



Our News Our Views

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

Edition 83 – August/ September 2022



Special points of interest:

- Opportunities for Day services P 4, volunteering P6 and catering work training p7



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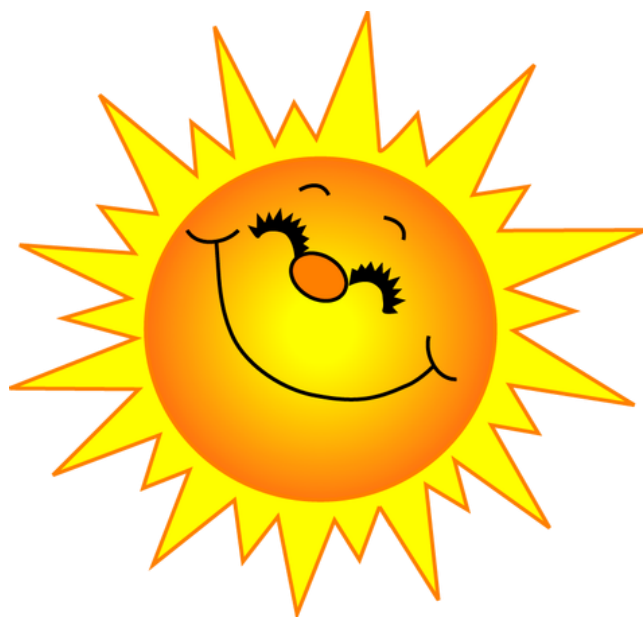
Take care during unusually hot weather - By Herefordshire Council

Herefordshire has experienced heatwave conditions over the past few weeks, according to the Met Office.

High temperatures on two consecutive days can have significant effects on health.

The Met Office's top advice for being sun safe:

- Keep out of the sun between 11am to 3pm
- If you have to go out in the heat, walk in the shade, apply sunscreen and wear a hat and light scarf
- Avoid extreme physical effort
- Wear light, loose-fitting cotton clothes
- Cool yourself down
- Have plenty of cold drinks, and avoid excess alcohol, caffeine and hot drinks
- Eat cold foods, particularly salads and fruit with a high-water content
- Take a cool shower, bath or body wash
- Sprinkle water over the skin or clothing, or keep a damp cloth on the back of your neck



Continued Page 2...

Update from the editors



We are late! With apologies this edition is rather late because we had to move bases. We are now at Aspire hub on a Thursday! We hope you are having a good summer and have lots of good times planned for August and September?

In this edition:

- August and September whats on and happenings.
- Noda conference, Elvis film, 3 religions and a spooky story.
- Opportunities for day activities with ECHO, volunteering with Speak Easy Now and up coming work training in catering skills with Unity Works.
- Plus puzzles and jokes.

**Our News Our
Views**

Editorial Team.

See you in October — deadline September 21st.

Hot weather care continued....

Remember, it can get uncomfortably hot indoors, too.

Try to keep your bedroom and living space cool by closing the curtains on windows that face the sun and opening your windows at cooler times of the day and overnight when you can. Turn off non-essential lights and electrical items as these generate heat.



Look after vulnerable people when it's hot

While many people enjoy hot weather, high temperatures can be dangerous, especially for vulnerable people, older people, young children and those with serious illnesses.

Everyone can enjoy the sun safely by keeping out of the heat at the hottest time of the day, avoiding sunburn and staying hydrated with plenty of cool drinks.

Older people and those with long-term illnesses are particularly vulnerable to the effects of very hot weather. Therefore, it's important to look out for them and keep indoor areas as cool as possible.

Matt Pearce, Herefordshire Council's director of public health, says:

"Whilst it's great to have some nice weather, it's important that we take the necessary precautions to enjoy it safely and look out for those in the community who are at risk from the effects of heat."

August and September Happenings - By e parenting.

August

Commonwealth Games 2022 28th Jul to 8th Aug 2022

Yorkshire Day 1st Aug 2022

International Owl Awareness Day 4th Aug 2022

Sea Serpent Day 7th Aug 2022

A day to ponder on the myth of sea serpents.

International Cat Day 8th Aug 2022

Rice Pudding Day 9th Aug 2022

Yes, this really is a thing. Just have some rice pudding today.

Enjoy!

