



**Special points
of interest:
Firework safety**



**21st November is
World Hello day.**



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Our News Our Views

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

Edition 103 – November 2024

Transition event - By L Perkins

I went to the transition and SEND information event held at the Beacon College, Eastnor Drive, Hereford HR1 1PL. I was telling people about Affinity Trust. There were lots of different people to talk to and I gave out leaflets. I found it very enjoyable. Transition is about change - people were choosing where to go after school.



A visit from Ellie Chowns MP - By Tracy Roberts

Mencap invited the newly elected MP's for Herefordshire to Hear Our Voices. Ellie Chowns explained that she could not come on Parliament days. Instead she came to meet Herefordshire Mencap and Our News Our Views and Healthwatch on behalf of Hear Our Voices. Jessie Norman has not yet replied...

It was good to meet her and she answered our questions and was very friendly. If you want to write to Ellie you can contact her by email ellie.chowns.mp@parliament.uk or write to Ellie Chowns, House of Commons, London, SW1A 0AA

She will eventually have surgeries around the County you can meet her if you wish.



Update from the editors



**Our News Our
Views
Editorial Team.**

November already and Christmas just around the corner, how time flies! We hope you are loving the cooler weather and autumn colours and wearing those winter woolies. Be sure to say hello to 10 people on world hello day wont you? In this edition:

- A visit from our new MP, Fireworks and story corner.
- Clouds, ghost stories, and a wedding to remember.
- A warming winter stew to warm the cockles of your heart.
- Puzzle and jokes

**See you in December/ January edition —
deadline November 21st**

More Ghost Stories - Adrian Phipps.

The White Cross

Originally built by a bishop of Hereford to mark deliverance from the Black Death, and recently restored after a drunk driver failed to notice it, the present cross replaces a simpler cross put up in the time of the plague. Farmers, protected by the sign of the cross, could bring food for the population of the city, who would pay for it by dropping a coin in a bowl of holy water or vinegar. Bishop Charlton, a few years before the plague, was warned to erect the cross when, returning from his place at Stretton Sugwas he was greeted by a peel of bells when he reached this spot but no human ringer was found in the bell loft.

At the beginning of the 19th century the site was haunted by the ghost of Old Taylor, who used to farm 'Morning Pits' Farm but had moved the monument in life and could not rest.

One stormy night, Denis the liar ran into a pub near the cross. Denis claimed to have seen Old Taylor's ghost and had promised to meet the spectre at the Morning Pits at midnight. Everyone laughed and thought it was just another of his stories but, at midnight, it was found that Denis was missing.

When he returned he was in a shocking state. He said that he had not meant to keep his promise but somehow had found himself at the farm at the appointed time. Old Taylor was waiting. "Follow me," it had said, and Denis did. They came to two stones. "Take up those stones!" said Taylor. "I can't," replied Denis. "You can. Try!" said the ghost.



November Happenings - By e parenting.

1st Nov 2024 Diwali

3rd Nov 2024 World Jellyfish Day

4th Nov to 9th Nov 2024 Green Careers Week

5th Nov 2024 Guy Fawkes Night

6th Nov 2024 National Saxophone Day

6th Nov 2024 World Numbat Day The numbat is native to Australia and is unique, sharing no relation to any living species. But it's also critically endangered. There are fewer than 1,000 of its kind left in the wild.

10th Nov 2024 Remembrance Sunday

11th Nov to 15th Nov 2024 Anti Bullying Week

11th Nov 2024 Remembrance Day

11th Nov 2024 Singles Day Singles Day is the fastest-growing shopping holiday across Asia, when single people receive gifts, or buy for themselves.

12th Nov 2024 Odd Socks Day Wear odd socks to school or work against bullying.

13th Nov 2024 World Kindness Day

17th Nov to 23rd Nov 2024 Road Safety Week

17th Nov 2024 World Prematurity Day

20th Nov 2024 Universal Children's Day

20th Nov 2024 World Children's Day

21st Nov 2024 World Hello Day (Greet 10 people!)

21st Nov 2024 World Television Day

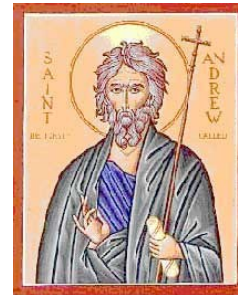
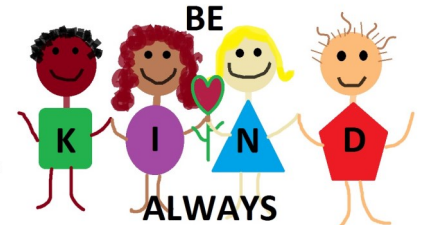
21st Nov 2024 World Philosophy Day

23rd Nov 2024 Doctor Who Day

23rd Nov to 1st Dec 2024 National Tree Week

29th Nov 2024 Buy Nothing Day

30th Nov 2024 St. Andrew's Day



Ghost story continued...

