



Special points of interest:

Goodbye ONOV editors! Page 1 and page 7



17th February is Random Acts of Kindness Day.



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Our News Our Views

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

Edition 105 – February 2025

ONOV – Goodbye and an Opportunity for you?

Our News Our Views has been going for 10 years. But, sadly, we have decided it will be finishing. In these last 10 years I have really enjoyed working here. I have enjoyed it, because I have had the experience of editing, using computers and mostly the history stories about Hereford. But now, I have decided that I want to do my own writing, because I have always wanted to be a writer. (Adrian Phipps)



I have learnt lots of skills, if somebody said to me 10 years ago I would be able to put information on the website/Facebook I would have never believed them, I like having banter and fun with everybody. I will miss everyone. (Tracy Roberts)



I did enjoy the newsletters, and I can use a computer to put the article in the computer. And I learned to write about different countries, fashion, all sorts. And I learned to write about health and warm soup. I enjoyed going to Hear Our Voices and meeting different people there. I feel shocked and sad to leave Our News Our Views as we wind up in January. I am looking forward to a celebration meal and new opportunities. (L.Perkins)



Continued on page 7....



Update from the editors



Our News Our
Views
Editorial Team.

Our last edition of Our News Our Views with the current crew and it is sad to say goodbye! But each editor is going on to use their experience, skills and achievements in new opportunities and adventures - lots of luck to all! In our last 105th edition:

- The editors and support worker say goodbye
- Ghost stories, disgusting body questions, a story, February happenings and Bolivia landscape.
- A whole page of wordsearch as requested, and jokes

**Thank you for your support - take care, and
see you around! XXX**

Ghosts of Eastnor - Adrian Phipps.

The fine gothic castle was only built in 1812, replacing an earlier, but draughtier, castle at nearby Bronsil, the ruins of which can still be seen. Here a huge raven, which local people assumed must be a spirit from hell, could always be seen by the moat. It was said to guard a treasure hidden under the island on which the castle had been built. The original owners were the Beauchamp family who, from these 'humble' beginnings, went on to become Earls of Warwick. But the treasure could only be found if the rightful heir should approach the raven, who would recognise him if he was carrying bones of the original Lord Beauchamp.

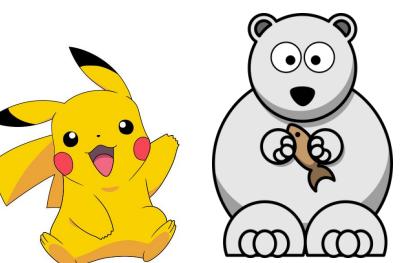
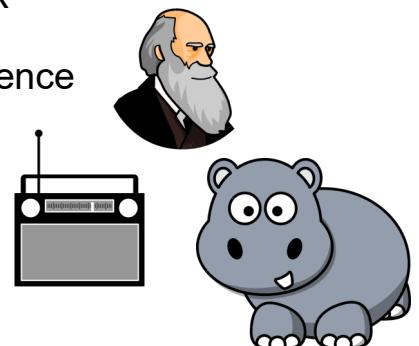
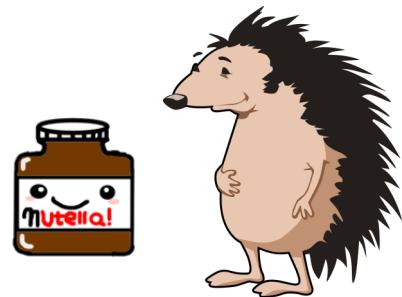
It was said that, in the time of the first Queen Elizabeth, a Mr. Gabriel Reede inherited the castle through the female line, but was troubled by a restless spirit that walked at night. He was advised by the wisest man in the Kingdom, Master Allen of Gloucester Hall, Oxford, to procure a bone of the first Lord Beauchamp and to keep it in a cedar box in the castle. This silenced the ghost.

When the Reede family moved to New Court in Lugwardine, they took care to take the box with them, just to be on the safe side.



February Happenings - By e parenting.