World Lion Day 10th Aug 2022

World Elephant Day 12th Aug 2022

Left Handers Day 13th Aug 2022

International Orangutan Day 19th Aug 2022

World Photo Day 19th Aug 2022

International Dog Day 24th Aug 2022

International Bat Night 27th Aug to 28th Aug 2022

Summer Bank Holiday 31st Aug 2022

Last bank holiday in England and Wales before Christmas!

September

International Literacy Day 8th Sep 2022

Star Trek Day 8th Sep 2022

International Sudoku Day 9th Sep 2022

Teddy Bear Day 9th Sep 2022

Roald Dahl Story Day 13th Sep 2022

World Atopic Eczema Day 14th Sep 2022

This is an annual awareness day to recognise the impact eczema can have and to raise the standards of care.

International Red Panda Day 17th Sep 2022

International Red Panda Day seeks to inspire people to learn more

Talk Like A Pirate Day 19th Sep 2022

Shiver me timbers! It's a day of pirate related silliness!

Autumn Begins (Northern hemisphere) Spring Begins (Southern hemisphere) 21st Sep 2022

The first day of autumn (or spring if you are in the southern hemisphere.)

U.N. International Day of Peace 21st Sep 2022

A globally shared date for all humanity to commit to Peace above all differences and to contribute to building a Culture of Peace.

Hobbit Day 22nd Sep 2022

Hobbit Day is celebrated on September 22 in reference to its being the birthday of the hobbits Bilbo and Frodo Baggins from J.R.R. Tolkien's Lord of the Rings.



ECHO Advert

ECHO have been delivering high quality day services for adults with disabilities in Herefordshire for 32 years.



www.echoherefordshire.org.uk

Come and join us!

Make new friends, learn new skills, take part, have fun and be heard!

ECHO has 8 very different day services in Leominster and we have a space for you!

We like choice so if you like art and crafts, drama, gardening or woodwork then why not come and visit us and find out more

Call Claire on 01568 620307 or email claire.mee@echoherefordshire.co.uk for more details



Tell us about your local parks (don't let this opportunity 'slide' past!) - By Herefordshire Council

We all need local spaces to enjoy with our friends and families. That's why Herefordshire Council want your opinions on the parks and playgrounds that you use to help plan for the future. The open spaces survey gives you the chance to tell us if your local spaces:

- Meet your needs
- Are attractive and well kept
- Help you connect with nature

For more information and to take part in the survey, visit the [Commonplace website](#).



Selection of What's on over the summer - By Peter Crum

For a small county, Herefordshire is surprisingly big on festivals and events. Here are some that you could go to in August and September in Herefordshire:

11th - 14th August,

Lakefest, Eastnor Castle.

Join us for an unforgettable family weekend. Headline acts include UB40, Leftfield, Manic Street Preachers, Supergrass.

Weekend tickets (includes camping)
£165.30, day ticket + 1 night camping about £100

26th -27th August 2022,

Make Waves - Hereford River Carnival.

Free! For more info tel: 0784100 0431

28th - 29th August,

Hereford Food, Drink and Music Festival on Hereford Race Course

9th-16th September

The Goal at The Courtyard Theatre

Celebrating 50 years since Ronnie Radford's Giant Killing at Hereford Football Club. Tickets: £17, tel 01432 34 0555

8 - 11th September,

Bromyard Folk Festival. one of the best acts in folk music.

Full weekend ticket with camping £141.

Full weekend not camping £118.

Day tickets Sat £46, Sun £37.



Become a Health Checker for Speak Easy Now

My name is Becky I had a very exciting opportunity to become a Health Checker for Speak Easy Now. Speak Easy Now is a Self Advocacy group for people with learning disabilities to get things done.

My role as a Health checker is to help people with a learning disability to have a voice and to be heard with what they need with all aspects of health such as understanding your annual health checks and going to the dentist. Worcestershire have a group but we are trying to set up a group in Herefordshire.

I contributed to making the Healthy Bowel Event happen which is about how to keep your bowels healthy like exercising and having a good diet.

This Friday the 8th of July I took part in a Healthy Bowel Event in Worcester.

I am working with Inclusion North to produce a short film about the Mental Capacity Act.

We are also hoping to work with the learning disability partnership board in Herefordshire.

We are going to a meeting at the end of the month with the learning disability partnership board in Herefordshire.

If you would like to get involved Please come and join us as the most important thing to everyone is our health. For this to go ahead we

need you to join in. we have fun we meet up once a month. You get to work with health care professionals but most importantly we have a voice.

