



# Our News Our Views

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

Edition 85 – November 2022



## Special points of interest:

- **Mental health tips**  
**P 4**



**THE ADDAMS FAMILY –**  
HMTC The Courtyard  
Tue 1 Nov - Sat 5 Nov  
**MUSICALS**

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## Interview with Letty Flynn - By Peter Crum

Letty Flynn is a social and leisure opportunities worker. "I deliver and support the participants at social and leisure and organise the meet up. I help to organise lots of arts and crafts - just like baseball hats, walks, and picnics. Pop up cinema, Bowling, Shopping trips. For example, Women's social - I support participants to help organise activities with the group. We get together and have a laugh. From 3 to 15/20 people attend sessions. My favourite is:- Coming to Hereford and going to Food, drink and shopping. Having Pancake breakfast at about face. Passing on skills like loom knitting, crochet, learning to knit. We are all in it together - learning together".



## Addams family interviews – By Tracy Roberts.

### Jenni Axtell musical director

**What is your favourite song from the show?** Always a difficult question. There are so many! I love the dance numbers, but the standout song, I guess, is probably Crazier than you. I mean, how many songs do you get that involve shooting arrows at an apple on someone's head? And the second half of the song really adds a twist to the story...

**Why should people buy tickets for the show?** To find out why Wednesday is shooting arrows at her boyfriend when she's supposed to love him and what the twist in the story is. So many laughs, ghostly happenings and great, toe-tapping tunes as always.

### Richard Davies Director and Producer

**What your favourite song from the show?** my favourite song from the show is 'Pulled' but I could pick any from the show as they are all fantastic songs.

**Why should people buy tickets for the show?** People should get tickets because it's a fantastically funny show, family friendly full of great songs, dance routines and has all the beloved characters from the tv show plus a few more! It's hilarious and a laugh a minute. Not one to miss. Tickets are a great price too!

# Update from the editors



**Our News Our  
Views**  
Editorial Team.

We hope you liked the new printed Our News Our Views edition. If you would like to see a colour version please send us an email address to send it to or look on our Facebook page.

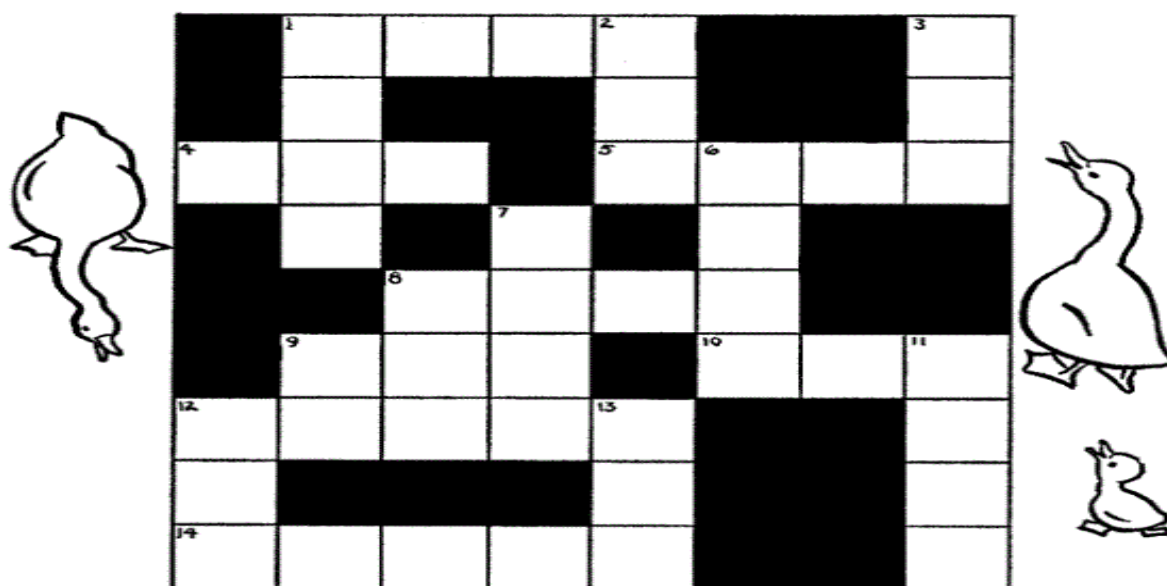
My goodness it is November already! In this edition:

- November happenings and a visit to the jail!
- A delicious curry recipe and our favourite soups.
- Mental health advice and firework history facts.
- An interview with our new cover support worker and Addams family creatives.
- Plus crossword and jokes.

