



#### Special points of interest:

- Do you believe in Ouija boards? Creepy stuff—page 8 and 9



#### Inside issue

Editors	P2
Update.	
Puzzle	P2
November and December	P3 and P7
Theatre	P4+6
Christmas biscuits and traditions	P5 + 10

# Our News Our Views

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

Edition 86 – December 22 / January 23

## Wise ways to keep the heat in - By L Perkins

### 1.Wrap up warm.

Dress in layers and wear a hat, gloves and scarf. Clothes made from wool, cotton or fleecy fabrics are warmest.

When you're indoors, wear warm socks and slippers to keep your feet cosy.

### 2.Keep the cold out.

Close doors and use a keyhole cover to block draughts.

If possible consider buying thermal linings for curtains to keep the heat in.

### 3.Don't use alcohol to keep warm.

Avoid drinking alcohol before going or when outside.

It makes you feel warm because blood vessels in the skin expand, But this draws heat away from your heart.

### 4.Check your heating.

Have your heating system serviced regularly to make sure it works well.

### 5.Maintain the temperature.

If you're able to keep your main living room at 18-21.c and the rest of your house at 16.c at least. If you can't heat all the rooms you use, heat the living room during the day and the bedroom just before you go to sleep. In bed, use either a hot water bottle or an electric blanket.

### 6.Have warming food and drink.

Have regular hot drinks and food such as porridge, soups and stews. Get more ideas for warming, healthy dishes.

### 7.Stay active.

Keep as active as possible to boost your circulation move around at least once an hour and avoid sitting still for long periods. Even light exercise will help keep you warm. When you do sit down, put your feet up as it's coldest nearest the ground.



# Update from the editors



We wish you a Merry Christmas and a Happy New Year. If you would like to see it in colour please send us an email address to send it to or look on our Facebook page.


What a year it has been! In this edition:

- How to keep warm in the winter months.
- Christmas biscuit recipe.
- Weston Super Mare carnival and two theatre experiences.
- Ouija boards and Christmas traditions.
- Plus crossword and jokes.

**Our News Our  
Views  
Editorial Team.**

**See you in February — deadline January 18th.**

## Puzzle Corner



### CHRISTMAS SCRAMBLER




UNSCRAMBLE THE WORDS BELOW.


<div style="display: flex; justify-content: space-between;"> <div> <p>1. ahrtew _____</p> <p>2. tnigergse _____</p> <p>3. rmyer _____</p> <p>4. otfyr _____</p> <p>5. tayrp _____</p> <p>6. ttosneaiip _____</p> <p>7. ertalcbe _____</p> <p>8. soanse _____</p> <p>9. maiyfl _____</p> <p>10. ljloy _____</p> </div> <div> <p>11. tipisr _____</p> <p>12. tiotsemle _____</p> <p>13. rete _____</p> <p>14. hlaodyi _____</p> <p>15. eeirerdn _____</p> <p>16. cyinehm _____</p> <p>17. elsve _____</p> <p>18. aasnt _____</p> <p>19. cngtkoiss _____</p> <p>20. sdel _____</p> </div> </div>	
-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	--







WWW.THRIFTYMMOMMASTIPS.COM

## December Happenings - By e parenting.



### 1st Dec 2022 Advent Begins

Start opening your advent calendars.

### 2nd Dec 2022 Elf Day

Dress up as an elf to raise funds for Alzheimer's Society.

### 3rd Dec 2022 International Day of People with Disabilities

The aim of the day is to break down barriers for people with disability.

### 4th Dec 2022 International Cheetah Day

The world's fastest land animal is racing against extinction.

### 5th Dec to 6th Dec 2022 St. Nicholas Day

Children will often receive a small gift, such as filling shoes with sweets.

### 8th Dec 2022 Christmas Jumper Day

Christmas Jumper Day is organised by Save The Children.



### 10th Dec 2022 Human Rights Day

The anniversary of the adoption of the Universal Declaration of Human Rights by the United Nations.

### 13th Dec 2022 Saint Lucia Day

Scandinavian festival of light celebrated with a girl chosen to dress as saint wearing a white dress and a crown of candles.