If you are interested in becoming a Health Checker please contact Rachel or Gail at Speakeasy N.O.W. on 01905 774247 or you can Email:

mail@speakeasynow.org.uk



Health Checker Skills

Good communication- talking and listening
 Observing
 Asking questions
 Understanding the needs of people with learning disabilities
 Being prepared
 Being organised
 Reliable
 On time

Working in a team
 Helping others
 Seeing other people's point of view
 Speaking up for yourself and others
 Respecting others
 Understand about keeping things private

Unity works - Training Placements for people that have a learning disability

Coming up in Herefordshire, a new opportunity. We received a letter from Unity works. If you are interested please contact them - details below:

Hello, My name is Tansy, I am the training coordinator for Unity Works. We run social enterprises that support people with a learning disability to get on the job training. We are about to open a café in Hereford.

At this café we will offer training placements to people that have a learning disability and have an interest in working in catering.

We have 7 social enterprises in London already, you can see the brochure for more information. <https://tinyurl.com/brochureunity>

We offer vocational, on the job training, employment support and the opportunity for individuals to gain an NVQ level 1 or 2 in hospitality or food production.

We use a RARPA system to track progress, achievements and enable individuals to set themselves goals.

Interested in a placement with us?

If so I am happy to answer any questions you might have over the phone or send you our referral form.

All the best,

Tansy Grant
Awards Centre Coordinator

M: 07841041073

[Website](#) • [Twitter](#) • [Linkedin](#)



Sudoku for 9th Sept Sudoku day! - By the team

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



Message from Ross Juniors PD squad

Good morning everyone,

The 2022/23 season is up and running!!

Last Saturday saw one of our new members, Michael, awarded the 'Big Dave Trophy' for player of the week. Michael really applied himself to the tasks, played with a smile on his face and was very supportive of other players. Well done Michael.

We meet again this Saturday at the Sports Centre.

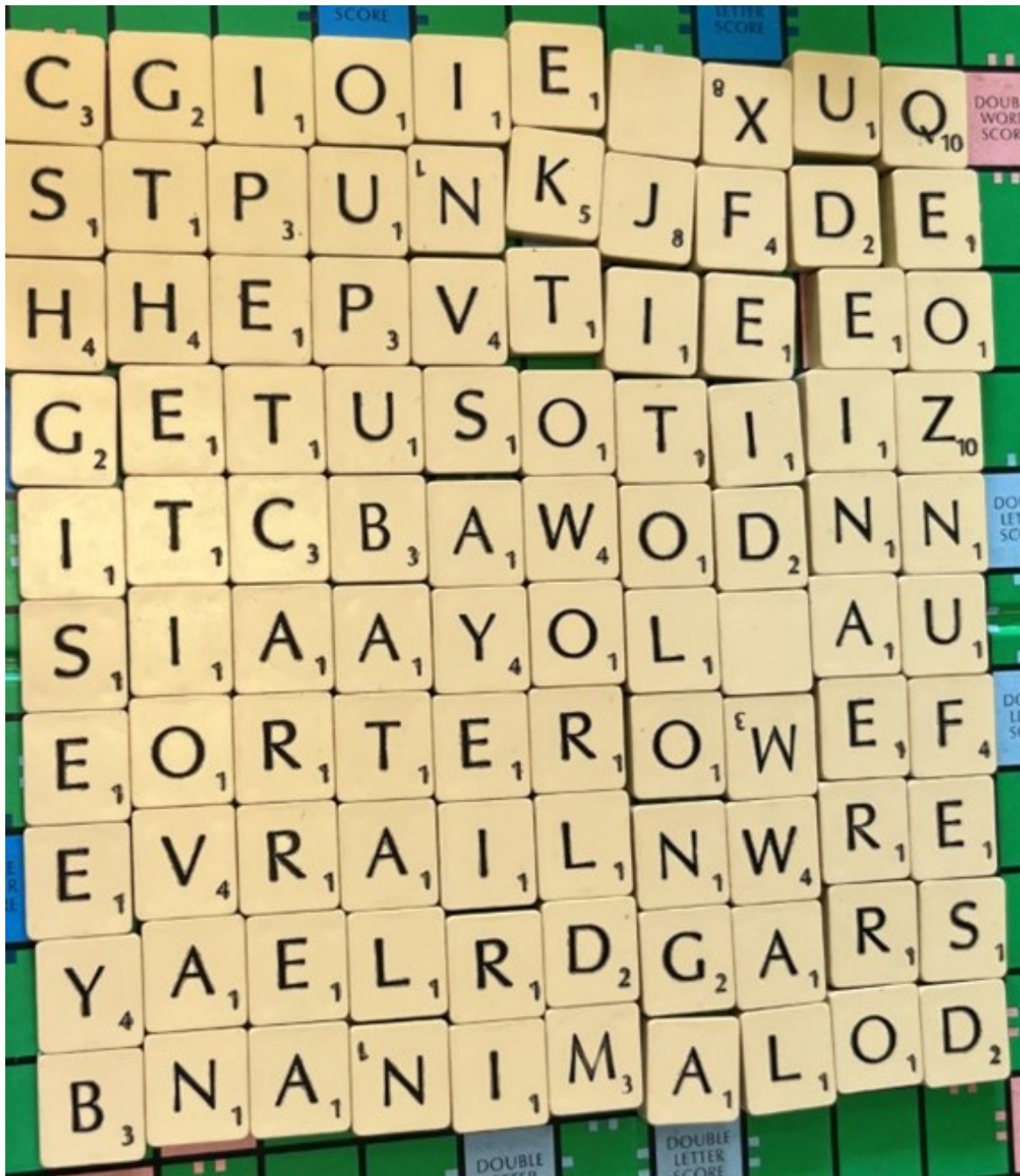
Saturday 6th August 10.00am -11.00am @ the Ross Sports Centre, Wilton Road, Ross on Wye

