



Special points of interest:

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Our News Our Views

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

Edition 82 – July 2022

Learning Disability Week - By the team



Our News Our Views were out and about reporting on Learning Disability Awareness Week at the Aspire Hub and in Ross - on - Wye Market.

"It was my first time reporting since before covid, I found it was a very good experience reporting and learning about what the organisations do and I liked talking to lots of people.

I would like to do it again!" said Peter.

"I enjoyed it yeh, brilliant", said Adrian, "it was easy to do we knew what we were going to do. Peter asked the questions and I made a written record, and Karen from Healthwatch filmed us".

Update from the editors



Happy summer to everyone! We hope you had a merry Jubilee and have lots of good times planned for July?

In this edition:

- July happenings—ideas for the month.
- History of the Orient Express,
- Travel news with Greece, Spain and a Croation holiday.

experience.

- A zoom invite to make the most of internet searching of the Talk Community Directory.
- Learning Disability awareness week discoveries.
- Plus puzzles and jokes.

Our News Our

Views

Editorial Team.

See you in August — deadline 20th July.

Come Zoom with us - Talk Community Directory Team

It's Kay here from the Talk Community Directory team. I'd like to let you know that we have another couple of dates for our online sessions about the Talk Community Directory, where you can join us for a tour of the directory, see what's new and how to get the most from using the directory website.

Following on from taking part in the voluntary sector survey last year, for research into Herefordshire's voluntary and community sector, I understand that you have expressed an interest in having a closer look at the directory, for some support in how to get the most from using the directory website.

Our online sessions will give a flavour of the different information pages on the directory, with tips along the way for using the directory. We'll look at the best ways to search the "Services and groups" and the "What's on" calendar, and take a look at the different functions on the website, including how to add services and events.

There are two sessions coming up, which you can register onto, and a link to join the Microsoft Teams session will be sent to you before the event:

Tuesday 28 June 12pm to 1pm - [Register through Eventbrite](#)

Wednesday 27 July 11am to 12pm - [Register through Eventbrite](#)

If you have any specific questions that you'd like us to cover in the session, it would be great if you could email these

to talkcommunitydirectory@herefordshire.gov.uk by the close of play the day before the session. We're keen for you to gain the answers to any questions you may have during the session.

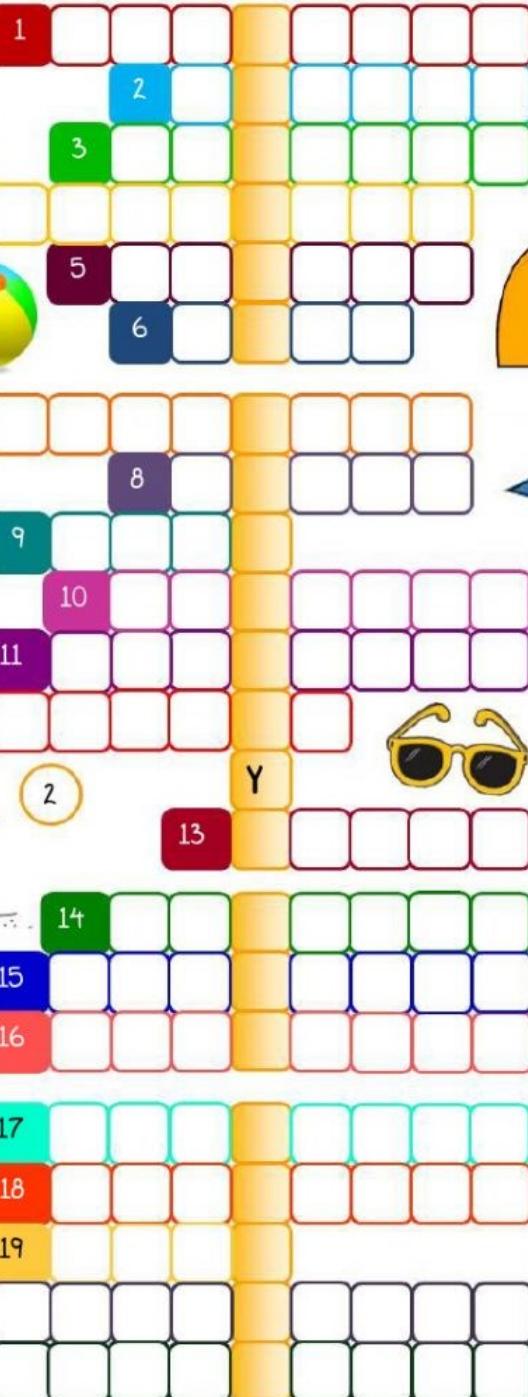
If you would prefer a more tailored session for your organisation, or a face-to-face session, please do let us know and we can arrange this with you.



