

Our News Our Views

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

Edition 92 – August/ September 2023



Special points of interest:

Do you know what LGBTQ+ means?

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Did you know, 12th August is world elephant day!

Inside issue

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themes and
things to do

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Jokes and a P5,6
puzzle

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1800's

A Karaoke evening - By Laura Joliffe

I went to the Wellington village hall karaoke night with Pete and a friend with Kevin. I watched people having a go. It was alright.

There were quite a few people there. There was a BBQ with hot dogs and burgers and a bar. We enjoyed it.



The Adventures of Beefy - By Tracy Roberts



Beefy went to a log cabin with a hot tub in the Forest of Dean to celebrate Michelle's 50th birthday with me, Peter, Marie and Dave.

On the Saturday night, Beefy gave Michelle a party with lots of music, dancing, eating and drinking and party games including one with masks. Beefy decided he wanted a beard (Do you think it suits him?)



For Father's Day Beefy got his dad a nice mug (Kind Beefy).

We all had a great time in the hot tub and Beefy loved climbing the trees with the squirrels.



Update from the editors



Our News Our Views
Editorial Team.

We hope you have a marvellous August and September. If you fancy sponsoring the team to support Our News Our Views to cover the costs please see the link that will appear in our Facebook pages soon -Thankyou. In this edition:

- August and September Happenings.
- Experiences of visits and trips and lots of history.
- Articles about LGBTQ+ and Shared Lives.
- Puzzles and jokes.

Enjoy! See you in October — deadline September 13th



August Happenings - By e parenting

20th Jul to 20th Aug 2023 FIFA Women's World Cup

1st Aug 2023 Yorkshire Day

4th Aug 2023 International Owl Awareness Day

7th Aug 2023 Sea Serpent Day

8th Aug 2023 International Cat Day

9th Aug 2023 Rice Pudding Day

10th Aug 2023 World Lion Day

12th Aug 2023 World Elephant Day

12th Aug 2023 International Youth Day

13th Aug 2023 Left Handers Day

14th Aug 2023 World Lizard Day

15th Aug 2023 Granny Square Day (crochet)

19th Aug 2023 International Orangutan Day

19th Aug 2023 World Photo Day

26th Aug 2023 International Dog Day

26th Aug to 27th Aug 2023 International Bat Night

28th Aug 2023 Summer Bank Holiday



Day



September Happenings - By e parenting.

1st Sep 2023 Harry Potter Back to Hogwarts Day

4th Sep to 8th Sep 2023 Zero Waste Week

6th Sep 2023 Read a Book Day

8th Sep 2023 International Literacy Day

8th Sep 2023 Star Trek Day

9th Sep 2023 Teddy Bear Day

13th Sep 2023 Roald Dahl Story Day

14th Sep 2023 World Atopic Eczema Day

16th Sep 2023 International Red Panda Day

18th Sep 2023 Read An E book Day

19th Sep 2023 Talk Like A Pirate Day

21st Sep 2023 U.N. International Day of Peace

22nd Sep 2023 Hobbit Day

23rd Sep 2023 Autumn Equinox (Northern Hemisphere) Spring Begins (Southern hemisphere)

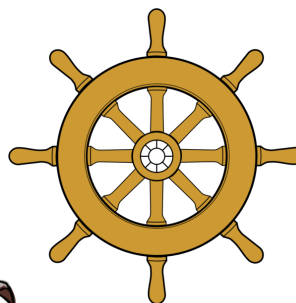
23rd Sep 2023 International Day of Sign Languages

23rd Sep 2023 Spring Equinox (Southern Hemisphere)

24th Sep 2023 World Rivers Day

24th Sep 2023 International Rabbit Day

30th Sep 2023 World Maritime Day



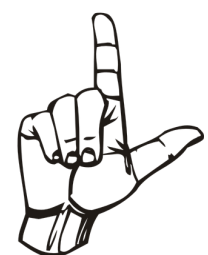
NORI



ORI



BOFUR



History of cars - a series - By Peter Crum

Mass Production

The ford model T was the world's first truly mass-produced car. By using new factory methods, Henry Ford made his model t in such huge numbers that it could be sold very cheaply.



Most popular car

More Volkswagen beetles were built than any other car in the history of motoring.

This car was made from the 1930's until 2003.



Did you hear the one about....

Why didn't the tea introduce itself at the party? It was a little chai.

What did the cannibal serve with tea? Finger sandwiches.

Three guys were walking down the street. Two of them walked into a bar. The third guy ducked.

I'm going to stop putting things off, starting tomorrow.

The teacher called Little Timmy to her desk. She said:

"This essay you've written about your pet dog is exactly the same essay your brother has written." "Of course it is." said Timmy. "It's the same dog."



