



Special points of interest:

- Opportunities for Day services P 4



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Our News Our Views

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

Edition 84 – October 2022

Queen Elizabeth 2nd - By Peter Crum

In the light of the queen death I thought I would do some facts about the queen.

- 1 The queen celebrated 2 birthdays her birthday 12th April 1926. her official birthday celebration was always the 2nd Saturday of June.
- 2 She adores corgis she had more then 30 and her favourite was called Susan.
- 3 She was the longest reigning monarch became queen on February 6th 1952, and reigned for 70 years.
- 4 She never went to school but was privately home schooled.
- 5 It is rumoured she liked to start her day with a gin tipple.
- 6 She was the only female member of the royal family to have served in the military.
- 7 Her first horse was called Peggy and was given to her by her grandfather King George V.
- 8 She has travelled to over 100 countries.
- 9 She got to choose her own surname Windsor.
- 10 She didn't have to pay taxes but chose to pay them anyway from 1992.



Update from the editors



**Our News Our
Views
Editorial Team.**

Life is back to something like normal and we have moved to a new base at Aspire Community hub. And finally we have begun printing our editions! In this edition:

- October happenings, places we have visited and liked and some that we didn't!
- A delicious boozy recipe.
- Experience of losing weight and birthday treats.
- An article about the Queen.
- Plus puzzles and jokes.

See you in November — deadline October 19th.

Slimming World - By Tracy Roberts

I joined Slimming world because I was over the weight I'd like to be.

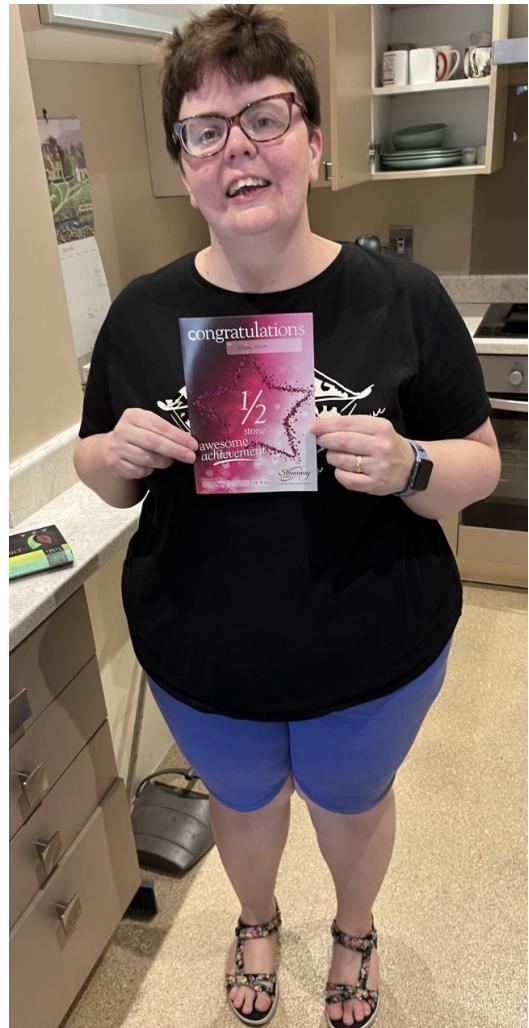
Joy, my personal assistant suggested I join the class that she goes to. The consultant is called Tracy. She was very welcoming, and she did an introduction about how to do food optimising.

Join in the class and got lots of ideas about losing weight

In the first week I lost six pounds and since I have been going I lost 12 pounds. In this time, I achieved 1/2 stone award, slimmer of the week and of the month.

We also do body magic - exercise - I achieved my bronze and my silver award for this.

So far I am enjoying it, and you can read about the next part of my journey in future additions.



October Happenings - By e parenting.