**See you in December/ January edition —  
deadline November 23rd.**

## Puzzle Corner

### A FARM CROSSWORD PUZZLE



#### Across:

1. Yield of a planted field
4. A kind of tree, like oak
5. This machine digs up fields
8. A place where animals and crops are raised
9. Opposite of stand
10. Sack to carry feed in
12. An animal to ride on
14. A long-necked bird which honks

#### Down:

1. A baby horse
2. A baby dog
3. An animal that gives milk
6. A baby sheep
7. Animals that chase mice
8. A kind of evergreen tree
9. Word that rhymes with go
11. Animal with horns
12. Another word for pig
13. What we see with

Across: 1. crop, 4. elm, 5. plow, 8. farm, 9. sit, 10. bag, 12. horse, 14. goose  
Down: 1. colt, 2. pup, 3. cow, 6. lamb, 7. cat, 8. fit, 9. so, 11. goat,  
12. hog, 13. eye

## November Happenings - By e parenting.

November is the month of both solemn events - Remembrance Day - and joyous celebrations of Diwali, Hanukkah and Guy Fawkes Night. Here are the fun events happening this November in England, Scotland, Wales and Northern Ireland as well as around the world.

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

3rd Nov 2022 World Jellyfish Day

5th Nov 2022 Guy Fawkes Night

6th Nov 2022 National Saxophone Day

6th Nov 2022 World Numbat Day

7th Nov to 11th Nov 2022 Number Confidence Week

11<sup>th</sup> Nov 2022 Remembrance Day

11th Nov 2022 Singles Day

13th Nov 2022 World Kindness Day

14th Nov to 18th Nov 2022 Anti Bullying Week

14th Nov to 20th Nov 2022 Road Safety Week

14th Nov 2022 Odd Socks Day

17th Nov 2022 World Prematurity Day

18th Nov 2022 Children In Need

20th Nov 2022 Universal Children's Day

21st Nov 2022 World Hello Day

Anyone can participate in World Hello Day simply by greeting ten people. This demonstrates the importance of personal communication for preserving peace.

21st Nov 2022 World Television Day

21st Nov to 18th Dec 2022 FIFA World Cup 2022

Held every four years, the 22nd World cup will be held in Qatar.

23rd Nov 2022 Doctor Who Day

25th Nov 2022 Buy Nothing Day

Held to coincide with Black Friday, this is an international day of protest against consumerism.

30th Nov 2022 St. Andrew's Day





# Mental Health - By L Perkins

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

Over the course of your life, if you experience mental health problems, thinking, mood, and behaviour could be affected. Many factors contribute to mental health problems, including: Biological factors, such as genes or brain chemistry; Life experiences, such as trauma or abuse; Family history of mental health problems.

Mental health problems are common, but help is available. People with mental health problems can get better and many recover completely.

## **Not sure if you or someone you know is living with mental health problems?**

Experiencing one or more of the following feelings or behaviours can be an early warning sign of a problem:

- Eating or sleeping too much or too little.
- Pulling away from people and usual activities.
- Having low or no energy.
- Feeling numb or like nothing matters.
- Having unexplained aches and pains.
- Feeling helpless or hopeless.
- Smoking, drinking, or using drugs more than usual.
- Feeling unusually confused, forgetful, on edge, angry, upset, worried, or scared.
- Yelling or fighting with family and friends.
- Experiencing severe mood swings that cause problems in relationships.
- Having persistent thoughts and memories you can't get out of your head.
- Hearing voices or believing things that are not true.
- Thinking of harming yourself or others.
- Inability to perform daily tasks like taking care of your kids or getting to work or school.

## **Mental Health and Wellness.**

Positive mental health allows people to:

Realize their full potential; Cope with the stresses of life; Work productively; Make meaningful contributions to their communities.

## **Ways to maintain positive mental health include:**

- Getting professional help if you need it.
- Connecting with others.
- Staying positive.
- Getting physically active.
- Helping others.
- Getting enough sleep.
- Developing coping skills.
- Learn more about the importance of prevention and wellness.
- Learn how to talk about mental health or how to get help for yourself or someone you care about.



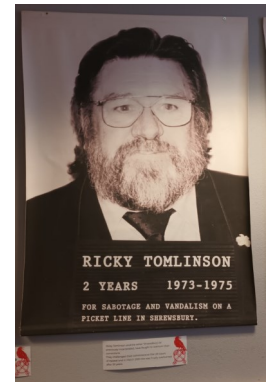
## Shrewsbury Prison Trip - By Adrian Phipps

We visited Shrewsbury Prison on the 18th August for a self – guided tour. The prison closed in 2013 and recently was used to film BBC three part drama ‘Time’ with Sean Bean and Stephen Graham.



There has been a prison on the site since 1793, the present prison building was constructed in 1877. The prison took female convicts until 1922.

One famous ex-prisoner was Ricky Tomlinson for sabotage and vandalism on a picket line in Shrewsbury a charge which was overturned as wrong 50 years later in 2021.



We wandered freely around and the prison cells were set up to show conditions through the ages. At times there was a lot of overcrowding and no plumbing to begin with.

Laura said that it felt like we were in an episode of Porridge and it really did because a lot of prisons look the same.

Lisa found it quite claustrophobic and chose not to go upstairs to look at more cells, the chapel, the condemned cell and where the hangman slept before an execution.



Between 1902 and 1961 seven people were executed by hanging within the walls of HMP Shrewsbury for the crime of murder. That made it feel a bit grisly.

One room had a wall of pictures of famous criminals that had spent time in Shrewsbury or had been hanged. Another display case showed weapons taken away from prisoners that were hand made from every day objects. Very scary.