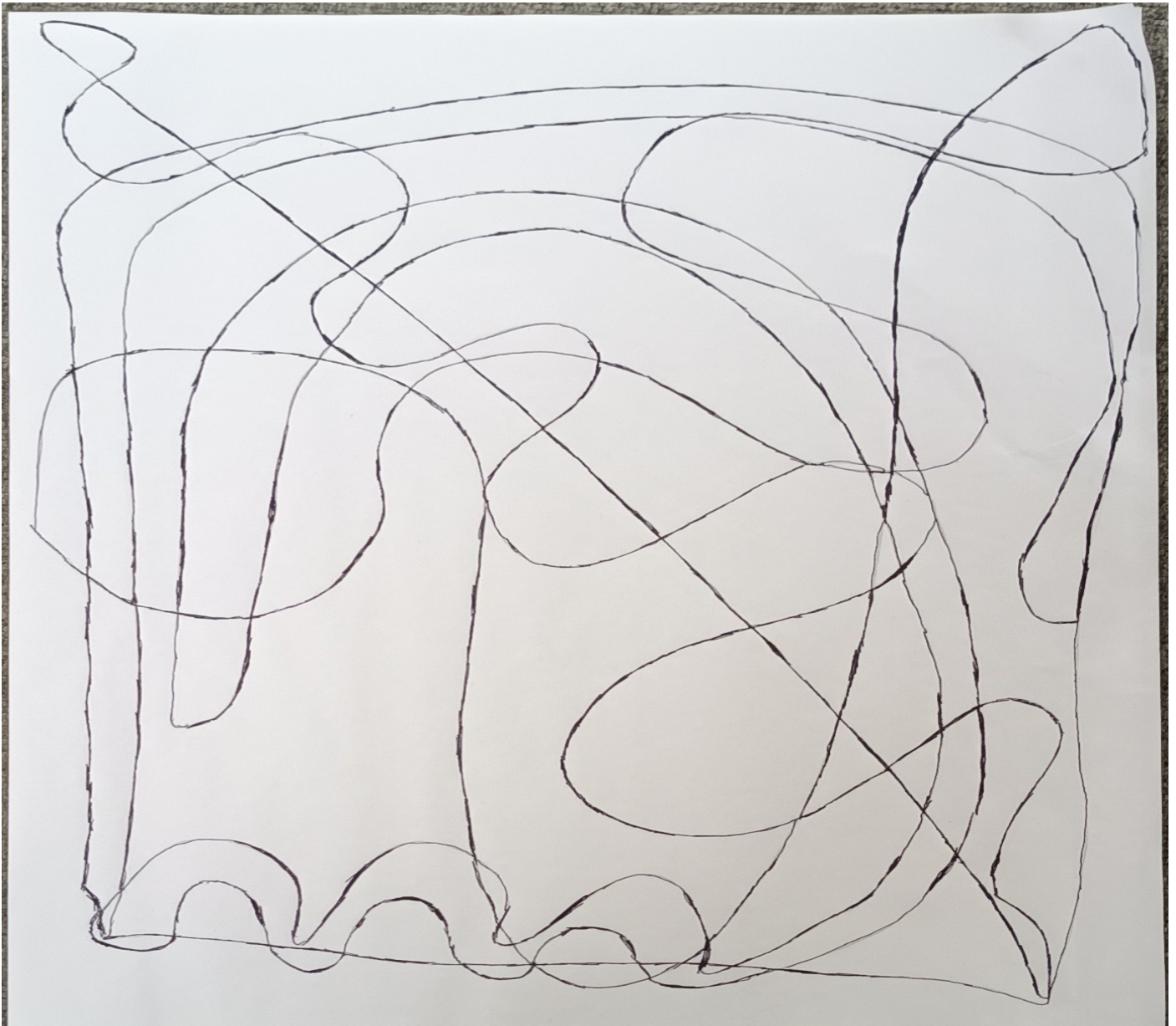
Puzzle Corner - (Answer page 11)

Untangle these letters to reveal six types of trees

SO MY CARE
ME L
A OK
MILE
CS SORE THE HUNT
RUB A MULN



A picture to colour - By Laura Joliffe



What does LGBTQ+ mean



LGBTQ+ stands for Lesbian Gay Bisexual Transgender Queer or Questioning.

The + is to include everyone that feels part of the LGBTQ+ community but don't feel like they fit into the groups listed in LGBTQ.

Being lesbian or gay means you are attracted to people of the same sex or gender. Gender is if you feel like a man or a woman. This can be different to your

sex. Your sex describes if you are male, or female based on the physical body parts you were born with. This can be different to your gender.

