordic skiing (consisting of the disciplines military patrol, cross-country skiing, Nordic combined, and ski jumping), and skating (consisting of the disciplines figure skating and speed skating).

The Games were held every four years from 1924 to 1936, interrupted in 1940 and 1944 by World War II, and resumed in 1948. Until 1992, the Summer Olympic Games and the Winter Olympic Games were held in the same year, and in accordance with the 1986 decision by the IOC to place the Summer Olympic Games and the Winter Olympic Games on separate four-year cycles in alternating even-numbered years, the next Winter Olympic Games after 1992 were held in 1994.

The Winter Olympic Games have evolved since their inception. Sports and disciplines have been added and some of them, such as alpine skiing, luge, short track speed skating, freestyle skiing, skeleton, and snowboarding, have earned a permanent spot on the Olympic program. Some others, including curling and bobsleigh, have been discontinued and later reintroduced; others have been permanently discontinued, such as military patrol, though the modern Winter Olympic sport of biathlon is descended from it. Still others, such as speed skiing, bandy and skijoring, were demonstration sports but never incorporated as Olympic sports.

The IOC has selected Beijing, China, to host the 2022 Winter Olympics and the Italian cities of Milan and Cortina d'Ampezzo to host the 2026 Winter Olympics.

I watched some of the sports especially the snowboarding which was exciting and a bit frightening. I cant imagine even attempting some of the jumps they do!

What did you think of it?



# 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 April edition is March 23rd.**

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

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

[www.herefordshiremencap.co.uk](http://www.herefordshiremencap.co.uk) find us on Facebook and twitter @HerefordMencap.

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