



Our News Our Views

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

Edition 49 – April 2019



Special points of interest:

- Autism awareness day in April.
- Easter quiz—can you discover the words?

Inside issue

Editors	2
What's On.	3
Score	4
The Lion the Witch and the Wardrobe	5
Allergy Awareness Week	6

Crufts - By Laura Jolliffe

Dog lover, manufacturer of dog biscuits and Said Barnard owner, Charles Cruft, founded the show in 1891. Crufts was first put on television by the BBC in 1950.

The top prize best in show was first awarded in 1928 to a greyhound called a primly sceptre dog.

42 different breeds have won the prestigious best in show prize.

The English Cocker Spaniel has won the best in show title seven times.

The first show attracted 2437 entries, dog entries topped 15,000 for the first time in 1961 and kept rising. There were 21,564 dogs competing in 2014. There were 20,565 competitors in 2019.

Crufts takes up more than 25 acres of the NEC in Birmingham equivalent to the area of around 12 football pitches.

The lucky winner was a papillon called Dylan the Villain, the first ever of the breed to do so.

Judge Dan Ericsson said: "I was spoilt for choice but my eyes were drawn to this beautiful dog that has everything you look for in the breed, plus personality."



France - By Laura Jolliffe

France in Western Europe has medieval cities, alpine villages and Mediterranean Beaches.

Paris is the capital and is famed for its fashion houses classical art museums including the Louvre and monuments like the Eiffel tower.

The country is also well known for its wines and food. La Scala ancient cave drawings, Lyon's roman theatre and the vast parks of Versailles show that it has a rich history too.



Update from the editors



By Adrian Phipps on behalf of Our News Our Views Editorial Team.

Thank you for all the articles you have sent to Our News Our Views. Sadly, nobody identified the four faces which were Donald Trump, Prince Harry, Cliff Richard and David Beckham. Have a go at the Easter word competition this month!

In this edition:

- Articles about dogs, allergy awareness, British beef week.
- Autism awareness, travels to Moscow and France.
- Your usual what's on and Jokes—and more!

Happy Easter — Enjoy!

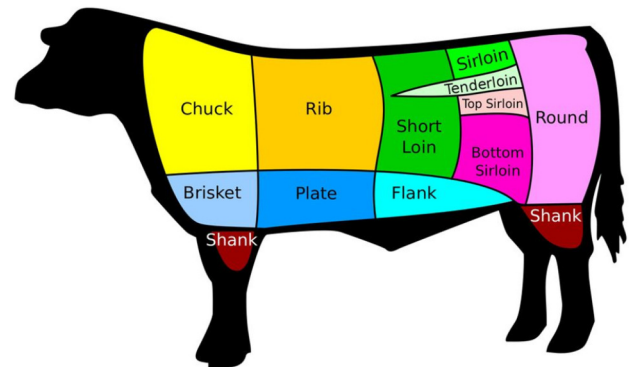
See you in May— deadline 17th April

British Beef week — By Peter Crum

1st –7th April is British beef week. Where does the word beef come from?

The English word beef comes from middle English, which in turn come from the French word *boeuf* (see modern French *boeuf*), both come from latin *bos* or *bovem*, meaning ox or cow.

You can cook lots of things to celebrate beef week like beef curry, beef stew, beef soup, beef pie, and slow cooked beef joint. Yum.



History of dogs — By Adrian Phipps

The origin of dogs is not clear. It is known that the dog were the first animals living with mankind, and is a member of canines, which forms part of the wolf-like canids. The closest living relative of the dog is the grey wolf and there is no evidence of any other canine contributing to its genes. Dogs and grey wolves form two sister branches with modern wolves not closely related to the wolves that were first living with humans. The archaeological record shows the first agreed dog remains buried beside humans, 14,700 years ago, with some disagreement over remains found 36,000 years ago. These dates show us that the earliest dog arose in the time of human hunter-gatherers.

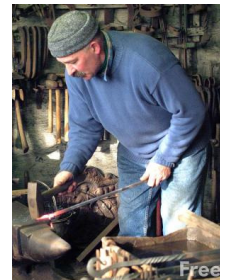


In future editions I will describe different breeds....

WHAT'S ON APRIL 2019



Date	Time	What	Where	Detail/
5th	9 a.m. – 6 p.m.	Swan Brewery Tasting day	Unit 17 Rural enterprise Centre, Brunel road HR6 0lx Leominster HR6	Free
5th	9am	Ferrous Festive Black Smiths creating a new piece of art.	High Town Hereford	Free
6th	10am 4pm	Medieval Pageant Actors, craft stalls	Priory Centre Leominster HR6 8NH	Free
7th	10am 4.30pm	Speed festival classical car	Bromyard	Free
5th	1pm 3pm	Friday club Coffee and cakes	Leominster community Centre school road HR6 8NJ	Free
12th	10am	Priory Centre Easter market stall	Corn Square Leominster HR6 8NH	Free
27th +	10am 5.30pm	Wonder wool wales	Royal welsh show ground, Builth Wells	£10
27th	11-5	Steampunk Market + entertainment	Waterworks museum Hereford Broomy Hill , HR40LJ	Disabled free with 1 carer
24th - 27th	2.30 or 7 p.m.	The Wizard of OZ	The Courtyard Hereford	£11.50 for disabled
3rd + 4th	7.30 p.m.	The Magic of the Musicals	The Courtyard Hereford	£15.00 and £14.00
1st – 11th	Various	Dumbo	The Odeon	See website



£10 prize. Enter with your name, address, and email or phone number.