### 16th Dec 2022 Jane Austen Day

Jane Austen's birthday, and a day dedicated to celebrating her life.

### 16th Dec 2022 Wear A Christmas Hat Day

In aid of Brain Tumour Research.

### 18th Dec to 26th Dec 2022 Hanukkah

The Jewish holiday commemorating the rededication of the Holy Temple in Jerusalem.

### 21st Dec 2022 National Robin Day

Raising awareness of small birds and other wildlife and helping through winter.

**21st Dec 2022 Winter Begins** The shortest day - the day with the least daylight.

**24th Dec 2022 Christmas Eve** Looking forward to Christmas!

### 25th Dec 2022 Christmas Day

The Christian festival commemorating the birth of Jesus Christ, which is celebrated around the world by non-Christians too.

### 26th Dec 2022 Boxing Day

Traditionally servants were given a 'Christmas box', (a gift or money).

### 26th Dec to 1st Jan 2022 Kwanzaa

Kwanzaa is a annual celebration of African heritage.

### 31st Dec 2022 New Year's Eve

Look forward to 2023 and celebrate the new year.





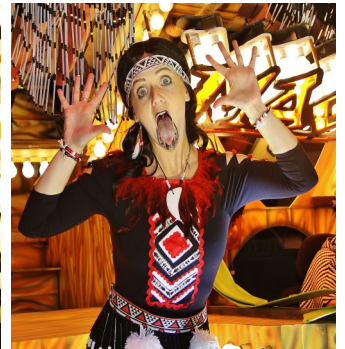
# Weston Super Mare Carnival - By Laura Joliffe

The carnival is held in the Italian gardens in the centre of Weston -super -mare on carnival night Friday 11th November 2022. There are over 100 entries and the procession of lit up floats will take over 2 hours to pass.

I am going to the Carnival with the Richmond club (Open Gate).

I am looking forward to seeing:

- The carnival with colourful floats and people in costumes dancing
- Hearing the music
- Walking around the carnival village
- Scrumptious food in food stalls



## Addams Family at the Courtyard - By Peter Crum

I went to see Addams family with Dave and Marie. I really enjoyed the show. How it was put together and detailed was excellent.

My favourite part was uncle Fester. He was very funny. In the show there was singing dancing and acting. My wife Tracy was excellent at singing, dancing and acting. The story was scary and funny. I thought the story was really good and interesting.



## Chocolate Christmas Biscuits - By Peter Crum

An easy recipe that makes 50 biscuits - Merry Christmas!

Preparation 30 minutes cooking time 10 minutes

Mix ingredients, roll out and cut shapes:

270g plain flour

50g cocoa power

120g icing sugar

150 butter

2 egg

For decoration

Melted chocolate or piping

icing sugar with pearls, sprinkles.



### Step 1

Mix the flour, cocoa, icing sugar and a pinch of salt in a bowl. Rub in the butter and then mix in eggs. Knead quickly with your hands to a smooth dough. Wrap in foil, press into a flat disc and chill for 30 minutes.

### Step 2

Heat the oven to 180C/fan 160C/gas 4. Line a couple of baking sheets with baking parchment. Roll out the pastry on a lightly floured work surface to about 3mm thin. Cut out shapes from the dough. Put the biscuits on the baking sheets – it's best to put similarly sized cookies together. Bake for 7-10 minutes, depending on the size of the biscuits.

### Step 3

Knead the off-cuts of the dough together and chill again for 15 minutes. Roll, cut and bake as before. Cool completely.

### Step 4

When cooled, the cookies can be decorated with chocolate or icing and sugar pearls and sprinkles.



## An editor had a massage - by Tracy Roberts

At Aspire I had a lovely body massage by Connor, he is a graduate of the Royal National College for the Blind. He is now a professional qualified sports and Holistic masseuse level three.

He massaged my back, head, arms and hands. It made me feel so relaxed for the rest of the day and it loosened up my muscles.





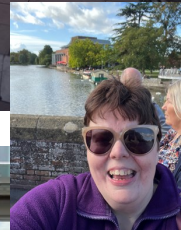
# All's Well that ends well - By Tracy Roberts

I went to Stratford to see All's Well That Ends Well with About Face theatre company. This trip was funded by the Arts Council.

