



Special points of interest:

- Learning Disability Week



Did you know,
5th June is
sausage roll
day?



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Our News Our Views

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

Edition 99 – June 2024

Learning Disability Week by Peter Crum

Learning disability week is 17th- 23rd June 2024. This years theme is “ do you see me?” it is about being seen, heard and valued, a positive message created by people with a learning disability to build a movement of change. Mencap says, “We want to celebrate the contribution people with a learning disability make to society”.



Our News Our Views 10th Birthday!

We invite you 20th June to

drop in to Aspire hub ‘The Bulmer room’ between 11.00 — 2.00 to celebrate with us. Hear what we have been doing and our plans. Tell us what you want to see in Our News Our Views. Free refreshments and fun things to do.



Update from the editors



Hope you had a good May. In June we have learning disability week which we hope you enjoy. Please do visit us on the Thursday at Aspire for our 10th anniversary (and free cake)! Also enjoy six weeks of electioneering before the General Election in July...

In this edition:

- June happenings, what's on posters and reviews.
 - More Hereford ghost stories,
 - 80th DDay
 - Global warming and more...
 - Puzzles and jokes.



**Our News Our
Views
Editorial Team.**

See you in July — deadline June 12th

More Ghost Stories - Adrian Phipps.



General Hospital by Adrian Phipps

This former hospital by the river, now flats, is haunted by a Grey Lady. She is believed to be the ghost of a nurse who had an affair with a married doctor. Finally understanding that the man was never going to leave his wife she committed suicide. However, she has not lost her sense of duty. A nurse fell asleep at her desk when on night duty, until woken by a returning colleague. Feeling guilty, she went to check on the patients on her ward and was surprised when one thanked her for retrieving some blankets that had fallen off her bed. Several other patients also said they had been helped by a nurse during the period the night nurse was asleep. Her colleague was adamant that she had not done it and no other member of staff claimed to have visited the ward.



Gwynne Street by Adrian Phipps

A ghostly female figure seen walking along this road near the cathedral has been identified as Nell Gwyn, who, tradition states, was born on this street around 1650 when it was known as Pipe Lane, and something of a slum. With the same inevitability, the ghost of a cavalier – like figure seen riding down the street has been identified as none other than Charles II, though what this pair are doing haunting this street – which the King never visited and Nell did not return to once her mother had taken her to London as a toddler – is a mystery.



St.Owen's Street by Adrian Phipps

A house on this road, once a brewery, is haunted by the ghost of a shy young girl with long, dark hair, who has been seen but who vanishes if anyone who tries to look directly at her. A workman in the cellar put his screwdriver down and when he came to retrieve it, found it had moved to the other side of the room, despite there being nobody around.



June Happenings - By e parenting.

1st Jun 2024 World Milk Day
 1st Jun 2024 Global Day of Parents
 3rd Jun to 9th Jun 2024 Child Safety Week
 3rd Jun 2024 World Bicycle Day
 5th Jun 2024 Sausage Roll Day
 5th Jun 2024 World Environment Day
 8th Jun 2024 World Ocean Day
 8th Jun to 16th Jun 2024 Great Big Green Week
 10th Jun to 16th Jun 2024 Bike Week
 10th Jun to 14th Jun 2024 Healthy Eating Week
 15th Jun 2024 The King's Official Birthday
 16th Jun 2024 Father's Day
 19th Jun 2024 National Writing Day
 20th Jun 2024 Summer Solstice (Northern Hemisphere)
 21st Jun 2024 Make Music Day
 21st Jun 2024 World Giraffe Day
 21st Jun 2024 Winter Solstice (Southern Hemisphere)
 23rd Jun to 30th Jun 2024 International Women in Engineering Day
 24th Jun 2024 World Refill Day

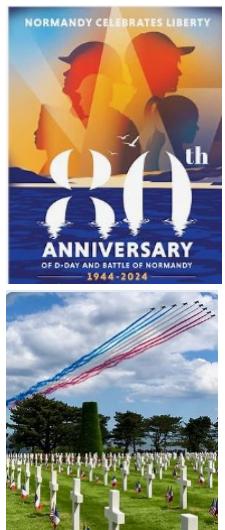


80th Anniversary of D-Day - By Adrian Phipps

On the 5th and 6th June 2024, the UK will commemorate the 80th anniversary of D-Day with a series of major commemorations and events across the UK and in France to honour the brave soldiers who risked their lives for freedom and peace.



