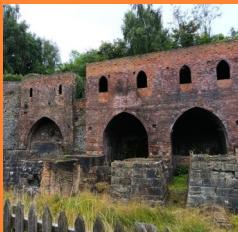




Special points of interest: Trip ideas...



17th October is World singing day?



Inside issue

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Our News Our Views

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

Edition 102 – October 2024

Trip to Ironbridge - By Adrian Phipps

The trip we went on to Ironbridge was very interesting. It is a Victorian village like back in the early 20th century.

Before going around the place and spend anything you must go to the old bank and whatever amount of money you change there you will get the same amount of money back but in old coins that were in the old Victorian times.



There is even a place where you can pay to wear old clothes that were worn then.

The Ironbridge Gorge was the birthplace of the Iron and Steel industry and the world's first iron bridge was built here in 1779.

Trip to Ledbury - By Adrian Phipps

On the trip to Ledbury we went to the Ledbury Museum. If you were not able to go upstairs there were screen pictures downstairs that showed what was there. I went upstairs with Mary and there was a large bath on wheels that was shaped like a boot. The bath was what had been used years ago to wheel around the streets for poor people if anyone wanted to have a bath.



After the first person had a bath not all the water was changed for the next person who wanted to bath in there!



Update from the editors



**Our News Our
Views
Editorial Team.**

How has life been treating you? Well, we hope. With summer long gone we look forward to a peaceful autumn. Are you taking part in The Big Draw Festival 1st Oct to 31st Oct 2024? We would love to see your drawings on Facebook. In this edition:

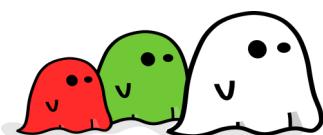
- Our Summer trips — ideas for you!
- A puppet festival, ghost stories, and NODA summer school
- A carrot soup recipe
- Puzzle and jokes

**See you in November edition — deadline
October 16th**

More Ghost Stories - Adrian Phipps.

Newton Farm

This post-war suburb to the south of Hereford has had an unusual number of poltergeist (ghost) happenings reported to the housing department and the Anglican South Wye team ministry. Reports have included moving furniture in empty rooms, objects being thrown – sometimes at people – and strange knockings and other unexplained noises. Many supernatural researchers associate ghosts with troubled people. The fact that the area is home to a large number of young families may therefore explain the high incidence of these noisy ghosts here.



The difference between poltergeists and ghosts lies in the way they connect with the physical world. Poltergeists are known for causing physical disturbances, while ghosts often show up as apparitions or subtle disturbances.

The Shire Hall

The Shire Hall is still used as a court, as it has been since it was built. The site was also the city jail and, when public executions were considered a good form of entertainment, hangings took place outside, where the war memorial now stands. There is a rumour that one of the prison governors used to take the bodies of the hanged and feed them to his pigs.

Some people have seen a dark apparition in the jury waiting room, while others have smelt cigar smoke, even though the whole building is a non-smoking zone. The ghost of a little girl has also been seen playing outside the front door.



October Happenings - By e parenting.

1st Oct to 31st Oct 2024 Black History Month

1st Oct 2024 Coffee Day

1st Oct to 31st Oct 2024 The Big Draw Festival

The Big Draw is a month-long festival of drawing activities for young and old alike.

1st Oct 2024 World Vegetarian Day

2nd Oct to 4th Oct 2024 Rosh Hashanah

Rosh HaShanah is the Jewish New Year festival. It begins the ten days of penitence culminating in Yom Kippur.

3rd Oct 2024 National Poetry Day

4th Oct 2024 World Dyslexia Awareness Day

4th Oct to 10th Oct 2024 World Space Week

5th Oct 2024 World Smile Day

5th Oct 2024 World Teachers Day

6th Oct 2024 Grandparents Day UK

15th Oct 2024 Shwmae Su'mae Day

Shwmae Su'mae Day is an annual celebration of the Welsh Language, encouraging people to have a go at speaking Welsh with their friends.

15th October International Archaeology Day

15th Oct 2024 National Grouch Day

15th Oct 2024 Recycle Week

16th Oct to 22nd Oct 2024 National Burn Awareness Day

16th Oct 2024 Harry Potter Book Day

17th Oct 2024 World Singing Day

19th Oct 2024 International Repair Day

This day promotes environmental benefits of the repairing items, and promotes the use of Repair Cafes and Fixit Clinics around the world.

21st Oct 2024 Apple Day

21st Oct 2024 Trafalgar Day

25th Oct 2024 World Opera Day

27th Oct 2024 British Summer Time Ends

29th Oct 2024 National Cat Day

29th Oct 2024 International Internet Day

31st Oct 2024 Halloween

31st Oct to 2nd Nov 2024 The Day of the Dead

The Mexican holiday of Dia de Muertos actually takes place over 3 days. The festival is a happy celebration with gatherings of family and friends to pray for and remember friends and family members who have died.