Deadline 17th April. One entry per person please!

Prize donated by Ms Brettina Meadows. Thank You!

Find the missing letters to complete the ten Easter phrases.

Easter _G G

Easter I _LA _D

Easter B _N _ _

Easter B _N _E _

Easter P A _ _ D _

H _ _ P Y EASTER

Easter _ U _ D _ Y

Easter H _ N _

Easter CH _ _ K

Easter N _ _ T



Score — By Laura Joliffe

I went to meet Claire Jackson, the manager of Score, to find out what Score does.

Score is a part of Affinity Trust. Their main job is to help support people with learning disabilities make friends, do new things and develop skills. They are usually out and about, taking part in activities like swimming, bowling, shopping, dancing and more.

27 people attend Score over the week. Some come two days a week, some only one. Choice is really important to Score - every day has planned activities and people can decide what they would like to do that day.

Everyone has a personal plan and sets their own goals about what they want to achieve. This could be trying new activities or leading an activity, volunteering or working towards employment.

Claire said that there are several spaces available at the moment. If you would like to find out more about Score, contact Claire – see the Score advert on page 7

Claire said her main role at Score is to develop the services to make Score the best it can be and to manage the staff there.

“The best thing about Score is the amazing people we support, they always make me smile. Also, my wonderful staff, they are always so full of energy. We always want to be moving forwards, not just doing the same things.”

I thought the activities at Score sounded really good because they offered lots of choice.

Slow Cooked Pork – By Peter Crum

2tbsp olive oil, ½ kg piece pork shoulder, 250ml white wine, 250ml chicken stock, 4 bay leaves, 2 spring of rosemary, 1tsp black peppercorns, 1 garlic bulb

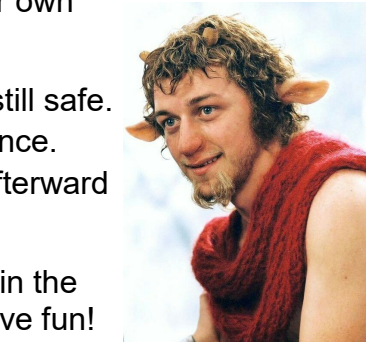
1. Remove the fat from the pork shoulder. Season the pork with salt and pepper then heat the oil in large frying pan over a medium to high heat. Brown the pork shoulder on all sides then transfer to slow cooker or oven add all the other ingredients, then cook on low for 6-8 hours until the meat pulls apart when pressed with two forks.

2 Remove, add seasoning of choice e.g. salt, pepper, garlic, BBQ sauce, apple sauce. Shred pork and mix with all juices. Serve and enjoy!



The Lion the Witch and The Wardrobe

— By Laura Joliffe



The

Lion, The Witch and The Wardrobe starts in a mysterious way. Tumnus, a faun, first appears when Lucy arrives in Narnia at the lamp-post. He invites her back to his cave for tea, during which she sees him in tears. He confesses that he works for the White Witch, Jadis. It is always winter but never Christmas in Narnia. Jadis had ordered Tumnus and the other Narnians to hand over any sons of Adam or Daughters of Eve – humans - that he sees in Narnia. Tumnus, despite knowing that the witch will find out if he disobeys her orders, quickly realises that he can't bear to give Lucy up to the witch, so he guides her back to the lamp-post to see that she returns safely to her own world.

When Lucy returns to Narnia a few days later, Tumnus is still safe. It seems the White Witch hasn't discovered his disobedience. However, Lucy's brother Edmund enters Narnia shortly afterward and then the adventures really begin...

If you haven't seen it, I recommend it. There are 7 books in the Narnia Chronicles and several films have been made. Have fun!

Autism awareness Day 2nd April

— By Peter Crum



National
Autistic
Society

Autism is often called Autism Spectrum Disorder (ASD).

When people have autism we say they are autistic.

Many people in England, Scotland, Wales and Northern Ireland are autistic.

You cannot always tell that someone is autistic just by looking at them.

Autism is a disability. It is not an illness or disease. It does not go away. People are autistic for all of their lives.

Autistic people may also have other things like a learning disability or a mental health condition. This is when people may feel upset, worried or scared a lot.

Autistic people can still do lots of things and learn new skills. They just need the right support.

Autism is a lifelong disability that affects how a person gets on with other people, and how they experience the world around them.

On the 6th
April Old
Market
Hereford
come to the
Autism
Reality
experience
bus and
meet the
Learning
Disability
Partnership
Board
members.

