

Our News Our Views

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



Special points of interest:

Can you find 12
bucket and spades
that have invaded
this edition?



**Did you know,
19th September
is talk like a
pirate day - go
on you know you
want to!**



Inside issue

Editors P2

Update.

August, P2 + 3

**September
themes**

**Low Carb
recipe P4**

**Jokes and a P5
puzzle**

**Beefy goes P6
on holiday**

**Derwen P11
College
wins award**

Are you a budding reporter, writer and photographer? Would you like to join the Editorial Team?

Thank you to all
that came to our
celebration event
for our 10th
birthday — we
enjoyed the
event.



We are looking for 2 new members to join this exciting project:

Are you able to read and write?

Can you use a computer?

Do you enjoy creative writing?

Do you like taking photographs?

Do you enjoy working as part of a team?

Do you like meeting and talking to people?

Do you want to develop these skills?

Do you have a personal budget?

**If the answer is yes to most of these then maybe this is the
job for you find more information here:**

<https://tinyurl.com/ONOVinfo>

**Or text 07925882537 and leave your name and address and
“ONOV” and we will post you a leaflet.**

**If you are still interested, then please contact
ECHO 01568 620 307**

Or email: echo.info@echoherefordshire.co.uk

Update from the editors



PARIS 2024



Our News Our
Views

This month brings the Olympics and summer fun — hope you enjoy them both.

In this edition:

- August and September Happenings.
- Hereford ghostly stories, a royal visit, book review and Beefy's continuing adventures .
- Derwen win an award, a wedding and yummy low carb recipe.
- Puzzles and jokes and a peace mandala to colour.

**Enjoy! See you in October — deadline
September 11th**

August Happenings - By e parenting

26th Jul to 11th Aug 2024 Summer Olympics & Paralympics 2024

held in Paris France.

1st Aug 2024 Yorkshire Day

4th Aug 2024 International Owl Awareness Day

7th Aug 2024 Sea Serpent Day

8th Aug 2024 International Cat Day

8th Aug 2024 Universal & International Infinity Day

Held on the 8th day of the 8th month of each year to

celebrate and promote Philosophy and Philosophizing for the ordinary person.

9th Aug 2024 Rice Pudding Day

10th Aug 2024 World Lion Day

12th Aug 2024 World Elephant Day

12th Aug 2024 International Youth Day

13th Aug 2024 Left Handers Day

14th Aug 2024 World Lizard Day

15th Aug 2024 Granny Square Day

19th Aug 2024 International Orangutan Day

19th Aug 2024 World Photo Day

24th Aug to 25th Aug 2024 International Bat Night

26th Aug 2024 International Dog Day

26th Aug 2024 Summer Bank Holiday



September Happenings - By e parenting.

1st Sep 2024 Harry Potter Back to Hogwarts Day

2nd Sep to 6th Sep 2024 Zero Waste Week

6th Sep 2024 Read a Book Day

8th Sep 2024 International Literacy Day

8th Sep 2024 Star Trek Day

9th Sep to 22nd Sep 2024 Fairtrade Fortnight

9th Sep 2024 International Sudoku Day

9th Sep 2024 Teddy Bear Day

13th Sep 2024 Roald Dahl Story Day

14th Sep 2024 World Atopic Eczema

Day

18th Sep 2024 Read An Ebook Day

19th Sep 2024 Talk Like A Pirate Day

20th Sep 2024 Autumn Equinox

(Northern Hemisphere) Spring Begins

(Southern hemisphere)

21st Sep 2024 International Red Panda Day

21st Sep 2024 U.N. International Day of Peace

22nd Sep 2024 Hobbit Day



Low Carb Recipe - By Adrian Phipps.

Recently I was told my Cholesterol is too high so I am looking into possible recipes. This looks nice, do you agree?

Preparation: 30 minutes

Cooking: 15 minutes, Serves 8,

This healthy, low-fat curried chicken is packed full of flavour. It's quick to cook, and the marinade does all the work – who needs takeaways?