SUMMER

holidays

Match the words to the correct pictures and complete the crossword. Then find a secret message.



ball
beach bag
bucket
camping
crab
deckchair
flippers
inflatable ring
kite
lifeguard
sandcastle
shells
snorkelling
starfish
sunbathing
sun cream
sunglasses
sunshade
swimming
surfing
towel

The secret message is _____.

Facts about Greece - By L Perkins

I have been reading about Greece. Here are some facts I found interesting:

1. You've probably heard of Santorini, Mykonos and Crete. But did you know that Greece is made up of thousands more beautiful islands? It is estimated that Greece is home to up to 6,000 islands and islets, with only around 200 of them being inhabited.
2. If you love visiting heritage sites, you're in for a treat in Greece. The country is home to 18 World Heritage Sites, Including world-famous site the Acropolis of Athens, The temple of Apollo, Meteora, and the Old Town of Corfu.
3. No part of Greece is more than 95 miles away from the ocean.
4. The Greeks love dancing so much, there are over 4,000 official traditional dances in Greece. They originate from all over the country and you're sure to find a place where you can join in on your trip to Greece.
5. One of my favourite fact about Greece is that it's one of the World's Sunniest Countries, having more than 250 sunny days. Some islands even see around 300 days of Sunshine a year. If you visit don't forget to pack your sunscreen!



July happenings - By e Parenting

Canada Day 1st Jul 2022 The national day of Canada. It celebrates the anniversary of July 1, 1867, the effective date of the Constitution Act.



Alice's Day 2nd Jul 2022 Annual celebration of the much loved classic children's book Alice's Adventures in Wonderland by Lewis Carroll.

American Independence Day 4th Jul 2022 Celebration of the independence of the United States of America.

World Chocolate Day 7th Jul 2022 Celebrations of all things chocolate!



Eid ul-Adha 9th Jul to 10th Jul 2022 This Muslim festival remembers the prophet Ibrahim's willingness to sacrifice his son when God ordered him to. It is celebrated by prayer and visiting family and friends.

Bastille Day 14th Jul 2022 French national day, celebrating the storming of the Bastille prison in Paris, which signalled the start of the French Revolution.

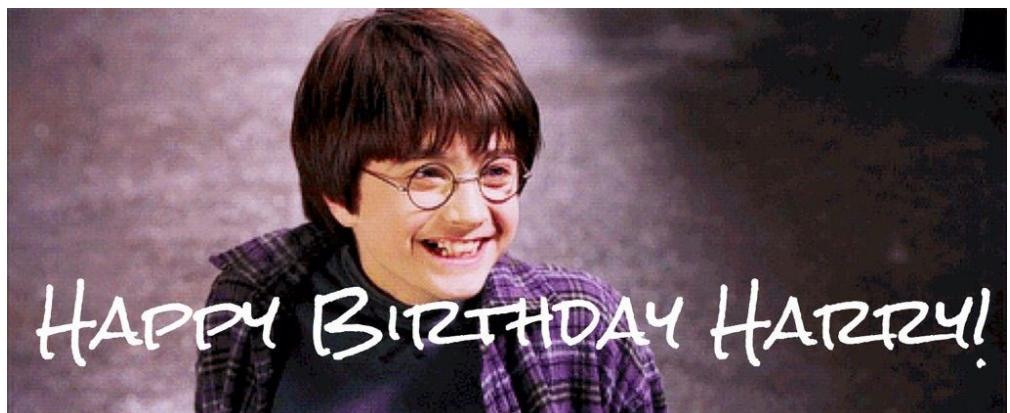
St. Swithuns Day 15th Jul 2022 According to legend, if it rains today, it will continue to rain for 40 days and 40 nights.