Beverley Puppetry Festival - By Tracy Roberts

About Face Theatre Company performed at Beverley festival in Yorkshire.

We performed 'We are all stories'. The stories were over 5 minutes long.

I perform in a show called the 'Marden bell'. They found a bell in the ground near Marden. The mermaid kissed a monk and she decided to steal the bell.



This was my first festival with About Face and I had a great time.

We also had a film made about us at the festival. Watch this space...

Trip to Brobury House and Garden - By L Perkins

Brobury House Gardens is a restored Victorian garden with eight acres of formal and natural planting, water features a pergola and a conservatory. The garden has a history dating back to the 18th century.

Mary and I went to the Brobury House Gardens it was very warm, so we had a look at some of the vegetables in the gardens, we saw lots of the butterflies and bees in the roses. We went for a long walk around the garden, and we saw a beautiful house in the garden, we also went to the café and had a lovely lunch and a cup of tea.



Did you hear the one about...

People think "icy" is the easiest word to spell. Come to think of it, I see why.



My teachers told me I'd never amount to much because I procrastinate so much. I told them, "Just you wait!"



NOW > LATER

What do we want? Low-flying airplane noises! When do we want them? NEEEEYYYOOOOOOOOOWWWWW!



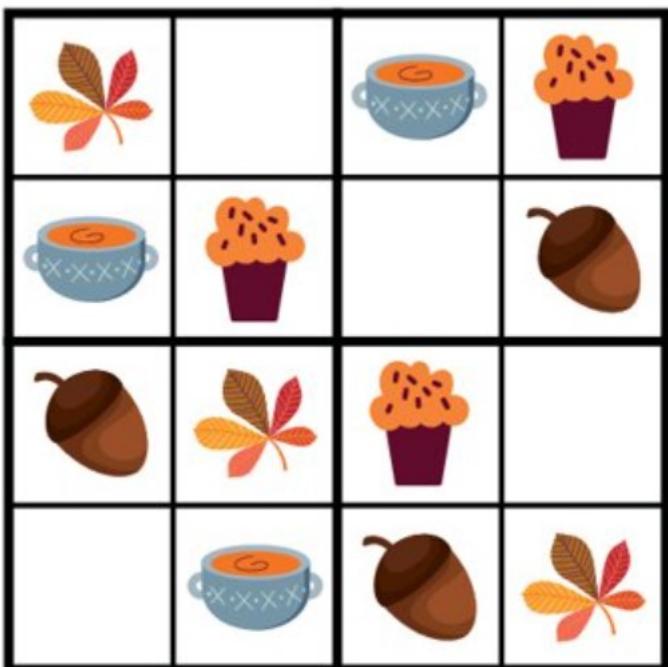
What building in New York has the most stories? The public library.



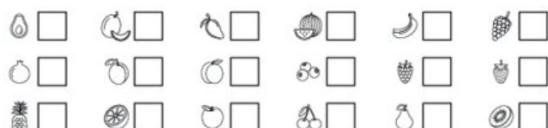
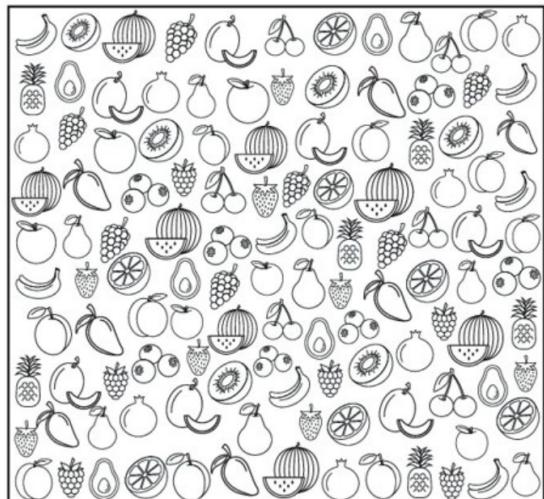
Comic Sans walks into a bar. The bartender says, "We don't serve your type here."

Comic Sans

Puzzle Corner: (Answer page 7)



Cut out or draw pictures below in above empty boxes. Each image must appear once in each row, column and small grids.



I spy fruit - how many of each fruit can you count?



Mystery object—
what is this?

Answer
P7

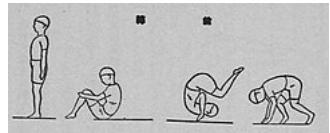
Did you hear the one about...

A lorry-load of tortoises crashed into a train load of terrapins. What a turtle disaster!

I backed a horse last week at 10 to one. It came in at quarter past four.

Four fonts walk into a bar. The barman says: "Oi – get out. We don't want your type in here."

Sometimes I tuck my knees into my chest and lean forward. That's just how I roll.