Being attracted to someone means that you would like to kiss them or have sex with them.

Lesbians or gay women are attracted to other women.

Gay men are attracted to other men.

You can marry or have a civil partnership with someone of the same sex or gender.

Transgender means you feel different than your birth sex. A transgender woman was born a man but feels like a woman.

Bisexual people are attracted to people no matter what their sex or gender is.

Who you are attracted to can change over time.

Being LGBTQ+ is not just about who you are attracted to.

It is also about how you feel about your gender.

You may feel that you have no gender, that you are not a man or a woman. This is called non-binary.

A person who feels like they are more a man one day and more a woman a different day is called gender fluid.

If a person feels that they are non-binary or gender fluid, they may not want to be called a he or a she. They may want to be called they or them instead.

A person who feels that they are a different gender to their sex is called transgender. A transgender woman is a woman who was born into a man's body. A transgender man is a man who was born into a woman's body.

Someone who is transgender may have known growing up that they are a different gender to their body.

They may have realised over a long time. People who are transgender may change how they look, dress and behave to be more like the gender they are.

Not everyone who is dressed in a way that looks different to their sex is transgender.

A transgender person can take drugs to help their bodies to be more like the gender they are. They can also have surgeries to change their bodies to be the gender they are.

You do not have to have surgery to be transgender.



LGBTQ+ continued

A transgender woman may want to be called a she and a transgender man may want to be called a he.

Or they may want to be called they or them.

Every person is different.

You may not be attracted to anyone; this is called being asexual.

If you are asexual, you may still want to have a girlfriend or boyfriend but not want to kiss them or have sex with them.

If you do want to have sex with someone, you must make sure they also want to have sex with you. This is called consent.

A person can give you their consent by saying they want to, or they may show you they want to by enthusiastically taking part. They could enthusiastically take part by them kissing you back or touching you sexually. It is against the law to have sex if you are under 16. Anyone under 16 cannot give consent.

Lots of people are LGBTQ+. You may not be sure if you are and that is OK too.



Questioning is if you feel that you might be, but you are not sure. Only you can say who you are attracted to and what gender you are. It's up to you if you want to tell people how you feel.

It can be scary telling people that you are LGBTQ+. If you are worried there are organisations below that you can talk to.

It can be scary telling people that you are LGBTQ+. If you are worried there are organisations below that you can talk to.

Some people are bullied or hurt for being LGBTQ+. It is wrong to bully someone for being LGBTQ+. If you are being bullied or hurt, try to tell someone. You can tell a friend, your family, a teacher, the police or someone you trust.

You can meet other LGBTQ+ people by going to LGBTQ+ events such as a pride parade. There are also bars or night clubs that are for LGBTQ+ people. Many places have LGBTQ+ groups or social clubs. You can also find other LGBTQ+ people online.

To talk to someone who is LGBTQ+. You can phone Switchboard LGBT+ helpline: 0300 330 0630 You can look online to see services in your area:
<https://www.consortium.lgbt/member-directory/>

This information was taken from Suffolk Learning Disability Partnership's Easy Read guide.



Shared Lives - By Peter Crum

What is it?

Resident

I am renting and sharing your home.