Commonwealth Games 2022 28th Jul to 8th Aug 2022 The Commonwealth Games is an international multi-sport event involving athletes from the Commonwealth of Nations. In 2022 it will be held in Birmingham UK.



Global Tiger Day 29th Jul 2022 An annual celebration to raise awareness for the plight of tigers and the urgent need for tiger conservation.

Harry Potter's Birthday 31st Jul 2022 Harry shares his birthday with author J.K. Rowling.



Learning Disability Awareness week - By the team



“The people we met were really lovely and helpful. I felt really good asking them questions”, said Lisa.

“It was very hot which made it a bit difficult, but the people were very nice”, said Laura

(More about organisations and people in future editions and watch out for some filmed interviews!)

Tracy said, “I helped organise the Learning disability awareness week with the NHS Learning Disability team.

It was an amazing week, and it was nice to see people with learning disability seeing people who they haven’t seen for a long time.

Overall, I am glad I got involved with the week”.

ECHO Officer fell out of a plane!

- By Tracy Roberts

Well done Mike. Mike Cook, chief officer of ECHO faces a nervous wait for his parachute jump as his first date was postponed due to bad weather!

All should go ahead as planned in July to raise money for ECHO—well done Mike, what a scary thing to do.

There is still time to give money by using the link below.

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

If you are raising money for any of the services that offer opportunities for people with a learning disability and would like us to publicise it—get in contact!



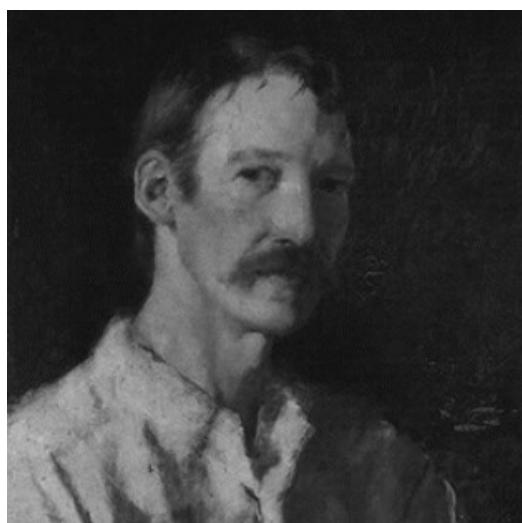
Poetry Corner

Bed in Summer - Robert Louis Stevenson - 1850-1894

In winter I get up at night
And dress by yellow candle-light.
In summer, quite the other way,
I have to go to bed by day.

I have to go to bed and see
The birds still hopping on the tree,
Or hear the grown-up people's feet
Still going past me in the street.

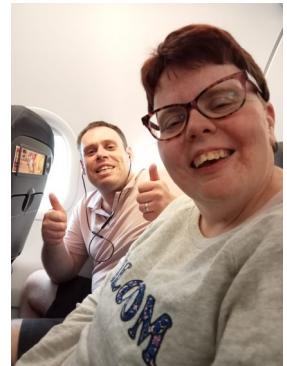
And does it not seem hard to you,
When all the sky is clear and blue,
And I should like so much to play,
To have to go to bed by day?



Croatia Diary - By Tracy Roberts and Peter Crum

We went to Croatia here is a day-to-day diary of what we did.

Thursday – we travelled to Bristol airport but had a forty-five-minute delay, arrived at the villa had lunch with the family, then had a pool afternoon, BBQ in the evening.



Friday - we went to the beach and paddled then PJ went out with his mum and dad after that we had a pool day.



