

# Our News Our Views



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



Edition 94 – December/ January 2023/4



**Merry  
Christmas**  
& **HAPPY NEW YEAR**

Special points of  
interest:

Can you find 12  
cheeky elves that  
have invaded this  
edition?

**Did you know,  
21st December  
is national Robin  
day!**



## Inside issue

Editors P2  
Update.

December, P2 + 3  
January  
themes

War P6

Australia P8

Jokes and a P5  
puzzle

Hereford P6 +7  
ghost  
stories

Menopause P10

**Are you a budding reporter, writer,  
photographer? Would you like to  
join the Editorial Team?**

**We are looking for new members to join this  
exciting project:**

- Are you able to read and write?
- Can you use a computer?
- Do you enjoy creative writing?
- Do you like taking photographs?
- Do you enjoy working as part of a team?
- Do you like meeting and talking to people?
- Do you want to develop these skills?
- Do you have a personal budget?



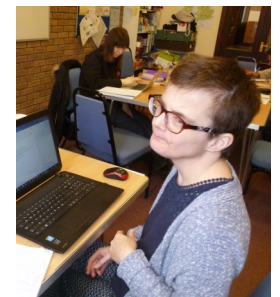
**If the answer is yes to most of these  
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<https://tinyurl.com/ONOVinfo>

**Or text 07925882537 and leave your  
name and address and "ONOV" and we  
will post you a leaflet.**

**If you are still interested, then please contact  
ECHO 01568 620 307**

**Or email: [echo.info@echoherefordshire.co.uk](mailto:echo.info@echoherefordshire.co.uk)**



# Update from the editors



**Our News Our Views**  
Editorial Team.

We hope you have a marvelous Christmas break and make delightful plans for 2024. Thank you again for sponsoring the editors — we raised £500!

In this edition:

- December and January Happenings.
- Hereford ghostly stories a new series, continuing Beefy adventures and history of cars.
- Articles about Hear Our Voices, The war in Israel and Palestine, About Australia, and all about Menopause.
  - Puzzles and jokes.

**Enjoy! See you in February — deadline January 9th**



## December Happenings - By e parenting

- 1st Dec 2023 Advent Begins
- 3rd Dec 2023 International Day of People with Disabilities
- 5th Dec to 6th Dec 2023 St. Nicholas Day
- 6th Dec 2023 Elf Day a festive fundraiser for the Alzheimer's Society
- 7th Dec 2023 Christmas Jumper Day
- 7th Dec to 15th Dec 2023 Hanukkah
- 8th Dec 2023 Bodhi Day Bodhi Day is a Buddhist holiday that is celebrated by meditation, readings, carrying out kind acts and eating a traditional meal of cake and tea.
- 10th Dec 2023 Human Rights Day
- 11th Dec 2023 International Mountain Day
- 13th Dec 2023 Saint Lucia Day
- 15th Dec 2023 Wear A Christmas Hat Day In aid of Brain Tumour Research.
- 15th Dec 2023 Panto Day
- 16th Dec 2023 Jane Austen Day
- 21st Dec 2023 National Robin Day
- 21st Dec 2023 Winter Solstice (Northern Hemisphere)
- 22nd Dec 2023 Summer Solstice (Southern Hemisphere)
- 24th Dec 2023 Christmas Eve
- 25th Dec 2023 Christmas Day
- 26th Dec 2023 Boxing Day
- 26th Dec to 1st Jan 2023 Kwanzaa (means first fruits in Swahili) and is a **festival** and **holiday celebrated** by over 18 million African-Americans annually.
- 31st Dec 2023 New Year's Eve





# January Happenings - By e parenting.

- 1st Jan 2024 New Year's Day
- 2nd Jan 2024 National Science Fiction Day
- 4th Jan 2024 World Braille Day
- 5th Jan 2024 Twelfth Night
- 15th Jan 2024 Martin Luther King Day
- 16th Jan 2024 Global Word Search Day
- 18th Jan 2024 Winnie the Pooh Day
- 21st Jan 2024 Red Squirrel Appreciation Day
- 24th Jan 2024 International Day of Education This UN day celebrates of the role of education in peace and development.
- 25th Jan 2024 Burns Night
- 25th Jan 2024 St Dwynwen's Day the Welsh St. Valentine's Day
- 26th Jan 2024 Australia Day
- 26th Jan 2024 Republic Day This day is celebrated across India as the anniversary of the day that the Constitution of India came into effect in 1950.
- 26th Jan to 28th Jan 2024 Big Garden Birdwatch
- 27th Jan 2024 International Holocaust Remembrance Day
- 27th Jan to 4th Feb 2024 National Storytelling Week promotion of the oral tradition of storytelling
- 28th Jan 2024 International LEGO Day
- 31st Jan 2024 International Zebra Day



# History of cars - a series - By Peter Crum

## Sports cars

Exciting to drive and stylish in looks/sports cars are built for speed.



## Famous Cars

A car may become famous if it is a record breaker or if it lands a starring role in a blockbuster movie.



