



Special points of interest:

- To vote—get your photo ID!
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Did you know, 25th April is Penguin day?



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in Hereford

Our News Our Views

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

Edition 88 – April 2023

Coping with Anxiety – By L. Perkins

The world can feel a bit scary sometimes what with earthquakes and wars. It is easy to feel stressed or anxious. If you do, here are 6 handy tips for managing anxiety:

1. Learn to relax and do relaxing things.
2. Reduce caffeine and avoid using alcohol.
3. Regular physical exercise will help.
4. Make a plan to solve problems and take action.
5. Change the way you think.
6. Try some relaxation exercises.

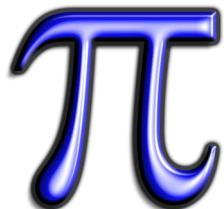


Relaxation exercise

1. Choose a quiet place where you will not be interrupted.
1. Before you start, do a few gentle stretching exercises to relieve muscular tension.
2. Make yourself comfortable whether sitting or lying down.
3. Start to breath slowly and deeply, in a calm, effortless way.
4. Gently tense, then relax, each part of your body, starting with your feet and working your way up to your face and head.
5. As you focus on each area think of warmth, heaviness and relaxation.
6. Allow any distracting thoughts to go to the back of your mind, imagine them floating away.
7. Don't try to relax; simply let go of the tension in muscles and allow them to become relaxed.
8. Let your mind go empty, some people find it helpful to visualise a calm, beautiful place like a garden or meadow.



Update from the editors



It is April already! Hope your year is shaping up well? If you plan to vote in May remember that from 4 May 2023 you'll need to show photo ID when voting in person in some UK elections or referendums.

In this edition:

- April Happenings, what's on posters and reviews.
 - Landline changes and Anxiety.
 - Middle ages history of Hereford
 - Puzzles and jokes.

Our News Our
Views

Editorial Team.

See you in May — deadline April 19th.

Community Games is on Friday 21st April.

Herefordshire Community Games
For people with a learning disability (16+ years)

Friday 21st April 2023
10.00am - 3.00pm
Registration from 9.30am

Only £5.00!

With football, tennis, cricket, accessible bikes, dancercise, target bowls and much, much more!

Hereford Leisure Centre, Holmer Road, Hereford HR4 9UD

Please bring your own packed lunch and £1.00 for a locker (refundable)

Plenty of parking - £1 for 4 hours

To find out more, or book a place email: echo.info@echoherefordshire.co.uk or tel: 01568 620307



Get Active this year!



Wye Dance

Come & Try with Tracy

Every Monday from 6th March
Except Easter Monday 10th April
1.30pm – 2.30pm

The Studio, Holmer Leisure Centre
Holmer Road
Hereford
HR4 9UD



£3.00 each session
Bring a drink!

Fun, keep moving, musical theatre moves, an amazing 45 minutes

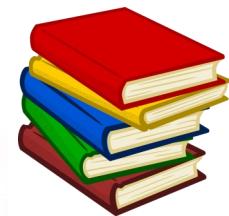
Contact Rose with any questions:

rose@herefordshiremencap.com; 07969 524 476

Herefordshire

April Happenings - By e parenting.

1st Apr 2023 April Fool's Day
 2nd Apr 2023 World Autism Awareness Day
 7th Apr 2023 Good Friday
 9th Apr 2023 Easter Day
 9th Apr 2023 Unicorn Day
 10th Apr 2023 Easter Monday
 10th Apr 2023 Siblings Day
 13th Apr 2023 National Scrabble Day
 17th Apr 2023 International Haiku Poetry Day
 18th Apr 2023 World Heritage Day
 21st Apr to 22nd Apr 2023 Eid al-Fitr
 A religious holiday celebrated by Muslims worldwide that marks the end of the month-long dawn-to-sunset fasting of Ramadan.
 22nd Apr 2023 Earth Day
 23rd Apr 2023 National Shakespeare Day
 23rd Apr 2023 St. George's Day
 23rd Apr 2023 World Book Night
 23rd Apr 2023 UNESCO World Book and Copyright Day
 25th Apr 2023 Penguin Day
 29th Apr 2023 International Dance Day
 30th Apr 2023 International Jazz Day



Sleep - have you ever wondered - By Peter

Crum

Do spiders dream?

Jumping spiders display rapid eye movement and limb twitching similar to what is seen in dreaming dogs and cats.



How can sharks sleep when they have to keep moving?

Some sharks such as the nurse shark have spiracles that force water across their gills allowing for stationary rest. sharks do not sleep like humans do, but instead have active and restful periods.



Do cows sleep standing up?

Most four-legged land eating plant eating animal's cows, moose/ rhinos/ bison, and horses among them-can doze lightly on their feet, but they have to lie down to sleep deeply.



What animals sleep the most?

Koala bears. Found only living in Australia, they mainly live in the eucalyptus trees and spend around 22 hours of their time sleeping (90%). They spend the other 10% of their day eating and sitting around.

What does digital phone services mean to you? - Tracy Roberts

Landlines are being replaced by a digital network instead of landlines.

Just as analogue television was replaced ten years ago, so the telephone network is becoming digital, using broadband connections.

Just like telly, it'll still work as it always has, but with a few minor differences.

The switchover will affect everyone who uses a landline either to make calls or to run a telecare system. Telecare is emergency support e.g. an emergency call button. The switch over has a government approved deadline for completion of the end of 2025.

There are likely to be around 1.7m people in the UK using landline telecare devices. Most telecare companies have been testing how their service works with digital phone services and they are working with customers to make sure their services can continue.

