



Our News Our Views

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

Edition 81 – June 2022



Special points of interest:

- Calendar girls P3
- Platinum jubilee P1



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messages
travel in the
body

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jokes + 9

Platinum Jubilee in Hereford—By Peter Crum

Platinum Jubilee celebrations in Hereford
Secret garden Coldwells Road Hereford HR1 1LH
Thursday 2nd of June The Queens Quiz night
Friday 03rd of June Live Music
Sunday 5th of June The Big Lunch
Left bank Bridge Street Hereford HR4 9DG
2nd - 5th June four days of summer fun, BBQ, face
painting Great British Bake Off, Burlesque Show, Live



Learning Disability Week

This is 20th to 26th June this year and there are
lots of activities and places for people to visit.
See posters on Page 8+9.

SAVE THE DATE
Learning Disability
Week 2022
20th - 26th June

Platinum Jubilee Pudding Winner

A lemon Swiss roll and amaretti trifle has been named the
official pudding of the Queen's Platinum Jubilee.

Amateur baker Jenna Melvin's winning creation was inspired by
her gran, her nan, and the Queen herself. Amateur baker Jenna
Melvin's creation beat 5,000 other desserts to be crowned
winner of the Platinum Pudding competition.

She was announced as the winner on BBC One special *The
Jubilee Pudding: 70 Years in the
Baking*.

Dame Mary Berry and Monica Galetti
judged the competition, which was
run by Fortnum and Mason and the
Big Jubilee Lunch charity.

To make recipe: <https://tinyurl.com/>



Update from the editors



Hello everyone, Our News Our Views is 8 years old this month! How time flies when you are enjoying yourself!

We hope you have lots of fun activities planned for June.

In this edition:

- June happenings—ideas for the month and do take part in Learning Disability week events.
- Ever wondered how messages travel around the body.? Lisa tells us.
- Read Tracy's interviews about Hereford Musical Theatre Company's up coming show Calendar girls.
- May fair fun from Laura, and how to find bargains at car boots sales.
- Top ten ideas for fathers day and holidays from Peter.
- Plus puzzles and jokes.

Our News Our Views

Editorial Team.

See you in July — deadline 22nd June.

Britta Marakatt-Labba Exhibition - By Tracy Roberts

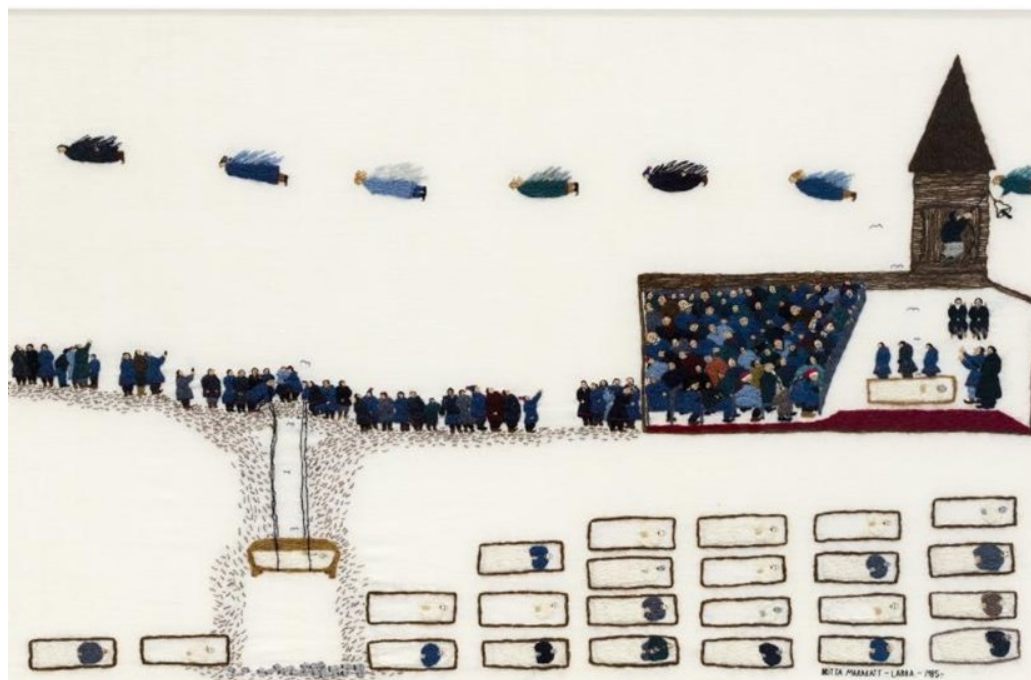
I went to Birmingham with Jess from about face to see an exhibition by Britta Marakatt-Labba.

