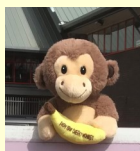




Special points of interest:

- **Introducing Beefy! Page 3**



**Did you know, 7th July is World Chocolate day - Yum!**



## Inside issue

**Editors P2 Update.**

**July themes P2 and things to do**

**History of P4 cars**

**Jokes and a P5 puzzle**

**19th century P6 Hereford**

# Our News Our Views

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

**Edition 91 – July 2023**

## Coronation service - By Tracy Roberts

I took part in a coronation service in Leominster Priory Church with About Face Theatre Company.

It was all about the ordinary people of Leominster and the history of the kings and queens and how it affected them.

My character was experiencing the end of the last King of Mercia and the Danes that followed.

I played a woman called Emma, a farmer's wife. I had a monologue to say. I was nervous about reading it in front of 400 people!

It was an amazing experience to be part of. I want to thank Jess



## Coronation celebrations - By Peter Crum

I watched the King's coronation where Charles was crowned King and Camilla became Queen. It was a special event to watch the service which had lots of nice singing. The first carriage we heard was nice and the second one was uncomfortable because of the springs.

I watched the King's coronation concert. There were lots of people watching it. I liked the bands and Prince William did a speech about his dad, I watched the concert at Tracy's dad's house. The concert was at Windsor castle. The light show was great.



# Update from the editors



It is July already and we have enjoyed the better weather! We have also loved printing in colour for you. We hope you have enjoyed the cheery June edition. We are very grateful to our sponsor for making this possible. Thank you Steve! In this edition:

- July Happenings, experiences of visits and trips
- More history and find out about car and bread making history
- New adventures of Beefy
- Puzzles and jokes.

**Our News Our  
Views**

**Editorial Team.**

**Enjoy!**

**See you in August — deadline July 12th.**

## Paul O'Grady - By Adrian Phipps

Paul O'Grady was an English comedian, broadcaster, drag queen and writer.

He achieved notability in the London gay scene during the 1980s with his drag persona Lily Savage, through which he gained broader popularity in the 1990s.

He was also well-known and liked for his TV series "For The Love Of Dogs" which was a television series set at Battersea Dogs And Cats Home and presented by Paul O'Grady .

Throughout the series, Paul met members of the staff to talk about the dogs in their care. In each episode, Paul met a few of the dogs who came to Battersea as strays or because their owners could not look after them anymore, and followed each dog's progress through the home.

Paul O'Grady sadly died "unexpectedly but peacefully" on the 28<sup>th</sup> March 2023, at the age of 67, from sudden cardiac arrhythmia and will be missed by lots of people.



## July Happenings - By e parenting.

1st Jul 2023 Canada Day  
 1st Jul 2023 Alice's Day  
 1st Jul 2023 International Joke Day  
 3rd Jul to 16th Jul 2023 Wimbledon Fortnight  
 4th Jul 2023 American Independence Day  
 7th Jul 2023 World Chocolate Day  
 14th Jul 2023 Bastille Day  
 14th Jul 2023 Shark Awareness Day  
 15th Jul 2023 St. Swithin's Day  
 20th Jul to 20th Aug 2023 FIFA Women's World Cup  
 20th Jul 2023 World Chess Day  
 29th Jul 2023 Global Tiger Day  
 31st Jul 2023 Harry Potter's Birthday



## The Adventures of Beefy - By Tracy Roberts

I have made a new friend and Our News Our Views are pleased to announce that he will be joining the team and will be making regular appearances with stories and pictures of his adventures.

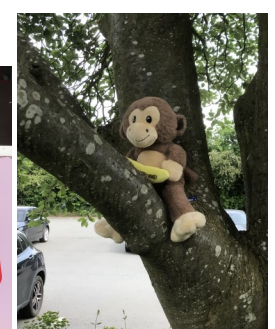
Beefy is a Cheeky Monkey who lives in Hereford and gets out and about a lot

usually getting up to mischief. He enjoys a bowl of Bran Flakes for breakfast and loves feeding the birds in the garden (Good Beefy).

This month he took a trip to Ross Labels to get a suitcase for his travels and because it was a lovely sunny day on his way home he called in at the Green Man Inn in Fownhope for a little drink in the Beer Garden and to climb the trees.