Denis found that he could tilt them easily. "Now come with me and place them where I show you". Denis did so. "Now", said old Taylor, "Never tell anyone what you have seen here this night. Lie down on your face and, as you value your life, don't attempt to look either way until you hear music, and then get away as fast as you can."



It seemed a long time before Denis heard what he was waiting for and, instead of waiting to listen, he high-tailed it away from the place.

Many people said he was a fool to tell the story. Certainly he was a changed man after his ordeal and died soon afterwards.

Firework Safety - By Peter Crum

Go to a proper firework display as the organisers will make sure everybody is safe and will make sure the fireworks are spaced out and the fireworks are in the ground properly.

When using sparklers wear gloves and do not wave them at people and make sure you are in plenty of space.



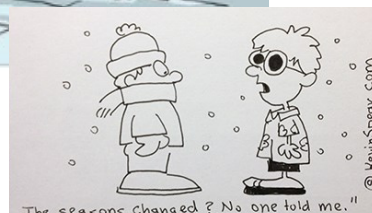
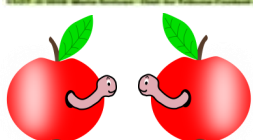
Story Corner - By Peter Crum

Paul and Sophia were so excited that they had been asked to make the guy for the local fire work display and had spent all week making it. mum shouted "kids take Sam out before the fireworks start you know dogs don't like them".

When they got back they discovered that the guy had been picked up, they said to their mum "we had not finished dressing him" mum said don't worry I gave them the clothes in the bag". Paul and Sophia both shouted "mum what have you done they are our new clothes from shopping this morning". They all ran out the house to the fire works display but it was to late the guy was already on fire. Mum felt terrible she said "don't worry kids lets get a hot dog and enjoy the display and I will take you shopping in the morning".



Did you hear the one about...



Puzzle Corner: (Answer page 7)

Doctor Who Wordsearch

J A S T A H A N E O Z K B B G S O R
R U I A E L U H E C E D A A E D E E
J H D G L V T S I M N K L A O A P V
Z R I O C C O M O X R L D H Z L M I
H C O S O N N F G I I E H K R E S R
D A L O I N S J I F V Q B O D K K D
W T Y E J N J O R I J C I Y M H B W
F S H N V Y O E L C J R L S C C T E
T O M E Y A Y I T D R X S X G O I R
H N T Z M O R A T A L O W L B M M C
E T O O D A R T W A R U N I T P E S
D A B Q C D S E E V R E P N O A L C
O R Y R I J C T A M P E M D R N O I
C O T S L I N D E Z I G N F K I R N
T N R R K N V T T R U T O E U O D O
O B W E E P I N G A N G E L G N J S
R N H Q Q G I T N U T V Q P F E T C
Q N P K F C A R H X W W L W M U R X

AUTON
COMPANION
CYBERMEN
DALEK
DAVROS
GALLIFREY
ICE WARRIOR
JUDOON
OOD
REGENERATION

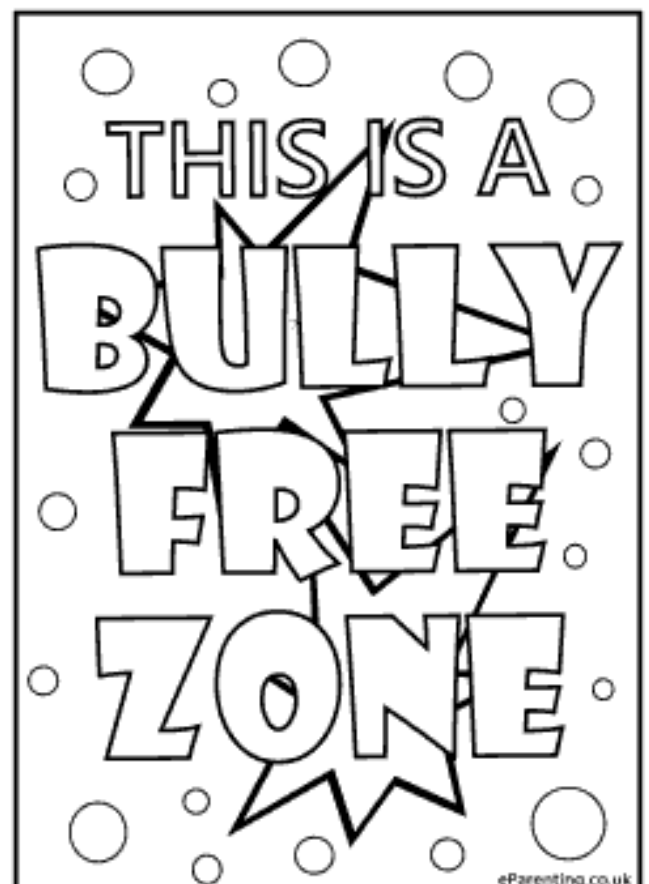
SEA DEVIL
SONIC SCREWDRIVER
SONTARON
TARDIS
THE DOCTOR
THE MASTER
TIME LORD
TIME TRAVEL
UNIT
WEEPING ANGEL