For almost 40 years, she has made Sami history, everyday life and mythology come to life by story telling in stitch.

The **Sámi** are a group of **indigenous people** that come from the region of **Sápmi**, which stretches across the northern parts of **Norway, Sweden, Finland** and the **Kola peninsula** in **Russia**.

All the pictures were embroidered and they were amazing and a lot of work went into each picture.

I loved all of the pictures and each one told a story but my favourite one was 'this is tomorrow'.



Calendar Girls — By Tracy Roberts

I interviewed Jenni Axtell and Nigel Holloway who are the on the production team for Calendar girls and this is their point of view of the show.

Interview with Musical Director for Calendar Girls.

What is your name? my name is Jenni Axtell

What is your role within Calendar Girls? I am the musical director which means in charge of the music.

What do you like about Calendar Girls? I like calendar girls because of the fab music because this show is written by Gary Barlow and it's a very funny show, it's perfect for Hereford Musical Theatre Company lots of strong female characters.

What your favourite song in the show? This is a difficult one to choose I love "Dare" and have a soft spot for "Who wants a silent night"

Why should people come and see calendar girls? I think people should see this show because it's a brilliant show, got a very strong cast and it appeals to everyone.

Interview with the Director for Calendar Girls.

What is your name? My name is Nigel Holloway

What is your role within Calendar Girls? I am the Director

What do you like about Calendar Girls? I love the story because it's real and dealing with real characters.

What your favourite song in the show? This is a difficult one, I love the entire score.

Why should people come and see calendar girls? The show is passionate, loving and heart lifting.

If you wish to see Calendar girls—tickets are still available!



CALENDAR GIRLS THE MUSICAL

by Gary Barlow and Tim Firth

21st - 25th June 2022

at The Tomkins Theatre 7.30pm

www.ticketsource.co.uk/hmtc or Tel: 0333 666 3366

How do messages travel in the human body - By L Perkins

The nervous system is made up of the brain, the spinal cord, and a large network of nerves that covers all parts of the body.

Together the nervous system helps different parts of our body communicate and allows our brain to control what is going on.

Without the nervous system our brain wouldn't know anything that was going on in the outside world and wouldn't be able to control our body.

The brain and the spinal cord make up what is called the central nervous system. The rest of the nerves together are called the peripheral nervous system.

Nerves

Nerves are sort of like wires that carry communication signals or impulses around the body.

Within the peripheral nervous system there are two main sets of nerves: the autonomic nervous system and the somatic nervous system.