Saturday - we went into Omis for breakfast with Jordon and Jo, Tracy had a milky crepe which was Nutella in milk chocolate and PJ had a cheese and ham crepe then went round Omis with Kelly, Lottie and Oliver then PJ went for a drink with his parents.



Sunday – Tracy went to the beach again with Kelly and the kids while PJ went into Omis with his parents and back to the pool in the afternoon and then we had a games night.

Monday – we went to Split – we enjoyed the city and we watched the changing of the guards then went out for lunch – PJ had tuna steak and Tracy had grilled chicken.



Tuesday – we went to Omis again for breakfast then came back for a pool afternoon.

Wednesday – we went on a speedboat. We stopped at the blue lagoon where PJ jumped into the sea and it was cold. Then we went to a town called Pucisca, where they had a market with lots of things made of stone. We had a pit stop for coffee.



Thursday - we helped baby sit Lottie and Oliver. We had a pool day. In the evening in the evening we had a date night we had a date tonight where we had burgers and pancakes.



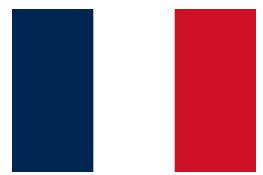
Friday - we went down to the beach and had a pool afternoon in the evening we had a photo shoot down by the beach followed by a family meal.



Saturday - sad day as we came home.

Tough quiz about the Month of July - practice googling!

1. The month of Quintilis was renamed July in honour of which historical figure?
2. Delphinium is a genus of about 300 species of perennial flowering plants, which are toxic to humans and livestock - by what common name is this plant known?
3. Bastille Day is celebrated in France on which date?
4. On which British ship did Napoleon Bonaparte surrender to Captain Frederick Lewis Maitland on the 15 July 1815?
5. In the poem, The Garden Year, in the line 'Hot July brings cooling showers, apricots, and gillyflowers', which modern day flower is a gillyflower?
6. 'Fourth of July', is a slow ballad on which singer's Butterfly album? (Hint: it was released in 1997)
7. St Swithin's Day falls on which date every year? And if it rains on St. Swithin's Day, for how many more days will it continually rain?
8. Which musician once said: 'Kiss is a Fourth of July fire-works show with a backbeat'?
9. Neil Armstrong became the first man to step onto the moon on July 21, in which year?
10. What name is given to the hot, sultry days of summer that are said to begin in early July?
11. Which 1989 American biographical war drama film is the autobiography of war veteran Ron Kovic?
12. Usually observed on 5 July, Tynwald Day is the National Day of which part of the UK?
13. The only signers of the Declaration of Independence later to serve as Presidents, both died on the same day, July 4, 1826; can you name both?
14. Which zodiac sign for the month of July ends on July 22? And which sign starts from July 23 onwards?
15. Which gemstone, a variety of the mineral corundum, and which symbolizes contentment, is the birthstone of July?
16. The '20 July plot' was the attempted assassination of whom?
17. True or false. On average, July is the hottest month of the year in the UK?
18. Which rowing event, held annually on the River Thames, ends on the first weekend in July?
19. Which battle took place on 1 July 1690?
20. A famous festival is held in Whitstable, Kent, each year for three days in July, celebrating which food?



Answers page 13



History of the Orient Express — By Adrian Phipps

The Orient Express was a long-distance passenger train service created in 1883 by the Belgian company “Campahnie Internationale des Wagans-Lits that operated until 2009. The train travelled via the length of continental Europe and into western Asia, with terminal stations in London in the northwest and Athens or Istanbul in the southeast.

On the 5th June 1883, the first “Express d’Orient” left Paris for Vienna. Vienna remained the terminus until the 4th October 1883. The train was officially renamed the Orient Express in 1891.

The original route, which first ran on the 4th October 1883, was from Paris, Gare de l’Est, to Gieirgiu in Romania via Munich and Vienna.

In 1889, the train’s eastern terminus became Varna in the Principality of Bulgaria, where passengers could take a ship to Constantinople. On the 1st June 1889, the first direct train to Constantinople left Paris.