When it was time to go he wouldn't come down from the tree and I got cross with him (Naughty Beefy).

I really love Beefy and will let you know more about him in the next edition.





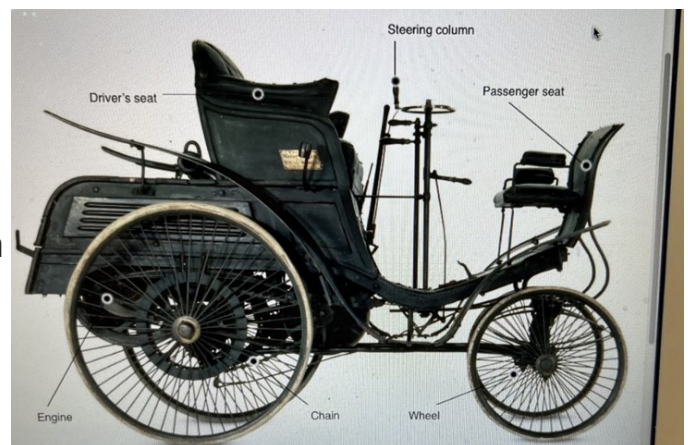
# History of cars - By Peter Crum

Each edition we will tell you about some car history starting this month.

Cars give people the freedom to travel where they like and when they like. The cars of today are the result of more than 120 years development and improvement. They still work on the same principles as the earliest cars, but they take us from place to place more quickly and more safely than ever before and they use much less fuel.

## Early cars

The first experimental cars were little more than horse carriages fitted with engines, but they soon developed into an exciting new form of transportation. Many early cars were horse carts fitted with an engine, which is why they were often known as horseless carriages.



## Mr. Bean - By Laura Joliffe



I watched a DVD of Mr Bean on Netflix at home when I have had the house all to my self all day on Monday. I thought it was very funny and very good.

## A visit from my sister - By Laura Joliffe

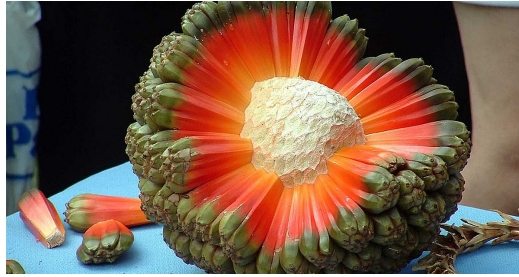
I saw my sister, Harriet Griffin on Tuesday morning with her boyfriend Cody. We went to Kings Acre Blue diamond garden centre in the car. We had cheese chips and milkshake. It is very nice in there. They picked me up in the car and took me there and back in the car and went back home.

It was nice to see her but I wish it had been longer.



# Puzzle Corner - (Answer page 7)

## Mystery Fruits - what are these?

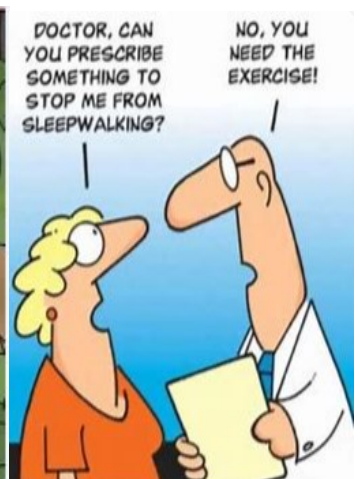
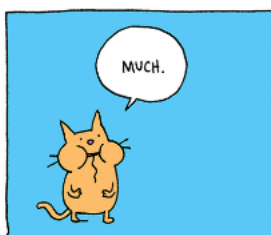
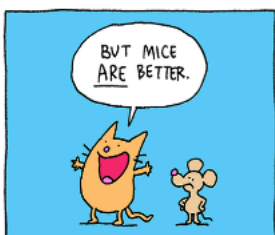
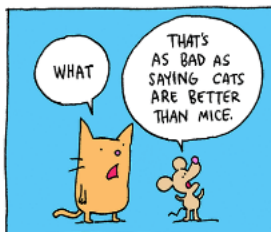


## Leaving Party - By Laura Joliffe

I went to Tristan's leaving party at Ivy close. We had a BBQ outside. There was every sort of food – cake, fruit, pizza, chicken drum sticks and an ice cream van.