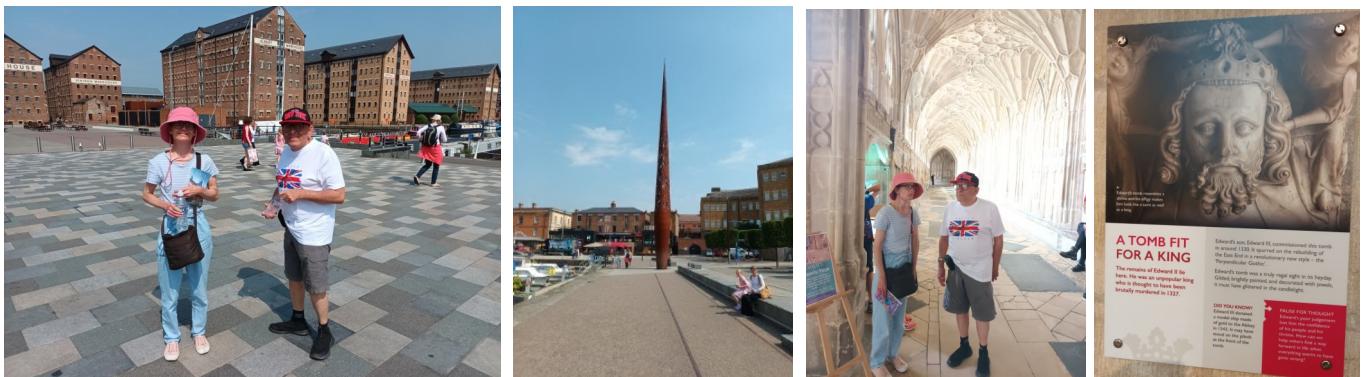
Gloucester Quays - By L Perkins

We went on the trip with Mary to Gloucester quays whilst we were there, we had a look round the lovely shops, we also went to a nice café to have lunch and a cup of tea and then we went to Gloucester Cathedral where Edward 2nd's tomb is. He was an unpopular king thought to be brutally murdered in 1327.

Afterwards we looked around the docks which was very interesting.

The docks were originally built in the early 19th century to accommodate the growing trade of the city, which was primarily focused on the export of timber and grain. The docks continued to expand over the next century, becoming one of the most important ports in the country for the import and export of goods.

Well worth a visit and accessible by wheelchair.



Story Corner - - by Peter Crum

Mr. Rumble went to the pub for some lunch and a pint of beer. After lunch he went to town to have a look around the shop and painting shops.

He was looking for an unusual colour to go in his bedroom. The colour he wanted was Dead Salmon which they didn't have.

They did have Climate Change, Mouse's Back, Eccentric Lime, Guacamole, Cheese Powder, Anonymous, Opaque couché, Elephant's Breath, Celebrity, Julie's Dream, Three Legs, Nacho Cheese, Reginald.

Disappointed, Mr Rumble went back home to bed.
(By the way, these are real paint colours! Yes, really!)



Tracy's trip to Noda Summer School - By Tracy Roberts

It's that time again for me to head off to summer school.

This year I went on a course about "creating accessible theatre for all". The tutor was called Chris Tomlinson.

Every morning, we did a warm up getting to know each other and one thing the group don't know about you.

Sunday – we worked in groups and we wrote on flipchart paper and we discussed about,

The World has gone PC mad!

What does accessibility really look like?

Ableism and what it does!

Creating the right space /environment.

Choosing the right play/musical.

We did a workshop and looked at the access manifesto.

Monday – we wrote a 5 minutes sketch , Steph and I wrote a five minute sketch about Snow White then asked the other people to perform it.

Tuesday – came up with a performance space we called Dance Factory.

Wednesday – we worked on some Greek theatre.

Thursday – talked about our theatre company and core beliefs.

Friday - learnt two new games! And what we thought about each other.

Also, I had a professional head shot.

I had an amazing time spending time with old and new friends.



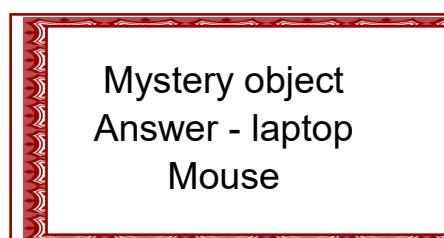
Carrot Soup - By Lisa Perkins

Make a comforting starter or lunch in no time with our easy creamy carrot soup. Quick and simple It takes just 30 minutes to make.

Ingredients:

- 1 1/2 tbsp oil.
- 1 onion, sliced.
- 1 celery stick sliced.
- 3 garlic cloves
- 1kg carrots thinly sliced.
- 1.5 litre hot veg or chicken stock.

Heat the oil in a large saucepan and fry the onion and celery gently for 5 minutes, Add the crushed garlic and cook for 1 minute more. Tip in the carrots, and the stock then season and bring to boil. Simmer for 25 minutes and then Blitz the soup with a hand blender until smooth.



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 ten years old in June 2024!

The deadline for articles and adverts for the November is October 16th.

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

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