My Private space



Our shared space

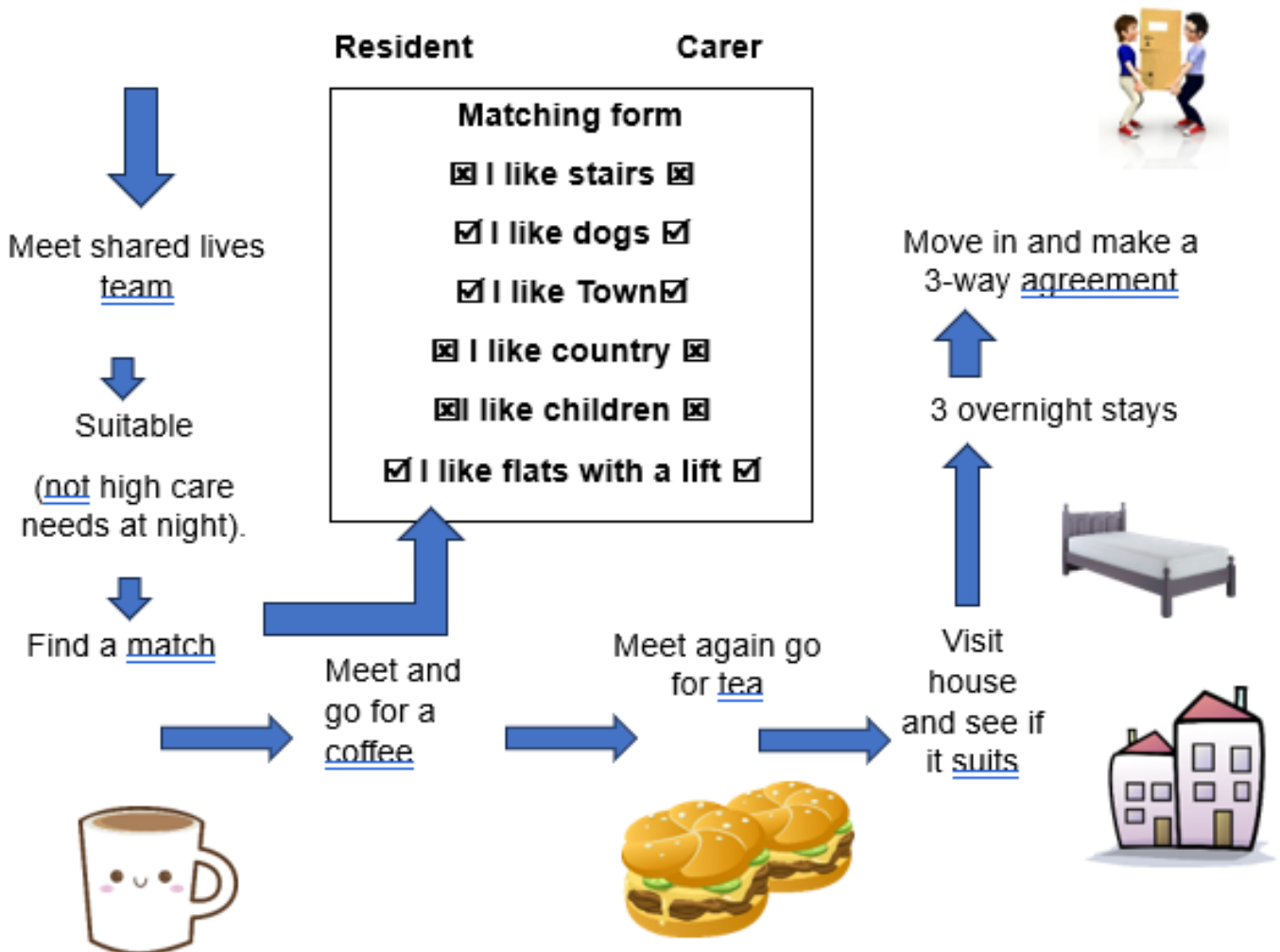
Carer

I am sharing my home with you

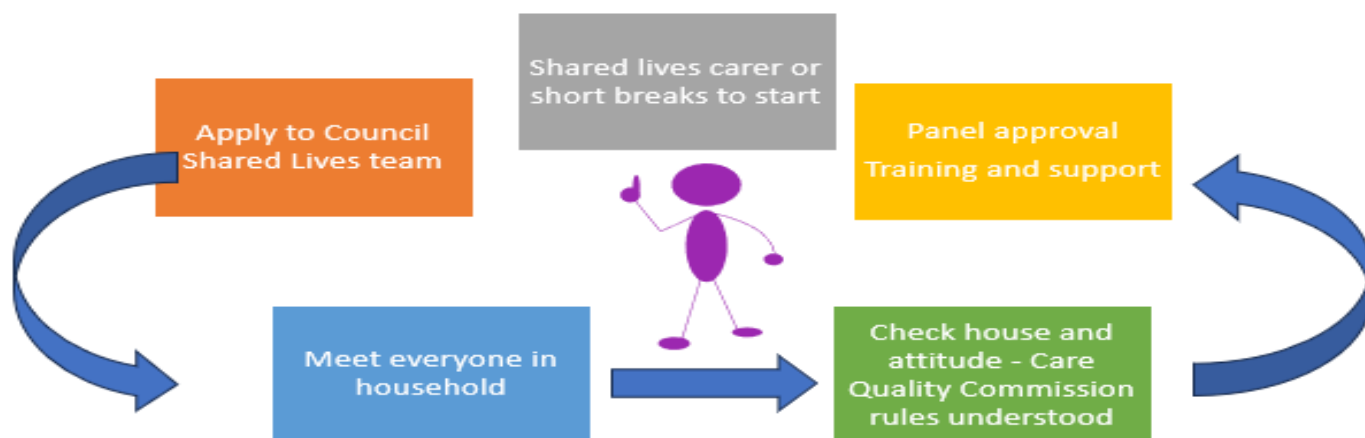


My Private space

How?



How to be a Shared Lives carer



What can a Shared Lives Carer expect?