The 1930s saw the Orient Express services at its most popular, with three parallel services running: the Orient Express, the Simplon Orient Express, and also the Arlberg Orient Express, which ran via Zurich and Innsbruck to Budapest, with sleeper cars running onwards from there to Bucharest and Athens.

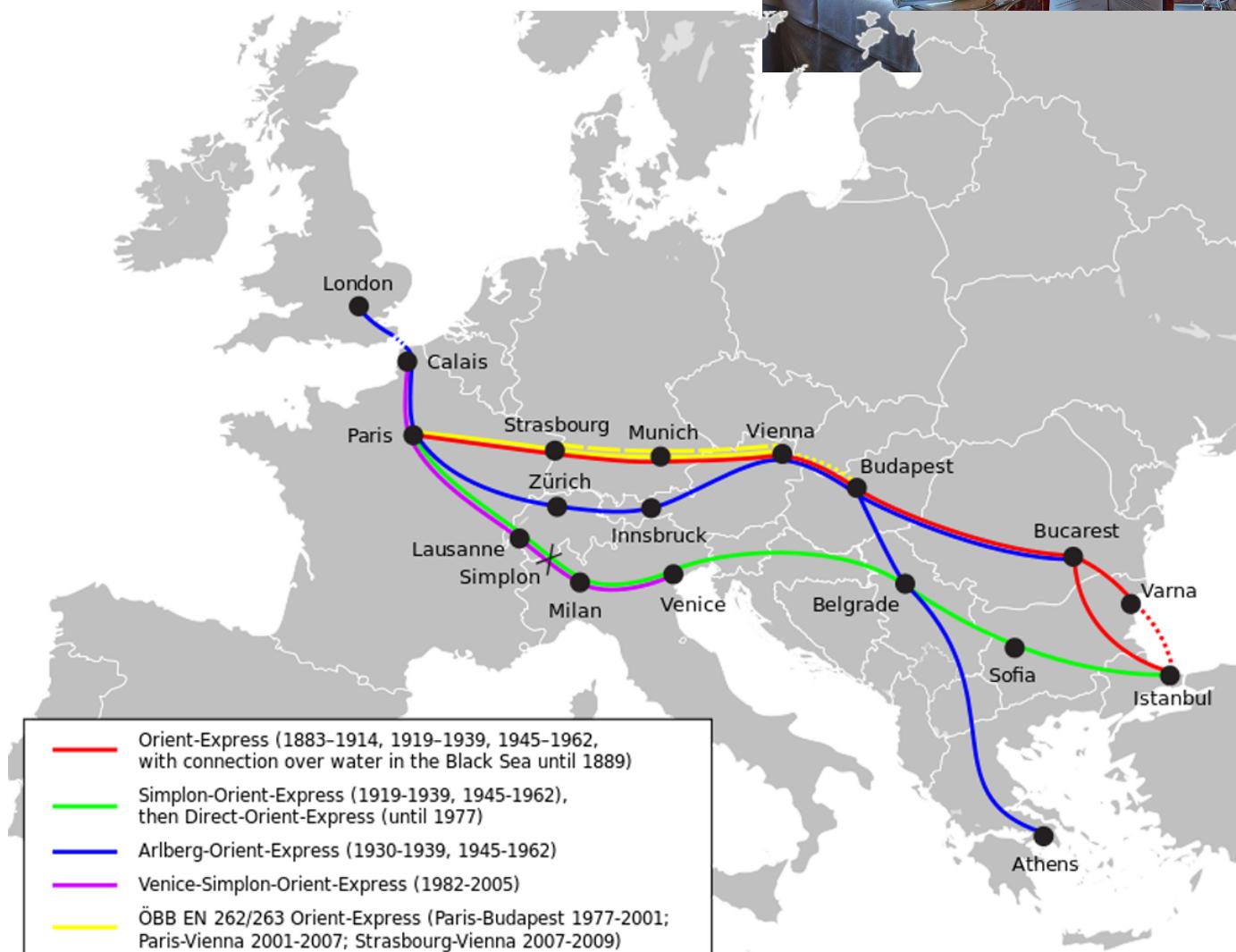
There is a good chance you may be familiar with the Orient Express. It is after all one of the most famous luxury trains in history.