Ingredients

Juice 2 lemons

4 tsp paprika

2 red onions, finely chopped

16 skinless chicken thighs

Vegetable oil, for brushing

For the marinade

300ml Greek yogurt

Large piece ginger, grated

4 garlic cloves, crushed

$\frac{3}{4}$ tsp garam masala

$\frac{3}{4}$ tsp ground cumin

$\frac{1}{2}$ tsp chilli powder

$\frac{1}{4}$ tsp turmeric

Method

Step 1 Mix the lemon juice with the paprika and red onions in a large shallow dish. Slash each chicken thigh three times, then turn them in the juice and set aside for 10 mins.

Step 2 Mix all of the marinade ingredients together and pour over the chicken. Give everything a good mix, then cover and chill for at least 1 hr. This can be done up to a day in advance.

Step 3 Heat the grill. Lift the chicken pieces onto a rack over a baking tray. Brush over a little oil and grill for 8 mins on each side or until lightly charred and completely cooked through.

Eat with Cauliflower rice.

Using the small holes on a box grater, grate cauliflower chunks into rice sized pieces. Or use a food processor to blitz the cauliflower in batches.

Transfer to a clean tea towel, and gently squeeze out any excess water, this will produce a fluffier textured dish once it's cooked.

Heat 1 tablespoon of olive oil in a saucepan over a medium heat, then add the cauliflower rice. Season with salt and pepper. Stir to coat in the oil and cook for around 5 minutes, until heated through and lightly browned. Only stir occasionally to make sure it doesn't get mushy.

You can store the cauliflower rice in a sealed container in the fridge for up to 3 days or freeze it for up to 2 months.



Puzzle Corner Sudoku



						9	8	4
4			8			2	5	
	8			4	9			3
9		6	1	5	7	8		2
							4	
				8		1	9	6
	3	4	9	2	8	5	6	
6		2		1	5	3	7	
		5		6				

Fill each tiny box with a number from 1 to 9.

Each small box must have one of each number 1,2,3,4,5,6,7,8,9

Each line up and down across the whole of the large box must have one of each number 1,2,3,4,5,6,7,8,9

Did you hear the one about....

"I was in my car driving back from work. A police officer pulled me over and knocked on my window. I said, 'One minute I'm on the phone.'" – **Alan Carr**



I said to the gym instructor: "Can you teach me to do the splits?"

He said: "How flexible are you?"

I said: "I can't make Tuesdays." – **Tommy Cooper**



"A man walks into a chemist's and says, 'Can I have a bar of soap, please?'

The chemist says, 'Do you want it scented?'

And the man says, 'No, I'll take it with me now.'" – **Ronnie Barker**



"I used to go out with a giraffe. Used to take it to the pictures and that. You'd always get some bloke complaining that he couldn't see the screen. It's a giraffe, mate. What do you expect? 'Well, he can take his hat off for a start!'" – **Paul Merton**

Beefy's Seaside Holiday — By Tracy Roberts



Beefy went on holiday to Tenby for a week and stayed in an eight bed house on the harbour next to the beach with Tracy, Peter, Michelle, Dave, Marie and Sandy.

We all travelled together in a nine seater minibus and on the way we stopped for lunch at the Castle Hotel, Llandovery. After lunch Beefy wanted to explore the old ruined castle and Tracy and Peter went with him.



The weather for the week was wonderful and we were all able to spend two whole days on the beach in the sunshine.

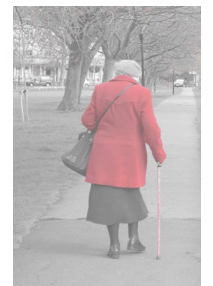
We also went shopping and had some lovely meals out. We went to an Italian restaurant for dad's birthday. Fun was had by all.