## Did you hear the one

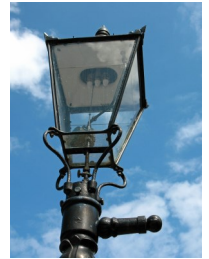




## Hereford history, 19th Century - By Adrian Phipps

In 1801, at the time of the first census Hereford had a population of 6,828. It would seem very small to us but by the standards of the time, it was a fair-sized market town. By the end of the century, the population had reached 21,000.

There were many improvements in Hereford during the 19<sup>th</sup> century. From 1836 Hereford had gas streets lighting. After 1849 it had a fire brigade. In 1854 the Hereford Improvement Act was passed. In 1856, following the act, a water works was built. Furthermore, a network of sewers was built. The Butter Market was built in 1860. From 1899 Hereford had an electricity supply.



A canal was dug from Gloucester to Hereford in 1854. It closed in 1880. The railway reached Hereford in 1854. Several new churches were built as the town expanded including St Pauls at Tupsley and St James in Green Street in 1865. A museum and library opened in 1873. Victoria suspension bridge was built in 1897.

In the 19<sup>th</sup> century, leather working continued to be an important industry in Hereford. Brewing also flourished as did cider making. There was also a boat industry and a brick and tile industry. Furniture was also made in Hereford. However, it was a market town for the surrounding countryside rather than a manufacturing centre.



## How the Romans baked bread - By L. Perkins

Trudging grimly round the tiny rooms her eyes fixed on nothing in particular, the slave pushed the beam that turned the heavy stone mill.

As the two halves of the mill pulverised the gritty husks of grain, she daydreamed about how wonderful it would be to be given her freedom.

In around 30 BC there were more than 300 bakeries in Rome. Commercial bakeries were essential to provide city dwellers with their staple food and also to meet the needs of garrisons, travellers, prisons and slave gangs.

Many bakeries in Rome were owned by Greeks Masters of doughs and creating different shaped loaves and comprised several rooms a mill room, kneading room, oven, and storeroom for the baked bread. Milling was mostly done by female slaves, often prisoners of war.



### Photo puzzle answer: Unusual fruits

**Did you guess right?** Left to right: Dragon Fruit, Hala fruit, Rambutan, middle row left to right Star fruit, Papaya, Mangasteen, bottom row left to right Passionfruit, Breadfruit.



## Autograss - By Laura Joliffe

The west midland autograss league W. M. comprises Hereford, Ludlow, Severn Valley, Border Counties.

They compete each year between March and September at W.M. tracks on weekends and most bank holiday Mondays. I love going to see it.

### How the Romans baked bread contd...

Once the grain was ground, some of the flour was simply mixed with water and used to make a course unleavened bread, but bakers also mixed flour with a yeast sponge to produce a light, well risen bread.

The baker's assistants kneaded the dough by hand or occasionally, in a large basin carved from a lump of lava, which had a central wooden shaft with two or three arms attached to the end.



Wooden teeth were inserted into holes around the edge of the basin. As the baker turned the shaft, the arms pushed the dough forward and the wooden teeth caught it and held it back.

After kneading the dough was shaped into loaves and left to rise. When the loaves had risen enough, they were passed through an opening in the wall into the oven.

The charcoal or wood fire that warmed the oven was lit each morning. When the oven was hot enough, the baker raked out the ashes and the retained heat was enough to bake the bread.



Bakers catered to all tastes: apart from the standard loaves, speciality breads were also available. Picienium bread was made with dried fruits and cooked in earthenware moulds, which had to be broken to remove the loaf after baking. It was eaten soaked in honey sweetened milk.

Honey and oil bread, suet bread, cheese bread, and mushroom shaped loaves covered in poppy seeds, were also on alongside pancakes, sweet flaky pastries and a flat bread topped with pickled fish and onions an early form of pizza.



## Our News Our Views

Our News Our Views  
c/o Aspire Community Hub  
Canal Road  
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 nine years old in June 2023!

**The deadline for articles and adverts for the August/ September edition is July 12th.**

(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.**



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**