All's well that ends well is about a woman who is given in marriage to the man she longs for, because she is lower rank he refuses to accept the marriage. It becomes her challenge to win his acceptance. Helena the daughter of the dead physician secretly loves Bertram the count of Rosillion's son.

## My thoughts about the show.

My favourite character was Parolles because when he came down the rope he did it in a comical way. If I had the chance I would see this show again



## Being Dance Captain - By Tracy Roberts

I was asked by Richard Davies and Vicki Beddoes if I would be dance captain for the Addams Family and I said yes!

I got to work with the choreographer on the dances then when she was away I took the dance rehearsal with help from the director.

I found teaching the dances to the cast difficult at first and by the end I was confident about teaching the dances.

Everyone appreciated me going through the dances.

I really enjoyed taking on this role and I would do it again if I got the chance.



# January Happenings - By e parenting.

## 1st Jan 2023 New Year's Day

Happy New Year! It's the first day of the year 2023.

## 2nd Jan 2023 National Science Fiction Day

Chosen because 2nd January was the birthday of Sci-Fi writer Isaac Asimov.

## 2nd Jan 2023 Bank Holiday

Bank holiday in England and Wales as New Year's Day is on a Sunday.

## 4th Jan 2023 World Braille Day

## 5th Jan 2023 Twelfth Night

Take all Christmas decorations down by today.

## 16th Jan 2023 Global Word Search Day

## 16th Jan 2023 Martin Luther King Day

## 18th Jan 2023 Winnie the Pooh Day

Have a teddy bear's picnic!

## 21st Jan 2023 Red Squirrel Appreciation Day

Red squirrels are under threat from grey squirrels.

## 22nd Jan 2023 Chinese New Year

In 2023 we welcome the Year of the Rabbit.

## 25th Jan 2023 Burns Night

Scotland's national poet Robert Burns.

## 25th Jan 2023 St Dwynwen's Day

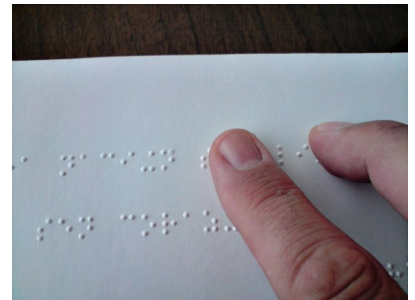
St Dwynwen's Day, or Dydd Santes Dwynwen is the Welsh St. Valentine's Day.

## 28th Jan 2023 International LEGO Day

## 28th Jan to 5th Feb 2023 National Storytelling Week

A week for the promotion of the spoken tradition of storytelling, the very first way of communicating life experiences and the creative imagination.

## 31st Jan 2023 International Zebra Day



## WORLD of COW By Stik





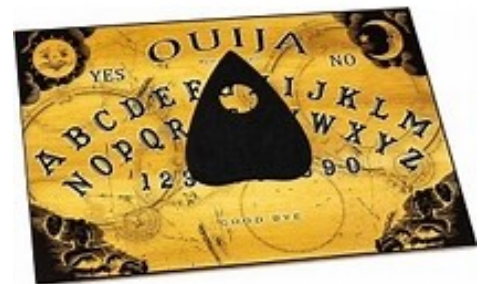
## Ouija Boards - By Adrian Phipps

**This is from a book of 100 strangest unexplained mysteries — believe it if you dare....**

Ouija Boards are known to teenagers across the world as the easiest way to create spooky, hair-raising experiences. Most people see them as a toy, something to play with. The fact that they were even mass-produced by games companies only adds to the 'harmless fun' factor. However, many expert mediums believe they should not be approached with such an attitude. They say that countless people end up in dire straits simply from fooling around with Ouija boards; some experience mental breakdowns or relationships disintegrating, some end up possessed by spirits and some are even driven to suicide.



Nobody is precisely sure when the first Ouija board was made, but it seems that similar types of apparatus have been around for well over a century. The board itself consists of the letters of the alphabet, the numbers zero to nine, and the words 'yes' or 'no'. In fact, the name Ouija comes from the words for 'Yes' in French and German. The people using the board all gently touch a pointer which slides around the board, forming words that answer the questions asked by the sitters.