Hereford ghost stories series - By Adrian Phipps

Sainsbury's

The modern supermarket was built on the site of the former Barton railway station, which was mainly a goods yard but also formerly dealt with passengers. It seems to be haunted by a passenger who never completed her journey. The manager arrived very early one morning and saw an old lady waving at him from across the car park. Thinking it was an early customer, he went over to her but, before he could get near, she had disappeared. She has also been glimpsed in other parts of the store and most people who have sensed her describe her as a nice presence.



St. Peter's Church

The money for founding the original church was given by one of William the Conqueror's barons, Walter de Lacy, but he never saw it completed. Going up the tower one cold December to see how the building was proceeding, he slipped on some ice and fell to his death. In December 1926, two policemen saw a hooded figure approaching the church door and disappearing. Thinking to catch a burglar, the policemen searched the area thoroughly but no one was found. Other sightings of this phantom have been reported, usually in the same month, wearing what people assume is a monk's habit but which might also be the travelling gear of the eleventh century.



Chris and Hannah's wedding - By Tracy Roberts and Peter Crum

In June we went to my brother Chris's wedding to Hannah at Bredenbury Court Barn, which is on the road between Bromyard and Leominster.

The Barns are a purpose built wedding venue voted the second best venue in England, the grounds were beautiful and the old Court building used to be a boarding school and there are three lodges for guests to stay the night.

During the ceremony I was asked to sing, I was very nervous but it all went very well.

The weather was glorious and after the ceremony we all sat out on the lawns in the sunshine where there were lawn games and an amazing magician.

The food was lovely, our favourite part was the dessert—a chocolate apple with a raspberry moose inside!

After the meal my brothers Chris and Steve and Hannah's dad all made Speeches.

I was proud of my brothers as it was an emotional day because my Mum, who passed away two years ago, would have loved to have been there.



Overall, we thought:

- Peter - the day was marvellous, the disco was brilliant and the cake looked stunning.
- Tracy - the day was wonderful especially the table full of sweets and a doughnut wall. I love my sweet treats!



The Ghost Ship book review - By Tracy Roberts

I am reading the Ghost Ship by Kate Mosse and this is what the story is about.

The Barbary Coast, 1621. A mysterious ship floats silently on the water, its hull broken and its sails tattered and burnt.

For months the Ghost Ship has hunted pirates to make prisoners. Now it, too, finds itself hunted.

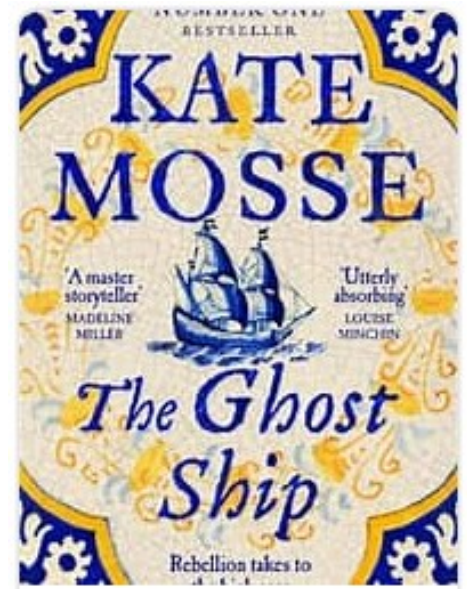
But the ship's crew hides a secret, and the stakes could not be higher.

The bravest among them are not who they seem: if arrested, they will hang for their alleged crimes.

Can they survive their journey and escape their fate?

A sweeping and epic love story, The Ghost Ship is a tale of adventure and buccaneering, love and revenge, stolen fortunes, piracy and hidden secrets on the high seas.

My thoughts about the book: I thought the story was very enchanting and exciting, I really enjoyed it.



Story Corner - By Peter Crum

Tim the farmer went on holiday to Spain and stayed in a hotel.

Tim went into town for a few beers and something to eat in a pub. after that he went for a walk on the beach and saw a big crab on the sand.

Tim was shocked how big the crab was so, Tim started to move the crab back in to the sea and the crab ran away from the sea and dived into a cave.