1st Feb to 4th Feb 2025 National Storytelling Week
 1st Feb 2025 Imbolc (Saint Brigid's Day)
 2nd Feb 2025 Groundhog Day
 2nd Feb 2025 World Ukulele Day
 2nd Feb 2025 National Hedgehog Day
 3rd Feb to 9th Feb 2025 Children's Mental Health Week
 5th Feb 2025 World Nutella Day
 6th Feb 2025 Waitangi Day
 7th Feb 2025 Charles Dickens Day
 10th Feb to 14th Feb 2025 National Apprenticeship Week
 11th Feb 2025 Safer Internet Day
 11th Feb 2025 International Day of Women & Girls in Science
 12th Feb 2025 Darwin Day
 13th Feb 2025 World Radio Day
 13th Feb 2025 Galentines & Palentines Day
 14th Feb 2025 St. Valentine's Day
 14th Feb to 21st Feb 2025 National Nest Box Week
 15th Feb 2025 World Hippo Day
 17th Feb to 21st Feb 2025 February Half Term Holiday
 17th Feb 2025 Random Acts of Kindness Day
 27th Feb 2025 International Polar Bear Day
 27th Feb 2025 Pokemon Day



Ghosts of Hoarwithy

In the middle of the 19th century, a farm labourer called Tom Reece was walking home from Ross. It was just before Christmas and he had enjoyed a good evening. Walking down the lane, he suddenly the feeling there was something behind him. He turned to look and saw a big black dog. Tom knew enough about dogs to keep still and let the creature get past him, but the dog just sat down and watched him. When Tom walked on the dog also continued, remaining a few paces behind him.

Tom got tired of this and, turning, shouted at it to be off, but the dog took no notice. He threw a stick at it but the dog let it bounce off him. So Tom took hold of a fallen branch from the hedgerow and advanced on the dog. The dog jumped back and rose onto its hind legs. Tom saw it change into a human form – that of his own dead father.



The day at the Zoo - Story Corner - By Peter Crum

One day Alicia went to the zoo with her sister in their mum's car. They went to look at all the animals. Alicia's favourite animals were the monkeys.



On this day the monkey who was very sad because her friend who had shared a cage with her, had been moved to a different part of the zoo. The monkey escaped so she could visit her friend.

Alicia saw how small her footprints were and thought how tiny the monkey's feet are.

They decided to follow the monkey and it started to rain. So they decided to stop following the monkey and go for a drink and an ice cream.

What an eventful day.

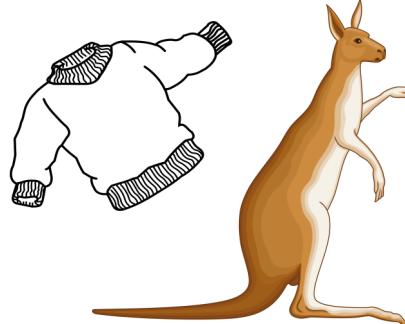


Did you hear the one about...

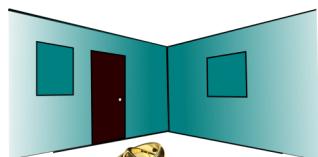
What did one plate say to his friend?
Tonight dinners on me.



What do you call a rooster staring at a pile of lettuce?
A chicken sees a salad.

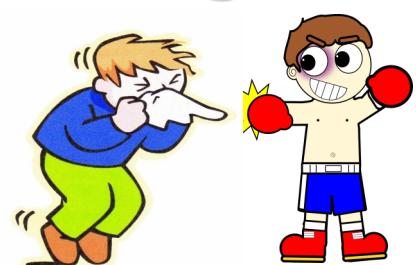


What do you get if you cross a kangaroo with a sheep?
A woolly jumper.



Why is a room full of married people empty?
Because there isn't a single person in sight.

What is the difference between a boxer and a man with a cold?
One knows his blows and the other blows his nose.



Puzzle Corner: (Answer page 7)



Valentines Day

February 14th

DIRECTIONS:
Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.