Officially, manufacturers of the boards say they work by tapping into the collective sub-conscious, but the item is generally regarded as a way to talk to spirits. Indeed, during the Second World War sales of the boards peaked as people tried to contact loved ones lost in battle. The Ouija then had a rise in popularity in the 1960s during the days of heightened spiritual interest.



It was openly marked as a game, but media stories questioning the effect of the board on people's emotional, spiritual and psychological wellbeing led to the items being removed from high-street shops.





# Ouija Boards continued

The dangers people face when using the board are obvious. If the sitters are trying to contact the spirit world, then they are probably dealing with something about which they know nothing. Just from a common sense point of view, there are dangers involved similar to modern forms of communication; you never know exactly who you are talking with, no matter what they tell you.



Are the people you are with pushing the pointer? It is claimed that especially mischievous or evil spirits try to contact people who are using Ouija boards without any clear idea of what they are doing. But, like modern technology, viewed and operated in the correct, careful way, people can have a lot of enjoyment.

Experts are keen to warn people of nervous dispositions, who may be susceptible to unhealthy suggestion, to stay away from Ouija boards. There have been reports of extreme activity during sessions, with objects moving independently and lights flickering on and off. There is also no scientific proof to say what is exactly causing the words to be spelt out.

However, there are some Ouija board experiences that prove to be life-changing successes. Many of the established mediums began their careers using Ouija boards, and there is a strong argument that the boards help you become more sensitive and appreciative of the spirit world. One such case happened in 1913 to Pearl Curran, a housewife from St. Louis. Curran was dabbling with a friend's board when a spirit supposedly called Patience Worth contacted her. Curran and this entity progressed and she started to practice automatic writing, resulting in the production of over a million words of poetry, drama and fiction.

Of course there was always the possibility that Curran was a naturally gifted writer and just pretended a spirit had initiated the writing. She may even have been the unwitting reincarnation of Patience Worth. In either case, the prose was of a good enough quality to be published and receive substantial acclaim from readers.

**Wow! That is a bit creepy! Do you believe in a spirit world? Are mediums honest or making it up and pushing the pointer? What do you think?**



# Christmas traditions around the world - By L Perkins

## 1. Burning the Swedish Yule Goat.

Every year on December 1<sup>st</sup>, the people of the small town of Gavle gather to witness the unveiling of a 13-metre-tall Yule Goat which has marked advent in the town's square since 1966. However, the Goat has also been successfully burned down 29 times. Which has become a kind of tradition in itself. There's even a live video stream on the Visit Gavle website, so you too can track the Goats fiery fate.



## 2. Stirring the pudding in the UK.



Historically, families have gathered on the final Sunday of advent to stir the ingredients of the annual Christmas Pudding: a quintessentially British treat, loaded with fruit and often doused with brandy and set on fire. The pudding should be stirred from east to west, in honour of the three wise men who visited the baby Jesus. Sometimes a silver coin or charm is put in the pudding to bring luck to the finder on Christmas Day, but nowadays it's often left out as it can be a major choking hazard.

## 3. A Christmas Eve KFC in Japan

The tradition of Japanese families gathering around a bucket of Southern Fried chicken on Christmas Eve dates to a particularly effective marketing campaign of 1974. It was prompted by foreigners living in Japan who were searching for the traditional turkey dinner but, unable to find it, settled for chicken instead. Christmas is not really celebrated in Japan, but this is one delicious custom that doesn't look like it's going anywhere.



## 4. Creepy Krampus in Austria.

Krampus is St Nicholas's evil accomplice (a horned half goat), who punishes bad children by beating them and putting them in a woven wicker basket on his back. Traditionally he appeared before the night of the feast of St Nicholas (December 5<sup>th</sup>), but nowadays thousands of people dress up as Krampus throughout Advent as huge parades and events across Austria a terrifying treat for the young and young at heart.