We're really looking forward to welcoming everyone again. See you all Saturday.

Gareth, Tony and Jim



Random Wordsearch - By Laura Joliffe



**CAR, THE, PUNK, PET,
LONG, TO, PUB, WORLD,
ANIMAL, VAN**

Noda Conference - By Tracy Roberts

I was invited to go to this year's West Midlands Noda conference. I went with Louise Hickey, Louisa Tobin and Mandy Naylor who are from Hereford Amateur Pantomime Society which I belong to.

The conference was at Norbury theatre and cinema in Droitwich where they held three different workshops which were stage makeup, page to stage and a workshop on wigs. Also, they had their AGM.

In the afternoon we had a special awards ceremony where our pantomime society collected a special award for their production of Aladdin. Me and Louisa went to collect the award.



I really enjoyed my first Noda conference, and it was nice to see some summer school friends as well.



My spookie story - By Peter Crum

In the dark house there was a big spider called Colin he said, "Stay away from the house it is scary".

“How do you know that then?”

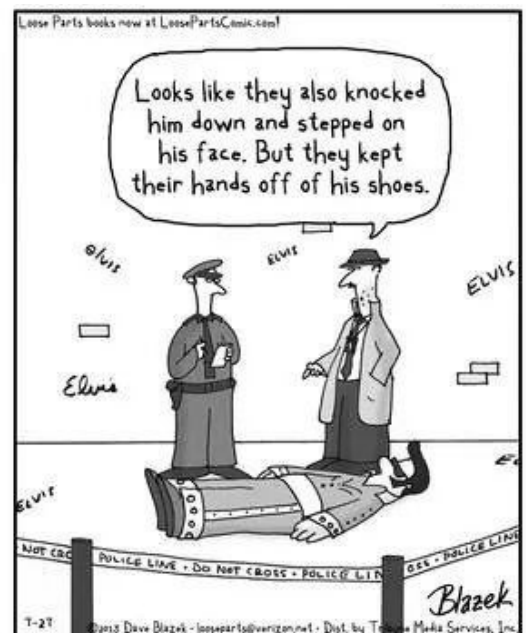
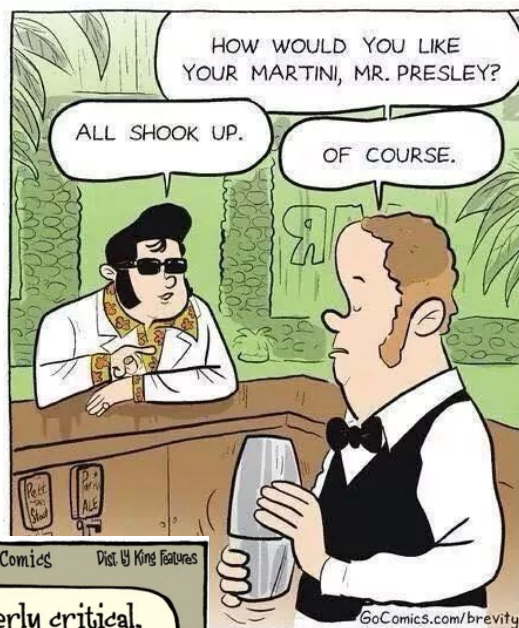
Colin the spider said, "Because I've seen it, a lot of things go on inside the house like a monster and a big zombie to eat you up!"