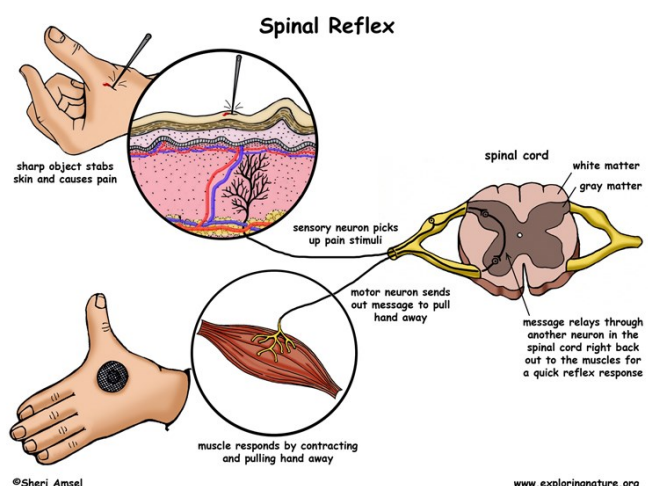
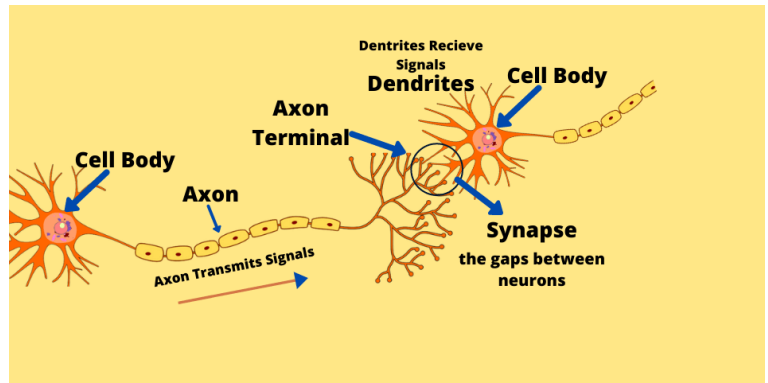
- Autonomic nervous system - This set of nerves works automatically. We don't have to think about them, the brain does it all for us e.g. heartbeat, digestive system.
- Somatic nervous system - These are the nerves that we actively control, like jumping with our legs or moving our arms.

The Neuron

Each nerve is made up of many cells called neurons. To learn more about neurons, let's take the motor neuron for example. Each motor neuron has three important parts: the cell body, dendrites, and the axon. Dendrites are branches off the main cell body. They talk to dendrites from the cell next to them over something called a synapse. Axons connect to the muscles and tell them what to do.

Reflex

Our bodies are super smart. Sometimes we need to move so fast that our brains don't have time to think. So, our body just bypasses the brain. This happens when we touch something hot. Our hand moves before the brain tells it to. The brain eventually finds out what is going on, but our body has done the smart thing and moved first.



June happenings - By e Parenting



World Milk Day 1st Jun 2022

Platinum Jubilee Bank Holiday 2nd Jun to 3rd Jun 2022

A two-day bank holiday in the UK to celebrate the Queen's Platinum Jubilee. Replaces the Late Spring Bank Holiday.

Spring Bank Holiday 2nd Jun 2022

A Bank Holiday in the UK and Ireland. For 2022 this has been moved to Thursday 2nd June as part of the Queen's Platinum Jubilee Celebration Weekend.

The Queen's Platinum Jubilee Weekend 2nd Jun to 5th Jun 2022

Planned celebrations for the Queen's 70th Jubilee include street parties, Jubilee beacons, a pageant and a party at Buckingham Palace.

Sausage Roll Day 5th Jun 2022 Eat a sausage roll today!

World Environment Day 5th Jun 2022 The United Nations' principal event for encouraging worldwide awareness and action for the protection of our environment.

Bike Week 6th Jun to 12th Jun 2022 Organised by Cycling UK, this is an annual opportunity to promote cycling and show how cycling can easily be part of everyday life.



World Oceans Day 8th Jun 2022 Event organised by The Ocean Project to raise awareness of the oceans and the living creatures that make their home there.

Worldwide Knit in Public Day 11th Jun 2022 Go public and let everyone just how much you love to knit.

Father's Day 19th Jun 2022 Celebration of fathers in the UK, the US and most of Europe and many other parts of the world.

Make Music Day 21st Jun 2022 Celebrates music in all its forms and the impact it's had on the world and the human spirit.

Summer Begins 21st Jun 2022

World Giraffe Day 21st Jun 2022 Annual event to raise support, create awareness and shed light on the challenges giraffe face in the wild.

International Women in Engineering Day 23rd Jun 2022 An international awareness campaign to raise the profile of women in engineering

National Writing Day 23rd Jun 2022 A day for everybody across the UK to put pen to paper, unleash their imagination and make their voices heard.

World Refill Day 24th Jun 2022 World Refill Day is a global public awareness campaign to prevent plastic pollution, help people live with less waste and help make single-use plastic a thing of the past.

Wimbledon Fortnight 27th Jun to 10th Jul 2022 Annual international tennis championship held in Wimbledon, UK.