## Christmas traditions around the world continued...

### 5. No cleaning in Norway.

In Norway, it is thought the arrival of Christmas Eve awakens witches and evil spirits. Therefore Norwegian households lock away all their brooms so that these newly summoned witches won't be able to steal them and take to the skies, wreaking havoc on the slumbering children and anxious parents below.



### 6. Throwing pudding at the ceiling in Slovakia.



Throwing food is not generally considered polite behaviour, but in Slovakia it's positively encouraged! On Christmas Eve, the most senior male of the household takes a spoonful of traditional Lokse pudding (made from poppy seeds, honey, milk and bread) and throws it at the ceiling. The more that sticks, the better fortune will come upon the family in the following year. Hoorah! For one day and one day only!



## Recipes for hot Christmas drink - By laura jolliffe

### Ingredients

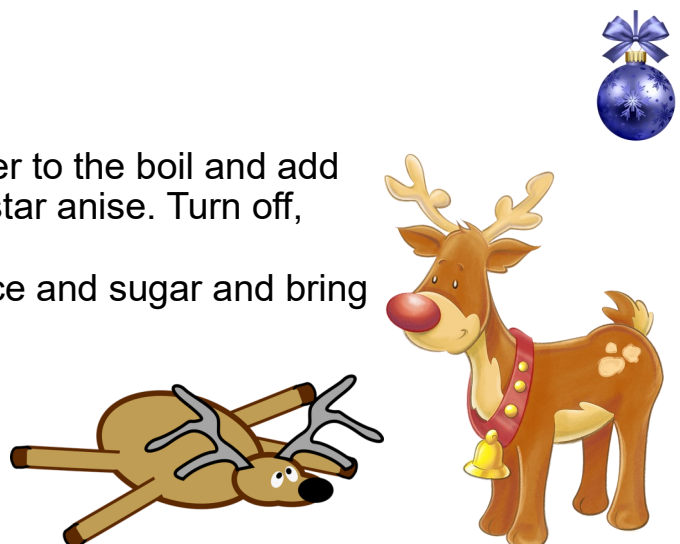
- 3 cups
- 3 tea bags - blood orange tea - hibiscus or black tea
- 1 cinnamon stick
- 4 cloves
- 1 star anise
- ½ orange juice (best if fresh squeezed) From 4-5 large oranges
- 2 tablespoons brown or white sugar
- ½ dark rum



### Method

1. In a medium saucepan bring water to the boil and add tea bags, cinnamon, cloves and star anise. Turn off, cover, and let steep 10 minutes.
2. Discard tea bags, add orange juice and sugar and bring back to a simmer.
3. Add rum and pour carefully.

**Enjoy!**



## Our News Our Views

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



Email: [ournewsourviews@hotmail.co.uk](mailto:ournewsourviews@hotmail.co.uk)  
Website: [www.ournewsourviews.com](http://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 nine years old in June 2023!

**The deadline for articles and adverts for the February edition is January 18th.**

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

**Thank You**— We thank our advertisers for their support.

**Advertise with us** — prices on website.

**Disclaimer** —We cannot accept any responsibility or liability for any opportunities or products described in the newsletter or offered by our advertisers that are printed in good faith.  
**We apologise for any mistakes we make.**

**E F Bulmer  
Benevolent Fund**

**Thank you to our advertisers funders and sponsors!**



*Making a real difference to the lives of disabled people in Herefordshire*

Leisure, learning, social, voluntary and work-based activities during the daytime, evenings and weekends.



[www.echoherefordshire.org.uk](http://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](http://www.herefordshiremencap.co.uk) find us on Facebook and twitter @HerefordMencap.

### HOUGHTON PROJECT

*Rural Skills for All*

Here you can:

Work with animals

Grow your own food

Make things out of wood in the workshop

Work in the woods

Come and see what we do

☎ 01568 797 900

[tim@houghtonproject.co.uk](mailto:tim@houghtonproject.co.uk)  
[www.houghtonproject.co.uk](http://www.houghtonproject.co.uk)



## Andy's discos plus Karaoke

**All types of music.**

**Available for hire -**

**weddings, parties or events.**

**I only charge for transport costs.**

**Hereford area only please.**

**For more information give Andy**

**a call on 07974 486411**