D-Day was the successful allied operation of the invasion of the beaches of Normandy on the 6th June 1944. Codenamed 'Operation Neptune', the Normandy landings made up the largest seaborne invasion in history and played a crucial role in liberating Western Europe from Nazi occupation.



Global Warming and Climate Change - By L Perkins

When reading about Antarctica and researching, I found out that the ice was melting and wanted to find out more information on climate change and global warming.

1 Ice is melting at the North and South Poles, causing a lot of animals such as polar bears, seals and penguins to lose their habitat.



2 The sea level has been rising more quickly over the last century. This can cause floods and endanger the lives of people living on the coast.

3 We're experiencing more extreme weather events, including storms, hurricanes and tornadoes. These are dangerous and they can injure people.

4 We're starting to experience hotter temperatures. This can cause droughts and result in less water and food for people.

5 Trees and plants are flowering much earlier in the year.

6 Animal species are becoming endangered.



What can we do?

Stopping global warming isn't going to happen overnight. However, there are simple steps each of us can do to reduce our greenhouse emissions. It doesn't mean we have to change our lives completely! Here are a few simple changes which we can try and add to our everyday life:

1 Let's use less electricity. Turning off the lights and the TV when leaving the room is a great starting point.



2 Let's use less water. Having a quick shower instead of a bath is better for the environment.



3 Let's recycle. Try to recycle as much rubbish as possible. If things are recycled, factories don't have to make as many new things. This means factories will burn fewer fossil fuels.

4 Let's use less plastic. Reusing shopping bags is a great way to stop the production of plastic. Plastic is very harmful to the environment as it takes thousands of years to decompose.

5 Let's cycle/walk more instead of using motor vehicles.

Taking fewer car journeys will result in less air pollution and less petrol being produced.

6 Let's plant trees. Planting trees will not only help the air but wildlife, too. Try planting one in your garden or at a park nearby.



7 Let's use public transport when needed instead of driving. When 20 people take the bus instead of using their cars, that's 19 fewer vehicles on the road!

8 Let's buy locally grown food. Shops often sell food, which has been transported on aeroplanes from the other side of the world. In the process, lots of carbon dioxide is released into the atmosphere. Buying locally is much more environmentally friendly.

General Election announced - July 4th

The general election is to elect Members of Parliament - or MPs - to the House of Commons. The UK is divided into 650 areas, called constituencies, and each of these elects one MP to represent local people. Most candidates represent a political party, but some stand as independents. In a general election, each person has one vote. On election day, registered voters in each constituency vote for their preferred candidate in their local polling station. Some people vote by post in advance. Under a system called "first past the post", the candidate who gets the most votes becomes the MP for that area.

Currently Herefordshire candidates are:

North Herefordshire

Bill Wiggins (Conservative), **Jon Browning** (Labour), **Ellie Chowns** (Green), **Andrew Dye** (Reform UK), **Cat Hornsey** (Liberal Democrats)

South Herefordshire

Jesse Norman (Conservative), **Nigel Ely** (Reform UK), **Dan Powell** (Liberal Democrats), **Diana Toynbee** (Green), Labour have yet to announce their candidate here (23.05.2024).



Puzzle Corner: (Answer page 7)

Fill in the blanks — the last 9 UK prime ministers.

R___i S___k/ i _ T___/ B_r ___ o___s ___/ h___e ___ a___/
 ___v___ C___n/ o_d ___ B___/ n___ a_r/
 ___h___j ___/ M___r ___ a___r

Did you hear the one about...collected by Tracy Roberts

Why did the biscuit cry? Because his father was a wafer so long.

What do biscuits do when they're happy? They give a crumbs up.

Which biscuit is always picking pockets? The jammy dodger.

What do you call a soul singer with a biscuit on his head?
 Lionel Richtea.

If I have 10 biscuits and you take 5, what do you have? A slapped hand.

Which type of biscuit can fly? The plain ones.