Pictures to colour



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Jordan and Jo's Wedding - By Peter Crum

My brother Jordan got married to Jo.

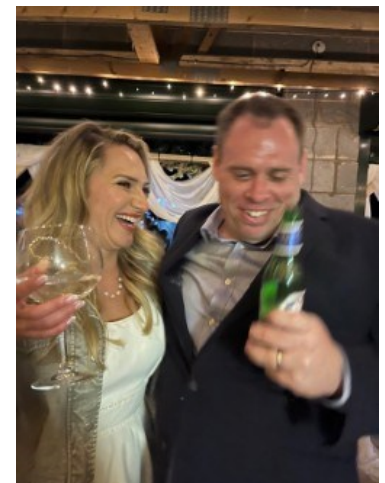
The week before I helped mum, dad, Jordan, Jo and sally (aka Jo's mum) set up for the wedding.

They got married at the registry office in Malvern and the reception was at Jo's mum's house in Bromyard.

My mum made Jo's dress which was stunning.

They had some lawn games such as basketball, cornhole and croquet. They also had sparklers.

I thought the wedding was beautiful, I liked everything about it. I am so proud of Jordan and Jo for getting married.



Samsung Galaxy A25 - By Peter Crum

I had a new phone. The one I chose was a Samsung Galaxy A25.

It has multi cameras - 3 are ultra wide, main and a macro camera. It takes good pictures.

I like my new phone because it has a big screen and it's easy for me to hold as I have big hands.

Tracy helped me to choose the phone and helped me to set it up.



Clouds - Cirrus - By Lisa Perkins

I got a book on clouds. Cirrus clouds are the thin, wispy clouds seen high in the sky. They look as if someone took a cloud, stretched it, pulling pieces off, like a cotton wool when it is pulled apart. They are thin because they are made of ice crystals instead of water droplets.

Cirrus radiatus is a variety of cirrus cloud. The name cirrus radiatus is derived from Latin, meaning "rayed, striped". This variety of cirrus clouds occurs in parallel bands that often cover the entire sky and appear to converge at a single point or two opposite points on the horizon. I saw this recently.



Recipe for November

This beef stew recipe just requires a few minutes of frying and little bit of patience to let the oven work its magic.

Method

Preheat the oven to 200C/180C Fan/Gas 6.

Place a large saucepan over a high heat, add 1 tablespoon of the oil and brown the beef in batches so the pan isn't too full.

Remove the beef from the pan and set aside on a plate. Don't clean the pan, as you'll need it to fry the vegetables.

While the beef is frying, peel and chop the onions and carrots and slice the celery.

Heat the remaining oil in the same saucepan and fry the onion, celery and carrot for 4–5 minutes, or until the onions have softened. Scrape any cooked on bits from the bottom of the pan; this will add flavour to the stew. Season with salt and pepper.

Mix the beef with the vegetables, then take the pan off the heat. Tip the meat and vegetables into a large ovenproof dish and pour the stock over the top.

Peel and slice the potatoes into ½cm/¼in-thick slices and arrange over the top of the beef. Dot the butter over the top, then cover tightly with foil. Bake for 1 hour, then remove the foil and bake for a further 15 minutes, until the potatoes are crisp and golden-brown. Serve in deep bowls.

Ingredients

2 tbsp vegetable oil
1kg/2lb 4oz braising steak, cut into 2.5cm/1in chunks
2 onions
3 celery stalks
4 large carrots
1 litre/1¾ pint beef stock (from stock cubes)
900g/2lb potatoes
25g/1oz unsalted butter
sea salt and freshly ground black pepper



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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 ten years old in June 2024!

The deadline for articles and adverts for the December/ January edition November 21st.

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

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