My favourite ride! - By Laura Joliffe.

I went to the May fair every night when it was in Hereford.

I went on The Sizzler three times!

It is a fun fair classic that first started to appear in the fair in the 1960's.

It goes really fast and spins you around. I loved it and did not feel scared at all. It is the only ride I went on at the fair.



Top Tens - By Peter Crum

Top Ten Father's Day Gifts

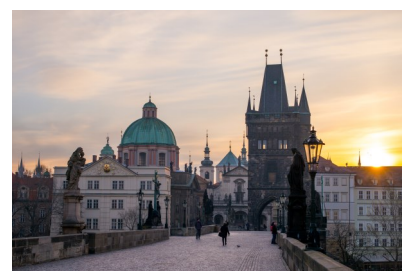
19th June is fathers day

- 1 Go for a meal
- 2 Go to play golf
- 3 Go horse racing
- 4 Go for a walk
- 5 Chocolates
- 6 Buy him some wine
- 7 Buy a shirt
- 8 Buy him shoes
- 9 New wallet
- 10 Buy him a nice coat



Top Ten holiday

- 1 Spain
- 2 Portugal
- 3 Croatia
- 4 Turkey
- 5 Mexico
- 6 Japan
- 8 Italy
- 9 Florida
- 10 Prague



ECHO Officer falls out of a plane!

- By Tracy Roberts

This is not an April fool! He really is going to fall out of a plane (with a parachute!) on the 18th June to raise funds for ECHO.

You can sponsor him here:

<https://fundraising.echoherefordshire.org.uk/fundraising/jumpforECHO>

All money raised will go to supporting ECHO.
If you want to do it yourself, then contact ECHO who can help arrange it!



New Life and Soul Kitchen café .

By Laura Joliffe

I went to the new Life and Soul Kitchen Cafe in Maylords Shopping Centre with Lauren last week. I went in there for food at lunchtime. It was very nice. I had a cheese baguette and Lauren had cheese and onion baguette.

The food is a good mix of breakfast treats, baguettes & paninis, baked potatoes, delicious cakes, snacks, and hot and cold drinks.

It is a nice welcoming relaxed atmosphere.

Three elms trading café is now open Tuesday - Saturday 9-5 and Maylord is Monday-Saturday 9-5 Sunday 10.30-4



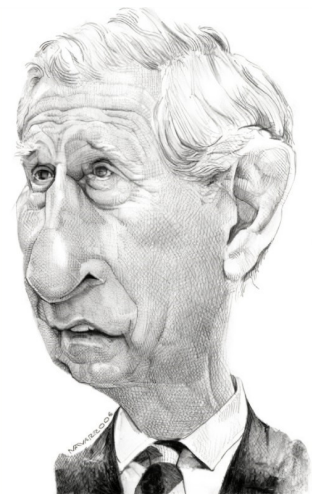
Royal Wordsearch

Can you find the royalty hidden in this puzzle?

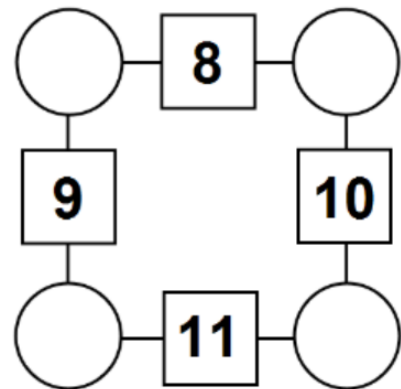
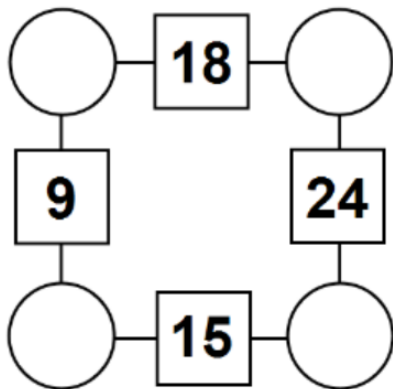
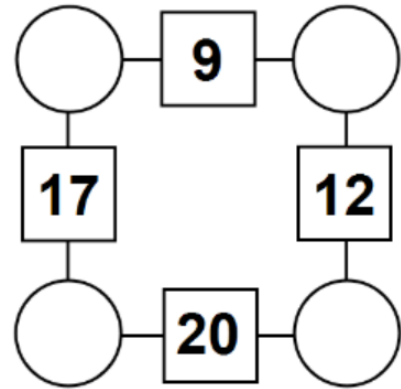
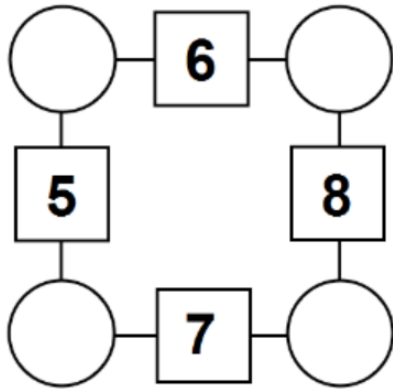