Adrian enjoyed going in a cell and closing the door to see how it felt and trying out the simple bed.

We had food in the café there which has no windows and was not all that exciting but the food was ok. In the shop were lots of things to buy and Laura bought a bright orange hoody that she looks great in.



It cost £13 for the self-guided tour, and your carer goes for free. Parking is extra. All in all an interesting place to visit and ECHO administrator Kay did not need to send a cake with a file to free us!

## Who invented Fireworks - By L Perkins

Fireworks were invented by accident by the Chinese over a thousand years ago. One theory is that the explosives were discovered as monks attempted to find the Elixir of Life- the secret to long life. They are a mix of sulphur, saltpetre and charcoal. The Chinese packed the mixture into stacks of bamboo, jammed the end with river mud and set fire to them, with spectacular results. Showers of gold and silver accompanied by cracking sounds. They used them in ceremonies and to ward evil spirits.



In Europe several centuries later fireworks became an everyday part of religious celebrations and processions in the Catholic Countries, Spain, France and Italy. The Crusaders most probably bought them back from the East. Italian and French chemists experimented with different chemicals producing an array of colours. Barium made green, sodium made yellow, while Strontium made red. They also introduced special effects. Blue was difficult for hundreds of years until it was realised that copper produces this colour.



By the 1900's, the spectacle appealed so much to Europe's Kings and Queens, it became commonplace for fireworks to be used to make declarations of peace, victory, war and any big royal occasion. The French Kings were particularly enthusiastic and used them for royal weddings as well as for theatrical events. Henry 8<sup>th</sup> and Elizabeth 1<sup>st</sup> commissioned displays for private and state occasions and appointed a Fireworks Master. George 2<sup>nd</sup> was the first to add music when he commissioned Handel to compose a special outdoor concerto in the early 1700's.

In Britain, before 1872 it was illegal to make fireworks and the occupation was dangerous not only for liberty, but also for life. People would dry out explosive ingredients using open fires and store chemicals in their loft, with often disastrous consequences, one spark could blow up the whole area of a tightly packed street, but politicians and royals turned a blind eye to the illegal trade, mainly because they wanted fireworks for their own events.

Once their manufacture of fireworks became legal, people were keen to use them at every opportunity. One day was particularly popular: 5<sup>th</sup> November as it was the anniversary of the gunpowder plot, when Guy Fawkes and his accomplices tried to blow up the houses of Parliament.

Modern fireworks work by mixing gunpowder with various ingredients, such as magnesium, titanium, barium and aluminium. When they are lit the chemical reactions create a mass of different colours and effects.





# Chicken Korma - By Laura Joliffe

I have come up with our lower calorie korma recipe. To eat, add extra chilli if you like serves 4 people

## Ingredients:

Chicken breast about 600g  
25g low fat natural yogurt  
1 tbsp sunflower oil  
2 large onion chopped  
4 garlic cloves skinned and sliced.  
20g chunk of fresh root ginger peeled  
1 tbsp ground cumin

½ heaped tsp ground turmeric  
¼ hot chill powder  
1 bay leaf  
4 whole cloves  
3 tsp double cream  
Fresh ground black pepper  
1 tablespoon flour  
Saffron few strands  
Sugar, salt to taste

## Method

Cut each chicken breast into 8 or 9 bite sized pieces, season with yoghurt and cover with cling film. And chill for a minimum of 30 minutes, but ideally 2-6 hours.

Heat the oil in the large non-stick saucepan and add the onion garlic and the ginger, cover and cook over a low heat for 15 minutes until very soft and light coloured stir the onion so they don't start to stick.

Once the onion are softened add the crushed seeds of Cardamom, Cumin, Coriander, the Turmeric, Chilli powder and Bay leaf. Pinch off the end of the cloves into the pan and throw away the stalks.

Cook the spices with the onion for 5 minutes stirring constantly.

Stir the flour, Saffron, sugar and ½ teaspoon of salt then slowly pour the water into the pan, stirring constantly bring to a gentle simmer then cover for 10 minutes stirring occasionally remove the pan from heat take out the bay leaf blitz the onion mixture with a stick, blender until it is as smooth as possible you can do this in a food processor, if preferred.

Allow mixture to cool slightly first. The sauce can now be used cover and chill until 10 minutes before serving.

Drain the chicken in a colander over the sink, shaking it a few times you want the meat to have just a light coating of yogurt. Place a non-stick pan on the heat, add the sauce and bring to a simmer. Add the chicken and cook until it is tender and cooked through stirring regularly. Exactly how long the chicken takes will depend on the size of the chunks.

To serve use fresh coriander roughly torn (optional) and add a swirl of cream. Eat with boiled rice or naan bread or on its own with a side salad. Yum.



## Our News Our Views

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

Email: [ournoursourviews@hotmail.co.uk](mailto:ournoursourviews@hotmail.co.uk)

Website: [www.ournoursourviews.com](http://www.ournoursourviews.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 December/ January edition is November 23rd.**

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

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