1st Oct to 31st Oct 2022 Black History Month

1st Oct 2022 Coffee Day

1st Oct to 31st Oct 2022 The Big Draw Festival

1st Oct 2022 World Ballet Day

2nd Oct 2022 Grandparents Day UK

4th Oct 2022 World Dyslexia Awareness Day

4th Oct to 10th Oct 2022 World Space Week

5th Oct 2022 World Smile Day

5th Oct 2022 World Teachers Day

6th Oct 2022 National Poetry Day

15th Oct 2022 World Singing Day

15th Oct 2022 Shwmae Su'mae Day

An annual celebration of the Welsh Language, encouraging people to have a go at speaking Welsh with their friends.

21st Oct 2022 Apple Day

21st Oct 2022 Trafalgar Day

25th Oct 2022 Diwali

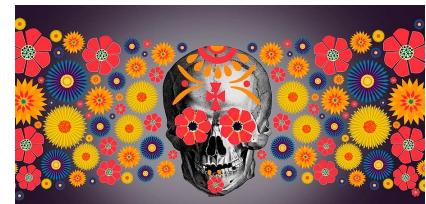
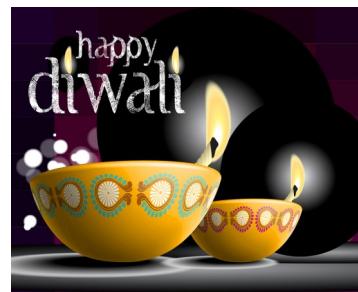
25th Oct 2022 World Opera Day

29th Oct 2022 National Cat Day

30th Oct 2022 British Summer Time Ends Remember the clocks go back 1 hour at 2am today

31st Oct 2022 Halloween

31st Oct to 2nd Nov 2022 The Day of the Dead



Halloween word search



witch



mummy



skeleton

m	u	m	m	y	e	e	p
s	l	a	j	h	i	p	u
k	w	i	t	c	h	x	m
e	w	g	q	a	r	c	p
l	r	b	h	j	f	m	k
e	t	z	u	o	g	b	i
t	u	s	g	h	s	v	n
o	i	t	l	c	a	t	z
n	v	a	m	p	i	r	e



cat



pumpkin



ghost

Name:

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Trecco Bay Holiday - By Adrian Phipps

On Friday, 9th September, me and my friend Julie went for a weeks' holiday to Park Dean Holiday Resort in Porthcawl, Wales.

We had a great time in Trecco Bay by playing in the arcades, which was brilliant.

When we went into the Pavilion there were lots of things to do, like arcades, a games room where we played on lots of video games. The Pavilion also had lots of entertainment on stage which was very good, and there were some cafes plus a bar inside as well.

In the one arcade we found a Walking Dead game which was so good that we spent over £20 playing on just our first day there!

The Park Dean Holiday Resort is a marvellous place to spend your time, and there are even disability caravans which have more space and a ramp for people using wheelchairs. And there are also Dog Friendly caravans if you want to take your pet dog on holiday as well.

There are lots more things to do there, and I would highly recommend it to anyone who would like to have a very good holiday.



Puzzlewood Trip - By Adrian Phipps

On the 4th of August me, Laura, Lisa and Mary visited Puzzlewood, which had to be booked online and it cost £7 for a disabled adult and carer was free.

The woods were uneven stony ground and steps and covered in moss. It looked very easy to get lost so allow time to get out!

We could see why they filmed lots of films there like Doctor Who, Star Wars, The Secret Garden, Merlin, Atlantis, Wizards Vs Aliens, DaVinci's Demons, Tree Fu Tom, Hidden Kingdom, Secret Supper Club, Star Wars: The Force Awakens.

It was creepy in places and beautiful in places as well, and nice listening to the birds. It is important to wear sensible shoes and be mobile. And always hold onto the handrails.

There were also animals, outdoor musical instruments and a willow maze. There was a nice cafe and picnic tables to eat your bought or packed lunch. There was a nice little shop mainly geared to children, but there were ice creams!

On the way back we visited Pengethley Garden Centre, which is always fun to look around.



11th August 2022 Small breeds Farm - By L Perkins

We visited Kington small breeds farm.

It was a steaming hot day!

Adrian: It was brilliant, I liked seeing all the different owls.