QUEEN, KING, PRINCE, PRINCESS, DUKE, DUCHESS, CASTLE, SOVEREIGN,
ROYAL, ROYALTY, THRONE, CROWN, REIGN, JUBILEE, CORONATION,
FAMILY, PALACE, MONARCH, DOMINION

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Square Arithmagons



See if you can solve these four square arithmagons.

The aim of an arithmagon is to work out which numbers go in the empty circles. The numbers in the square boxes are made by adding together the numbers in the circle either side.

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Arithmagons hmmm.
Where are the
grandchildren when I
need them?



Learning Disability Week



Herefordshire and Worcestershire
Health and Care
NHS Trust

SAVE THE DATE
**Learning Disability
Week 2022**

20th - 26th June

You are invited to a week long celebration across Herefordshire to mark

Learning Disability Week

Join us for a series of themed days hosted and attended by services supporting people with a learning disability and their families.

There will be information stands, presentations and workshops, plus fun, games and refreshments for all to enjoy.

There is no need to register, just drop-in to the events that interest you.

#LDWeek22

www.hacw.nhs.uk/ldweek22

Schedule of events

Scan the QR or visit our website for full details www.hacw.nhs.uk/dweek22

Monday 20th June

Health - Aspire Hub

10:00 - 3:00

Tuesday 21st June

Services/Safety - Aspire Hub

10:00 - 3:00

Wednesday 22nd June

Community Learning Disability Team - Aspire Hub

10:00 - 3:00

Thursday 23rd June

Local events across Herefordshire

Friday 24th June

Celebration - Aspire Hub

10:00 - 4:30

Saturday 25th June

Mencap celebration - Hereford Old Market

10:00 - 3:00

All sessions are

FREE

to attend

Delivered in partnership with:



Aspire hub:
Canal Road, Hereford HR1 2EA

Bargains galore! - By Laura Joliffe

I went to Madley car boot sale on Sunday afternoon. It is a good place for bargains.

I paid £5.00 for a pair of white fur lined boots. They can be worn with cuff up or down.

Previously I have bought other great bargains e.g.:

Leopard skin coat, Black Boots ,
Jeans , Jacket and Shirt.



You can also get other great stuff like phone chargers and DVD's.

Why not visit a car boot sale? It is cheap and good for the environment to recycle!



A man asked a widow if he could say a word at her husbands funeral. She said "Certainly."

He stood up and said "Plethora" , and the woman said "Thanks, that means a lot."

And another man stood up and said, "Bargain" and the woman said, "Thanks, that means a great deal."

Yet another stood up and said, "Earth" and the woman said, "Thanks, that means the world."

Yet another stood up and said, "Infinity" and the woman said, "Thanks, that means more than you can imagine."

Yet another stood up and said, "Being Alive" and the woman said, "Thanks, my husband would have loved that."

Another person simply held up a sprig of spearmint, and the widow said, "Thanks, that's a lovely scent of mint."



Ho!

Ho!

Ho!

Joke
corner





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Lyndsey.Beynon@wccc.co.uk or
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Website: www.ournewsourviews.com

**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 July edition is June
22nd.**

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

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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
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