What do you call it when two Oreo cookies from the same bake fall in love? A batch made in heaven.



Changing Places - Aspire hub - Sue Bucknell



1 what makes changing places toilets different to other toilets?

A changing places toilet is bigger than other accessible toilets. It has assistive equipment to help support someone with going to the toilet or having personal care.

The changing places toilet has a easy access toilet with grab rails for support, a height adjustable sink for people in wheelchairs to use at a comfortable height. There is also a changing bed with a hoist to help with moving and handling. There is a shower, hooks to keep bags off the floor, a mirror. We also have a privacy screen so if carers need to use the toilet themselves they can do so in private.

2 why are they important ?

Standard accessible toilets (or "disabled toilets") do not provide changing benches or hoists and most are too small to accommodate more than one person.

Without Changing Places toilets, the person with disabilities is put at risk, and families are forced to risk their own health and safety by changing their loved one on a toilet floor. This is dangerous, unhygienic and undignified.

3 why have you decided to have one at Aspire?

Herefordshire Council had a grant from the UK Government called "Levelling Up". Hereford did not have many changing places toilets and this was to help install more locally. Aspire applied to be one of the 3 new locations. The other 2 are at the Courtyard Theatre and Maylord Orchards.

Aspire is used by lots of different people and we wanted to be able to offer better facilities for the wider community.



4 can members of the public use these facilities or just Aspire members?

The changing places toilet is available for everyone, not just those with a learning disability. Anyone from our wider community who needs to use the facilities are welcome to do so.



5 if yes how will you let public or people with disability know that you have a changing place toilets?

We are registered on the Changing Places Toilet website so when people search for a toilet they will find us on the map. We will also let people know on our social media and promotion materials.



6 will you need to have a special key to be able to use this toilet?

We have both internal and external access. When the Hub is open you do not need a key to access the toilet. We have an external door which uses a RADAR key, we want to make sure that we can keep everyone safe outside of our opening hours. This is not yet open as we need to put safety measures in place for people coming in when our teams are not around. We will be fitting a keypad as well as the RADAR key access, you can contact Aspire for the key pad number.



My top favourite cakes - Peter Crum

- My favourite cakes are:
- Lemon cake, Chocolate cake,
- Victoria sponge, Raspberry cake,
- Coffee cake, Caramel cake, Sticky toffee cake, Swiss roll
- What are yours?**



Puzzle Corner Answer:

Rishi Sunak, Liz Truss, Boris Johnson, Theresa May, David Cameron, Gordon Brown, Tony Blair, John Major, Margaret Thatcher.

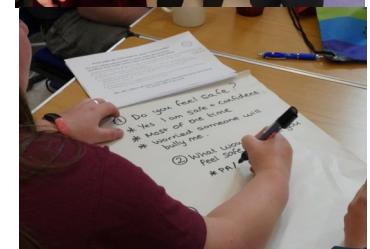
Hear Our Voices May 2024 — By Adrian Phipps and Peter Crum

Our News Our Views went to this event for the second time. Its purpose was to: Hear our voices in a relaxed environment; Bring together people with a learning disability who like speaking up; Explore ways people with a learning disability can make a difference; Help build confidence and skills.

Beacon College did the Ice Breaker and then we heard about some Mencap safety research and did an exercise about Keeping safe in my community. We also, looked at Top Tips for speaking up and saw two films about learning disability annual health checks and vaccination made by Healthwatch and Taurus starring people with a learning disability. We then did a table exercise about health. The West Midlands Police and Victim Support were present and with Tauris listened to our views.

We all came up with hot topics for future events. The event was led mostly by people with a learning disability which was refreshing to see. I enjoyed it because it was my first time going to Hear Our Voices and it was good to hear people speak up for themselves. (Adrian)

I really enjoyed Hear Our Voices talking about hate crime and beacon college ice breaker and I really enjoyed the day . (Peter)



Our News Our Views

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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 July edition is June 12th.

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

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Making a difference to people with learning disabilities.

Working with people to have their say.

Come along to our meetings.

Hear Our Voices'; advocacy; Safe Places;

Changing Places toilets; discos.

Working with West Midlands Self Advocacy Network to get people's voices heard across the West Midlands and beyond.

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