- Resident board and lodging money (no tax), Council money (no tax)
- 28 days notice if wish to stop
- Self employment
- Regular support visits
- Quarterly monitoring
- Training opportunities and support
- Shared positive experiences and 3 way agreement

What can residents expect?

- Independence and shared living experience
- Independent appointee or court of protection team (if needed)
- 28 days notice if you wish to move
- Shared positive experiences and 3 way agreement
- Quarterly monitoring
- Stepping stone to independent living if wished

Other Facts

- Carers can have a maximum of 3 residents living with them but usually it is 1 or 2.
- Different carers can have different house rules.
- If there are more than one carer in the house one is identified as a support carer.
- Ginnie Jaques has a role of making sure all that happens in the home follows Care Quality Commission rules (CQC).
- Shared Lives is a part of the Council with a small team. Carol and Emma work with carers, Lisa and Karen work with residents.
- There are 70 Shared Lives carers and 44 households currently.
- There are 67 residents and 10 homes and families do short breaks.

Shared Lives Plus

A new scheme will see older residents offering a shared opportunity in their homes in return for some helping out around the house. Watch this space!

**If you are interested contact Ginnie Jaques Ginnie Jaques, Registered Manager. E mail: Ginnie.Jaques@herefordshire.gov.uk
Tel: 01432 260795 Mob: 07792 882119**

Hereford history, 20th Century - By Adrian Phipps



A new Town Hall was built in 1904. Also in 1904, a College of Education opened. The first cinema in Hereford opened in 1911. A War Memorial was erected in St. Peter's Square in 1922. By 1931 the population of Hereford had reached 24,000. It rose to 47,000 by the early 1970s.

The County Hospital opened in 1940. Hereford Technical College opened in 1949. In 1968 an inner ring road was completed.

In the late 20th century the town continued to develop rapidly. Hereford Cider Museum was founded in 1973. Maylord Orchard Shopping Centre was built in 1987. The Courtyard Arts Centre opened in 1998.

In the 20th century industries in Hereford included food canning, brewing, furniture making, leather, brick making, and making nickel alloys.



Ice Cold Showers and Surprise Baths - By L. Perkins

(How mental health was treated in the 19th Century)

In the old days people that had mental health issues were not treated very well. Here is a description of Asylum life in France in the 19th Century.

Tied to a chair, the patient shuddered as the jet of icy water from a pipe above his head gushed out over him. The ensuing shock was intended to dislodge any fixed ideas or delusions (false beliefs) that the inmate might have. The harshness of the remedy was meant to be offset by kind words and jokes. But they did not come. Instead, the nurses openly jeered at the quivering Wretch.

Hydrotherapy cure by water was the main form of treatment at Charenton, a 19th century asylum near Paris. Besides ridding the patient of his false beliefs the purifying powers of the water supposedly flushed unhealthy excesses out of his body.

Inmates were also subjected to the surprise bath. Two nurses would grab a patient, strip and blindfold him, then push him backwards along a corridor towards a 6 foot deep pool then, holding him by the hair they would submerge him in cold water for several minutes.



Photo puzzle answer: Tangled Trees

Did you guess right?

Top to bottom:

Sycamore, Elm, Oak, Lime, Horse Chestnut, Laburnum



How mental health was treated in the 19th Century continued...

There were approximately 350 patients watched over by 50 nurses. The inmates were not segregated according to their illnesses. As a result, the people who wanted to be left alone were constantly bothered by the aggressive and hyperactive noisy people. Violent patients would be beaten and locked up, and anyone who annoyed the nurses would be locked in solitary confinement in a damp cellar.

However, conditions had improved since the French government took over the administration of the asylum in 1795. Before then, ventilation and sanitation were almost non-existent. Few nurses bothered to clean the walls, sweep the floors, or wash the chamber pots, glasses and crockery. Drinking water was in short supply. There were not enough sheets to go around and blankets were dirty and torn.



The French author Donatien Alphonse Francois, Marquis de Sade, spent about 12 of his 27 years imprisonment for sexual offences at Charenton.

He lent prestige to the asylum however, and his treatment paid for by his family was quite different from that of other patients. The Marquis de Sade was treated as an honoured guest at Charenton: his mistress was even allowed to live there with him.

The marquis had been transferred to Charenton from Bicetre an even more disreputable institution.

By 1792 however, when Philippe Pinel was placed in charge of Bicetre, attitudes towards the insane had already begun to improve. As well as unchaining the patients the enlightened humanitarian gave them sunny rooms and let them exercise in the grounds.



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 nine years old in June 2023!

The deadline for articles and adverts for the October edition is September 13th.

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

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