“My name is Peter, I don’t want to go inside the house if it’s got monsters and a big zombie. I’ll be going back where I came from!”

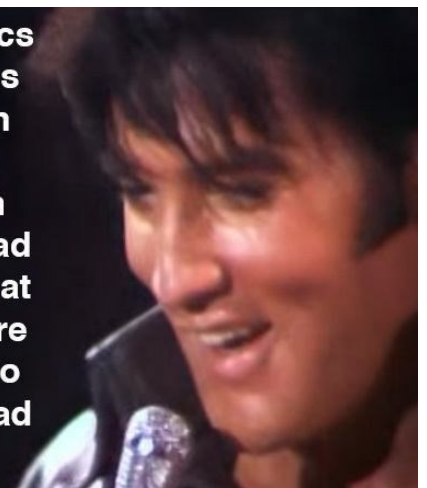
“Goodbye”, said Peter and walked away.



Jokes



Elvis liked to change lyrics during live performances to amuse himself. When performing “Are You Lonesome Tonight?” in Las Vegas in 1969, instead of singing “Do you gaze at your doorstep and picture me there?,” he sang, “Do you look at your bald head and wish it had hair?”



Different religions of the world — By Adrian Phipps

Buddhism

Buddhism is an Indian religion based on a series of original teachings attributed to Gautama Buddha. It originated in ancient India as a Sramana tradition sometime between the 6th and 4th centuries BCE (before common era), spreading through much of Asia. It is the world's fourth largest religion with over 520 million followers.



Hinduism

Hinduism is an Indian religion, or way of life, and is also the world's third largest religion, with over 12 billion followers, or 15-16% of the global population, known as Hindus.

Hinduism is a diverse system of thought marked by a range of philosophies and shared concepts, rituals, cosmological systems (to do with the stars), pilgrimage sites, and shared written sources that discuss theology, metaphysics (thoughts on the meaning of things like 'being' or 'time'), mythology (traditional stories) among other things. Important themes in Hindu beliefs include the four Purusarthas, the proper goals or aims of human life; namely dhrama (truth), artha (prosperity/work) Karma (action, intent and consequences) and samsara (cycle of death and rebirth).



Sikhism

Sikhism is an Indian religion, founded in the 15th century CE. Sikhism developed from the spiritual teachings of Guru Nanak (1469-1539), the faith's first guru, and the nine Sikh gurus who succeeded him.

The tenth guru, Gobind Singh (1666-1708), named the Sikh scripture "Guru Granth Sahib" as his successor, bringing to a close the line of human gurus and establishing the scripture as the 11th and last eternally living guru, a religious spiritual/life guide for Sikhs.