While not all devices will work on digital phone lines, this may be an opportunity to upgrade to more services. It's worth noting that Ofcom requires telecoms providers to identify people who rely on their landline and provide a free back-up option in case of power cuts (when broadband will not function).

You can contact your provider about how your services can work digitally or arrange to have different equipment. It may also be sensible to contact your telecoms provider to let them know that you use a landline dependent device. Though the switchover has already started, your telecoms provider will be in touch to tell you when they'll be moving your service over to broadband, which is faster and more reliable – with clearer calls and an opportunity to develop methods of protecting against nuisance calls.



Easy Read News

We thought you might like to read about the terrible earthquake in Easy Read written by United Response.

<https://tinyurl.com/earthquakeonov>

There are also Easy Read articles about other recent news e.g. the strikes

<https://tinyurl.com/strikeonov>

Other stories:

[Www.unitedresponse.org.uk/easy-read/](http://www.unitedresponse.org.uk/easy-read/)



Easy read

Puzzle Corner:

Word search found by Laura

APRIL WORDSEARCH



APRIL BUNNY CHOCOLATE DAFFODIL EASTER EASTEREGG
FOOLSDAY SHOWERS



Sleeping Beauty - By Tracy Roberts

I went to see sleeping beauty a gothic romance with my friend Sarah and this was my first ever ballet.

The story begins in 1890, the year of the ballet's first performance, at the christening of the heroine Princess Aurora. As Aurora grows into a young woman, we move forward in time to Edwardian era, a mythical golden age of long summer afternoons, croquet on the lawn and new dance crazes.

Years later, awakening from her century long slumber, Aurora finds herself in the modern day, a world more mysterious and wonderful than any fairy story! Matthew Bourne's Sleeping Beauty is a Gothic Romance.

I really enjoyed my first ever ballet, my favourite part of the ballet was when Aurora and Leo the game keeper first met, I also thought the puppetry was amazing as I really enjoy watching puppetry.

Did you hear the one about....

WHAT KIND OF SHORTS
DO CLOUDS WEAR?



THUNDERWEAR



THE DARKER SIDE OF CHILDREN'S BOOKS



Hereford history - Middle Ages - By Adrian Phipps

After the Norman Conquest, many Frenchmen came to settle in Hereford. The town grew northwards and the market was moved to a new position north of the old town.

By the early 12th century there was a Jewish community in Hereford. The Jewish community lived in the area of Maylord Street. However, all the Jews were expelled from England in 1220 (see note below).

Meanwhile, in 1100, a stone bridge was built across the Wye to replace the wooden one.

In 1189 Hereford was given its first charter (a document that gave the townspeople certain rights).

At the end of the 12th century stone walls were built around Hereford.



In 1121 Hereford gained a fair. In the Middle Ages, a fair was like a market but it was held only once a year for a few days. People would come from all over Herefordshire and Worcestershire to buy and sell at the Hereford fair, which was held in June. In 1227 the town was given a second fair in October.

The Normans set about rebuilding Hereford cathedral. A new bishops palace was built in 1180.

A note about the way Jewish people were treated

Throughout this period, the Jews suffered from anti-Semitic prejudice, often wrongly accused of crimes. There were frequent riots against them, in which their property was destroyed and citizens murdered.

Many Jews were employed as money lenders as the Christian Church didn't allow Christians to lend money for interest. The Jews were taxed heavily, and the wealth earned benefited the Crown directly.

By the late 1200s, a series of laws had been created restricting the rights of the Jewish people e.g. they were not allowed to own land, and after death their money went, not to their children, but directly to the Crown.

In 1275 King Edward I passed a law forbidding the Jews from this work. They were entitled to earn a living as tradesmen or farmers, but were not allowed to be part of guilds or to own farmland.

The Jews became poor and the king could no longer collect taxes from them. Many hundreds were arrested, hanged or imprisoned. And then finally in 1290, they were banished from England altogether.

Jews were not allowed to return to England until 1656. The illustration shown here is from the margins of The Rochester Chronicle, created in 1355.

The Boat Inn Whitney on Wye - By Peter Crum

I went with my wife and family to the Boat Inn at the end of January for Sunday lunch.

Inside the pub looked like a boat, it was also nice and bright.

I have been there before back last summer and then we sat outside at the tables on the patio by the beer garden.

Both the patio and the restaurant overlook the river Wye with lovely views and quite often ducks and swans swim by.

Danny and the staff are all very friendly, smiley and chatty.

As well as the usual Sunday roasts Beef, Pork and Chicken there are other foods on the menu, I had toad in the hole with vegetables followed by sticky toffee pudding it was beautiful and reasonably priced,

I would give the Boat 10 out 10.



Time to vote?

From 4 May 2023 you'll need to show photo ID when voting in person in some UK elections or referendums.

Make sure you have the right sort of photo ID by checking the website: www.gov.uk/how-to-vote/photo-id-youll-need

Here are some you will easily recognise but there are others:

Check if you have accepted photo ID

You'll need one of the following types of photo ID to vote: a photocard driving licence (full or provisional); a UK passport; a PASS card (National Proof of Age Standards Scheme); a Blue Badge.

You can also use one of the following travel passes as photo ID when you vote: an older person's bus pass; a disabled person's bus pass; an Oyster 60+ card; a Freedom Pass. The photo on your ID must look like you. You can still use your ID even if it has expired.



If you do not have accepted photo ID

If you do not have a type of photo ID that allows you to vote, you can apply for a Voter Authority Certificate.

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 May edition is April 19th.
(The editors reserve the right to edit all copy.)

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‘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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