Tim went to the leisure centre to swim, in case there were bigger crabs, but the pool was closed. So, instead, he went to town for something to eat at the pub, where he ate fish and chips. Tim went back home to watch TV and went to bed for a rest.



Hear Our Voices - Hold this date - By Tracy Roberts

Hold this date!

Look out for booking details...



You are invited!
Hear Our Voices event
 Thursday October 17th
 The Kindle Centre
 Registration opens at 9.45am
 Event starts 10.15am
 Event finishes 2.30pm
Free lunch, tea and coffee included

In a relaxed environment, the event will:

- 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



**Please note in
you're diaries the
third**

**Hear Our Voices
on**

**October 17th at the
Kindle Centre.**

**ONOV are looking
forward to it.**

**We hope to see you
there!**

Election Quiz

1. Which party won the 2024 general election?
2. Who are Hereford's two MP's now?



1. Labour
2. Ellie Chowns (Green Party)
3. Jessie Norman (Conservative)



Did you know that as a person living in Herefordshire you can contact your MP? They are in post for 5 years. If you have a question for them , why not get in touch?

This link tells you how. <https://tinyurl.com/MyMPTell>

Channel Island Languages - By L Perkins



Queen Victoria made three visits to the Channel Islands during her reign and she was greatly pleased by the loyalty and patriotism of the people she found here.

?????

At the time, however, it is doubtful whether many of them could understand anything she said!

For centuries, Ordinary Islanders communicated in the

- ancient languages of the Islands, forms of Norman French
- similar to that spoken in Normandy around 900 years ago. On
- formal occasions, French was the approved language.

Guernsey didn't get around to making English the official language until 1921.

Before that date, If William the Conqueror had returned from the dead to visit the Islands,

He would probably have understood the Islanders dialects better than anyone.

To modern French speakers however, the old Channel Island language is like a modern UK resident trying to read an eleventh century Anglo Saxon manuscript.

Today the use of these languages in everyday speech is almost extinct, Guernsey French.

In Jersey French and Sarkese may still occasionally be heard spoken, chiefly by the elderly country people.

Island children rarely use them, even though some are probably able to understand.

In recent years there has been a renewal of interest in the old languages, But it is hard to imagine that their use will ever extend beyond the classroom or interest group meeting.

Alderney French is no longer spoken at all. It was dying out before the second world war, and the mass evacuation of the island before the German invasion in 1940, killed this language completely.



Derwen College Wins Award - By Derwen College

Shropshire's Derwen College is thrilled to have been presented with the Career Development Institute's award for the best 'Careers Programme in Post-16 Education'.

The UKCD Awards recognise and celebrate excellence across the career development sector, both in the UK and internationally.

This award recognises the creativity and commitment that is needed to bring career management activities to life, and to inspire young people in post-16 education to think about their future careers.

Derwen College's tailored approach to its young people's career journeys means that those students who are anxious about moving straight into a customer facing role are gradually nurtured in practice work environments until they feel ready to progress.

Having this clear structure in place, ending up in real industry experience, means that students leave college feeling confident and excited to enter the world of work.

Figures from the college's 2022/23 leavers show that 63% of Derwen College graduates have gone on to, or are in the process of, starting paid or voluntary employment or further training after college.

Across England, less than 5% of adults with a learning disability are in paid work, meaning that these figures far exceed the national average.

Derwen College's Careers Leads, Samantha Brown and Jennifer Fawcett-Jones (pictured), travelled to the Museum of Making in Derby for the official awards ceremony on 18 June.



My top 8 colours—By Peter Crum

1 red, 2 Blue, 3 yellow, 4 Purple, 5 Pink, 6 Orange, 7 Grey, 8 Green

These include the colours of the rainbow, what is your favourite colour?

Our News Our Views

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"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 ten years old in June 2024!

The deadline for articles and adverts for the October edition is September 11th.

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

Created and run by adults with a learning disability.



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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



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 find us on Facebook and twitter @HerefordMencap.

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