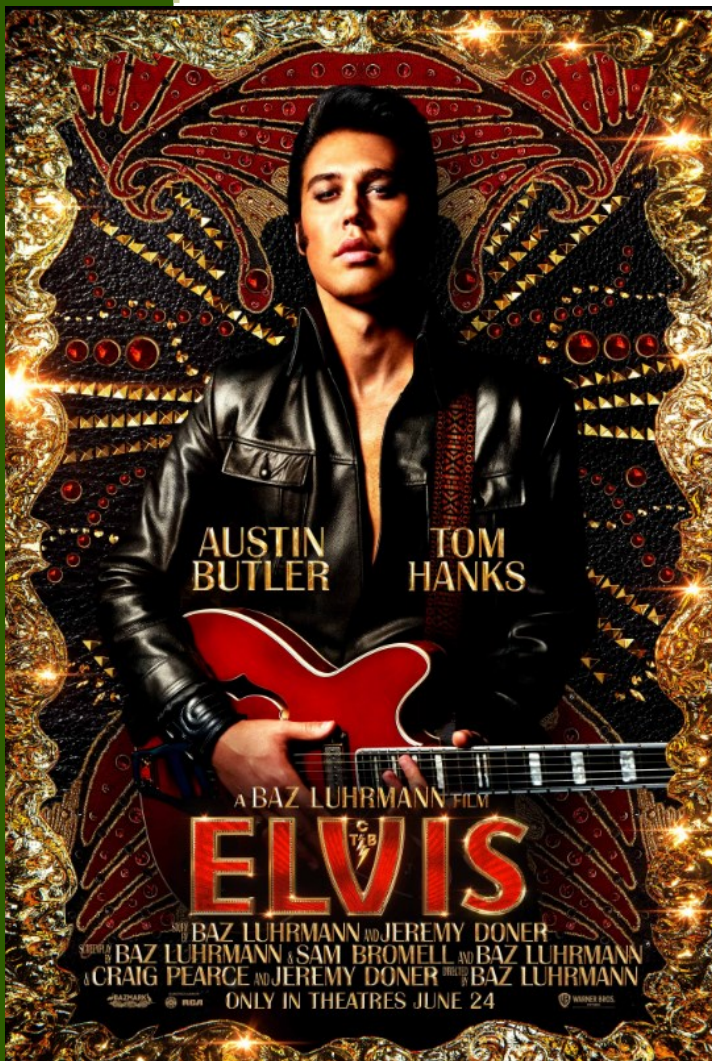
The religion developed and evolved in times of religious persecution, gaining converts from both Hinduism and Islam. Mughal rulers of India tortured and executed two of the Sikh gurus – Guru Arjan and Guru Tegh Bahadur – after they refused to convert to Islam.



Elvis film - By Tracy Roberts

In 1997, Elvis Presley's former manager, Colonel Tom Parker, is on his deathbed, obsessed with gambling, and looking back on how he first met the future King of Rock and Roll.

In the early days, Elvis had battled a poverty-ridden childhood with his parents Vernon and Gladys. He finds music to be a salvation, even though he is mocked by his peers because of his interest with the African American music of Memphis' Beale Street. Parker is a carnival publicity agent who fancies himself a modern-day PT Barnum, playing upon the innocent nature of his audience.



Although Parker is already managing country singer Hank Snow, as soon as he hears Presley on the radio, he seems to be impressed with what he hears and plans to become his manager. Parker eventually meets and persuades Elvis to let him take control of his career, which begins a dramatic climb.

However, not all the public is impressed with the young entertainer. Many parents fear that his music is corrupting their children, and racist politicians also attack him for his involvement with black musicians.

After a violent incident at a concert, Elvis finds himself facing a possible jail term.

However, it is implied that Parker persuades the government to draft Elvis into the US Army as a way of avoiding any further legal messes.

During his time in the service, Elvis discovers that his mother has died of alcoholism.

Elvis film continued from page 14.

While stationed in Germany, Elvis meets Priscilla Beaulieu and, on his discharge, he resumes his career-making concert tours and films while Parker's control of his life becomes even stronger.

As the Sixties pass him by, Elvis is heartbroken by the assassinations of Martin Luther King Jr and Robert Kennedy, wishing to become more politically outspoken in his music while Parker merely wants him to sing playful tunes that will be best sellers. Motivated further by President Lyndon Johnson's speech regarding recent turmoil in America, Elvis gets in the mood to record something different.

A breaking point between Elvis and Parker occurs when Elvis makes a live television recording of various progressive and political songs for what was originally supposed to be a traditional Christmas showtune broadcast, infuriating all of the network sponsors.

After Parker refuses his request for a world tour and locks him into a long contract to entertain at a Las Vegas hotel, Elvis discovers that Parker had denied his world tour due to him being an illegal Dutch immigrant with no passport. He attempts to fire Parker, only to be sued by him for a huge amount that would leave Elvis broke and destitute. A heated argument ensues, while afterwards Elvis has to admit that he has no choice but to maintain his management from Parker, although they grow apart and rarely see each other.

As Elvis's life begins to spiral downward, a frustrated and despondent Priscilla takes their daughter Lisa Marie and leaves him over his prescription drug addiction, which grows even stronger after she is gone. This results in his death from a heart attack on August 16, 1977, at the age of 42.

Before his death, Elvis had also expressed to Priscilla that no one will remember him after he is gone. At one of Elvis's final shows, he is bloated and pale (while the media mocks his appearance), singing "Unchained Melody".

Parker dies old, impoverished and alone.

I thought the film was really good, I was impressed by the actor who played Elvis.



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 eight years old in June 2022!

The deadline for articles and adverts for the October edition is September 21st.

(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 Facebook and twitter @HerefordMencap.

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