Allergy Awareness Week 22nd—28th April

PAGE 6 — By Lisa Perkins



An allergy is your immune system's reaction to certain plants, animals, foods, insect bites, or other things your body protects you from diseases by fighting illness.

But when you have allergies, it overreacts and tries to "fight" ordinary things like grass, pollen, or certain foods, this can cause sneezing, itching, and other reactions that you get with allergies.

You can be allergic to many things including:

Dust mites (tiny insects that live in dust).

Grass, flowers, and tree pollen (the fine dust from plants).

Mold and mildew (small living things that grow in damp places).

Foods, such as milk, wheat, soy, eggs, nuts, seafood, and legumes, which include peas, beans, and peanuts.

Latex (stretchy stuff that some of the gloves doctors and dentists use are made of).

Some allergies are a problem all year long, but others might bother people only during certain seasons e.g. you might be allergic to pollen from flowers which is present in the air only in the spring and summer.

Some symptoms are ...

A runny nose,

Itchy eyes and ears, and a sore throat.

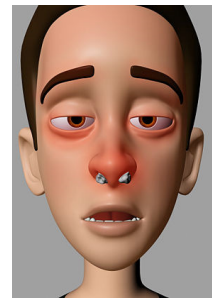
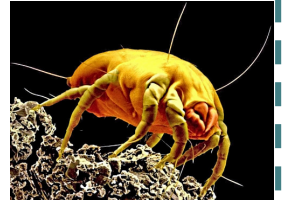
Hives (a red, bumpy, itchy skin rash).

A stuffy nose,

Stomach cramps,

Vomiting, or diarrhea.

Breathing problems like wheezing and shortness of breath.



Bohemian Rhapsody — By Tracy Roberts

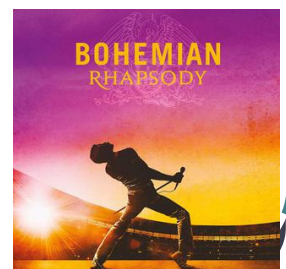
The film is based in the 1970's and about Freddie Mercury's life. Farrokh Bulsara who works as a baggage handler at Heathrow Airport.

He watches a local band then after the show meets Brian May, Roger Taylor and John Deacon then known as Queen and asks to join the band.

After that he changed his name. Over the years he performed lots, he died of Aids in 1991.

I really enjoyed the film and my favourite scene was when Queen performed at LIVE AID in 1985 where they sang "we are the champions".

Overall it was a very good film and I recommend it.



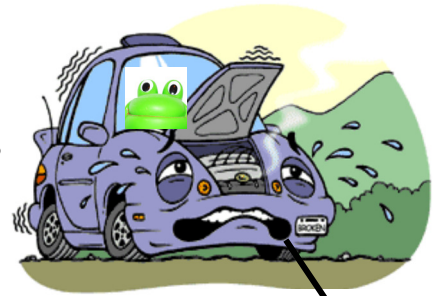
Have you heard the one

What did the fish say when he swam into the wall? Dam.

What's at the bottom of the sea and shivers? A nervous wreck.

What bee can never be understood? A mumble bee.

What happens to a frog's car when it breaks down? It gets toad away.



Mumble , Mumble,



MOSCOW — By Laura Joliffe

Moscow, on the Moskva River in western Russia, is the nation's capital. In its historic core is the Kremlin, the home to the president and tsarist treasures in the Armoury.



Outside its walls is Red Square. It is home to Lenin's Mausoleum, the State Historical Museum's comprehensive collection and St. Basil's Cathedral, known for its colourful, onion-shaped domes.



Score Community Opportunities

PROVIDING A BROAD RANGE OF ACTIVITIES CLOSE TO OUR BASE IN THE CENTRE OF HEREFORD

Contact: Claire Jackson Phone: 01432 379380 Email: clairejackson@affinitytrust.org

Our News Our Views

c/o Hereford South Wye Team Office, 89
Ross Road, St. Martin's Church,
Hereford HR2 7RJ

Phone: 01432 352085 (Thursdays)
Email: ournewsourviews@hotmail.co.uk
Website: www.ournewsourviews.com

**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 four years old in June 2018!

The deadline for articles and adverts for the April edition is April 17th.

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

Thank You— We thank our advertisers for their support. **Advertise with us** — prices on website.

Disclaimer —We cannot accept any responsibility or liability for any opportunities or products described in the newsletter or offered by our advertisers that are printed in good faith.
We apologise for any mistakes we make.

**E F Bulmer
Benevolent Fund**

Thank you to our advertisers funders and sponsors!



*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.

HOUGHTON PROJECT

Rural Skills for All
Here you can:
Work with animals
Grow your own food
Make things out of wood in the workshop
Work in the woods

Come and see what we do

☎ 01568 797 900

tim@houghtonproject.co.uk
www.houghtonproject.co.uk



Andy's discos

All types of music.

Available for hire -

weddings, parties or events.

I only charge for transport costs.

Hereford area only please.

For more information give Andy

a call on 07974 486411