ADORE
AFFECTION
ARROW
BE MINE
BELOVED
BOYFRIEND

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

CANDY	GIFTS	POEM
CHAMPAGNE	GIRLFRIEND	RED
CHERUB	HEARTS	ROMANCE
CHOCOLATE	HUG	ROSES
CUPID	I LOVE YOU	SWEETHEART
DARLING	KISS	VALENTINE
DEAREST	LOVE	
FLOWERS	PINK	



Disgusting Body Questions - By Tracy Roberts

Why do we have Earwax?

Earwax is produced by glands in the ear canal to serve several purposes: Protection: It protects the skin inside the ear and prevents germs from entering; Cleaning and lubrication: It helps clean the ear canal and keeps it lubricated; Barrier: It acts as a barrier against dust, bacteria, insects, and other outside agents.



Why do people get belly button fluff?

Belly button fluff is created when dead skin and other human waste or debris accumulate in the belly button. The body uses available cloth to create an object that can be removed and flicked away, rather than allowing the dead skin and other detritus to fester and become a feasting ground for bacteria.

Why do you get worms in your bum?

Bum worms, also known as pinworms, are caused by ingesting or inhaling pinworm eggs¹²³⁴⁵. Female pinworms move to the anal area to lay their eggs, leading to anal itching. When you scratch the itchy area, the eggs can cling to your fingers and get transferred to other surfaces, such as toys, bedding, or toilet seats¹



Why do feet get smelly?

Feet can get smelly due to several reasons: Sweat: Feet have thousands of sweat glands, and when sweat becomes trapped in shoes or socks, it can create a bad odour. Bacteria: Bacteria thrive in sweaty environments and contribute to smelly feet. Fungi: Fungal foot infections can also cause foot odour. Poor hygiene and poor shoe care can make it worse. Hormonal changes may also play a role.



Bolivia landscape - By L Perkins

Around La Paz and in the southwest, the Altiplano defines the rugged landscape at an altitude of 14,000 feet, including the strange salt flats of Uyuni, volcanoes, lakes (the emerald Laguna Verde), geysers and canyons as well as the rocky Valle de la Luna (valley of the moon, with its fairy chimneys. Not far from Sucre the National Park of Torotoro is known for its canyons and cave paintings.



Lake Titicaca is the highest navigable lake on earth. Legend has it that the “children of the sun” emerged from the lake to found the Inca empire.

Goodbye from ONOV and an Opportunity for you? Continued from Page 1

When we set up Our News Our Views, we had to think about lots of ideas and how to format and lay out our newsletter. I have learnt lots of skills like how to write on the computer and send an email and copy and paste photos on a computer. My skills have transferred to radio ECHO I am enjoying doing it and talking to a live audience. I will miss Our News Our Views and the support worker Mary and the team.

(Peter Crum).

I am very proud of the editors of Our News Our Views and what they achieved. They have learnt to run their own small business including, raising funds each year, budgeting, getting quotes for equipment and printing, taking care of resources, interviewing, recruiting and supervising support staff, hitting deadlines and being creative. They have learnt team working skills and supported each other – we have had a lot of fun and laughter. I have enjoyed working with them and seeing their skills and knowledge build. It is sad to leave now but after 10 years we are leaving on a high and I hope everyone goes on to share their skills and experience with others. Thank you to volunteers especially Dave and all who supported us. The last responsibility of the team is to hand on the baton to another group or organisation with ideas to use the resources meaningfully. Watch this space. Thank you and farewell! (Mary Simpson)



Bolivia landscape contd...

Of greatest interests are the Isla del Sol (island of the sun) and the Pilkokaina Inca palace east of the lake.

East of the lake, the Cordillera Real splits into two massifs the Illampu, 20,892 feet high, and the Illimani at 21,122 feet the second highest mountain in Bolivia whose three peaks dominate the valley of La Paz. The country's east, the Oriente is part of the green wilderness of the Amazon basin. Here you can take boat trips through the jungle or visit pristine Mercado National Park.



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!

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