Laura: Yes I liked the owls.

Adrian: I fed the goats and sheep. I was nervous at first but they are used to being fed.

Laura: I preferred to throw the feed on the ground.

Lisa: I liked all of it, I have been many times.

Laura: In the summer there are lots of children.

I also saw people I know.

Laura: The café was nice you can sit inside or out. We sat in the shade outside under the caves.

They have all different drinks and cakes food so you don't have to take your own food but if you do you are allowed to picnic.

Also they have ice creams.

On the way back we stopped at Oak church garden centre which has lots of things to look at and buy.



Alton Towers, my experience - By Laura Joliffe

I went to Alton towers on a trip on the 2nd of September. We went in a minibus and the Journey started early at 8. 00am and was a long drive. We had to get up at 6!

We arrived at 11.00. I feel that it was very tiring and so it didn't help my mood.

The aquarium was nice but sadly the rest of it really didn't interest me.

It was all included in the cost.

If you like rides it is a good place to go but, I think it would suit 15- or 16-year-olds best.

We didnt get back till about 9.30 pm.

I won't be going again. I discovered it is not my sort of thing.



Kington Show

I went to Kington show it was £12.50 to get in and the catalogue was £5. It was very hot at Kington show there were lots of people out in the streets. There were food stalls and I had some lovely chips. I also got a fizzy drink from the ice cream van. I saw the stunt bike and honestly, I don't know how they do it!



Birthday Treat - By Peter Crum

My mum and dad took us to the Butchers Arms, Woolhope for my birthday .

I had a lovely steak medium rare it melted in my mouth and Tracy had belly pork and chips. My mum and dad had sea bass and steak.

For afters we had pudding - chocolate fudge cake, lemon meringue pie and chocolate brownie sundae. It was delicious.



Chocolate and coffee mousse

- By Laura Joliffe

A light chocolate mousse is a popular way to end a meal. This polish version is made with a good strong chocolate flavour with coffee and rum, or Polish spirit or vodka. You can omit all or any of these depending on your preference.

Ingredients

250g / 901 good quality dark bittersweet chocolate cocoa solids
 600ml tbsp cooled strong black coffee
 8eggs separated
 200g /70z cup caster superfine sugar
 60ml tbsp rum or high per cent proof Polish spirit or vodka



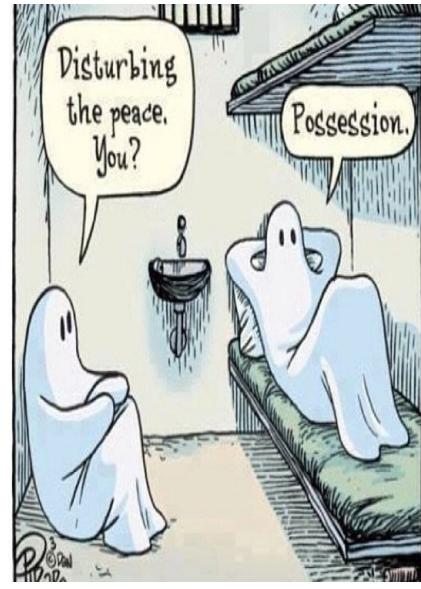
1 Break the chocolate into small pieces and melt in a heatproof bowl over a pan of gently simmering water in a pan does not touch the base of the bowl or the chocolate may go lumpy and hard.

Once the chocolate has completely melted beat the egg yolks with half the sugar until it is pale, thick and creamy.

Add the rum, Polish spirit or vodka and stir in the melted chocolate mixture. Whisk the egg whites in a separate clean bowl until stiff peaks form. Stir in the remaining sugar then fold into the chocolate cream mixture.

Spoon into 4-6 chilled ramekins and chill for at least an hour before serving.

Serves 4-6



Our News Our Views

Our News Our Views
c/o Aspire Community Hub
Canal Street
Hereford,
HR1 2EA

Email: ournewsourviews@hotmail.co.uk
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 were eight years old in June 2022!

The deadline for articles and adverts for the November edition is October 19th.

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

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