Let's learn some more with these facts about the Orient Express:

Its journeys have varied in length: It is best known for its journeys from Paris to Istanbul. However, shorter journeys were also possible, such as London to Paris. The train is also known for making trips around European nations that include Vienna, Berlin and Prague.

One of the classic journeys was actually a rarity to book: The 6-day journey from Paris to Istanbul and back again could only be selected once a year! Warmth was not a problem: With the assistance of coal stoves, each carriage was kept nice and warm. A small radiator was also included in the carriages. There were multiple services in the 30s : The 1930s was when the Orient Express was at its peak of popularity. At this time there were three parallel services running under the 'Express' group.



Alicante Spain - By Laura Joliffe



I am going to Alicante in Spain in September. This is what I read about it:

Of all Spain's mainland provincial capitals, Alicante (Valenciano: Alacant) is the most influenced by tourism, thanks to the nearby airport and resorts.



Nevertheless it is a dynamic, attractive Spanish city with a castle, old quarter and long waterfront.



The eating scene is exciting and the nightlife is absolutely legendary, whether you're chugging pints with the stag parties at 7pm or twirling on the dance floor with the locals seven hours later.

On a weekend night it's impossibly busy and buzzy year-round.

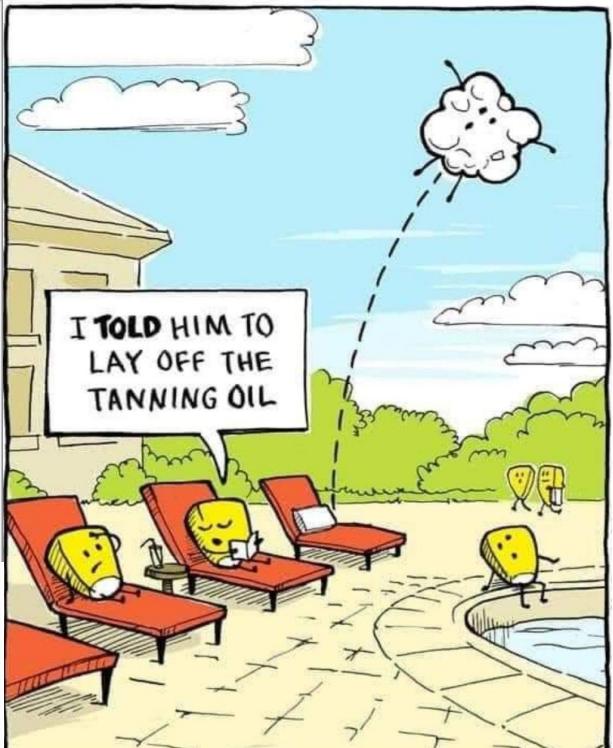
It sounds exciting. I enjoyed it there before and am very much looking forward to it again. I especially enjoyed going to see the seals nearby.



I promise, Officer, there is a bathing suit under there ... somewhere!



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July quiz answers from page 9

1. Julius Caesar
2. Larkspur (the birth flowers of July are the Larkspur or the Water Lily)
3. 14th of July
4. HMS Bellerophon
5. Carnation
6. Mariah Carey
7. 15th of July. 40 days (Note: St Swithin was bishop of Winchester in the 9th century)
8. Gene Simmons (bassist and co-lead singer of the rock band Kiss)
9. 1969
10. Dog Days
11. Born on the 4th of July
12. Isle of Man
13. John Adams and Thomas Jefferson (Coincidentally, both died on the same day which was also the 50th anniversary of the Declaration of Independence)
14. Cancer (until July 22). And Leo (July 23 onwards).
15. Ruby
16. Hitler
17. True
18. Henley Royal Regatta
19. Battle of the Boyne
20. Oysters



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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 will be eight years old in June 2022!

The deadline for articles and adverts for the August edition is July 20th.

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

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