## New Year's Resolution — 2024

If you are looking to make a change this year, or if you'd like to encourage a friend or loved one to do something positive for themselves this is the perfect way to do just that. Share your answers to help you achieve them!

The best part of last year was.....

If I could do one thing again, this is what I would do.....


In 2024 I am excited about.....

In 2024 I will look after my health and wellbeing by .....

In 2024 I would like to take part in.....

# Puzzle Corner 2023 Quiz



1. Which European country was adopted the euro as its currency in 2023?
2. Now kept in Edinburgh Castle, which stone was used for the coronation of Charles III at Westminster Abbey?
3. The coronation had been planned for years using which code name?
4. In which city was the Eurovision Song Contest 2023 held? And in which city was it held previously?
5. Officially opened by Her Majesty the Queen in 1973, October 20th saw the 50th anniversary of which building?
6. The 2023 Rugby World Cup was taking place in which country? And which country were world champions? 
7. Which two countries hosted the 2023 FIFA Women's World Cup?
8. Which month in 2023 marks a whole year since Russia invaded Ukraine?
9. Black History Month 2023 in the United Kingdom was in which month?
10. What took place from 21 to 25 June in the UK?
11. Which company celebrated its 100th anniversary in 2023 which all began with a 21-year-old man moving to Hollywood in July 1923?
12. Amazon Prime Video released a second season of Clarkson's Farm in early 2023. What is the name of this farm? **(Answers page 10)**



## Did you hear the one about....

A man took his Bees to the Vet to have them checked out. When the Vet had finished the man looked in the box. Excuse me Mr Vet when I came in I had 12 Bees and now there's 13. Yes I know said the Vet I've given you a Freebee.

Q: What do you call Santa if he goes down a lit chimney? A: Crisp Cringle

Q: Why is it always cold at Christmas? A: Because it's in Decembrrrrrr

Q: What can you get if you eat Christmas decorations? A: Tinselitus

Q: How did Santa describe the elf who refuses to take a bath? A: He's elffully smelly.

Q: What happened to the thief who stole a Christmas calendar? A: He got 12 months

Q: What Christmas carol do they sing in the desert? A: Camel ye faithful

Q: What's a tiger's favourite Christmas song? A. Jungle bells!

Q: What do you call a Christmas rom-com about bread? A. Loaf Actually!





# War — By Peter Crum



**On 7 October 2023, dozens of armed fighters from a Palestinian armed group called Hamas crossed into Israel from Gaza in a surprise attack.**

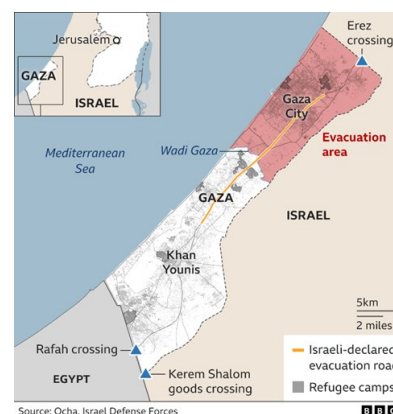
Britain has described Hamas as a terrorist group. Many Israelis were killed, and more were injured and people were taken hostage too. The attacks by Hamas targeted civilians as well as soldiers and thousands of rockets were also launched by Hamas towards Israel.



Israel responded with air strikes into Gaza, saying it was targeting Hamas. Many Palestinians in Gaza have been killed or injured in the airstrikes.

Israel then began a ground war in Gaza, with soldiers fighting inside the territory.

Charities and world leaders have called for children to be kept safe while fighting is ongoing between Hamas armed groups and Israel.



I think war is bad because there is lots of killing and people need to get on with one another or it will get worse around the world.

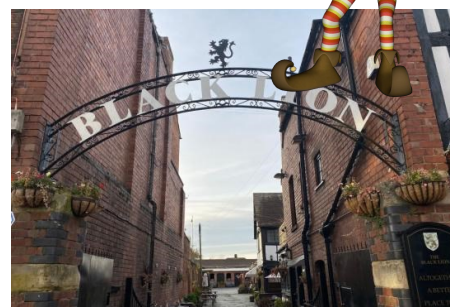


## Hereford ghost stories series - By Adrian Phipps

### Bridge street

The Black Lion pub is the most haunted building in Hereford, with fourteen different ghosts being identified as haunting the place. The building dates from the mid-sixteenth century so has had some time to collect them. The epicentre for the haunting is the upstairs Painted Room, not generally open to the public, that contains fascinating wall paintings but also unexplained noises and footsteps. It is believed that the building was once an orphanage and that one of the ghosts is that of a little girl that staff called Alice. More creepy is the ghost of a man in a hat, who has been known to tap customers on the shoulder.

**Continued page 7...**



## Hereford ghost stories series contd - By Adrian Phipps

An earlier inn near this spot had a more sinister reputation. Back in the thirteenth century, two merchants came to Hereford. One had been here many times before and had business contacts that he could stay with, but his friend was making his first visit and so had to find an inn. Staying in a medieval inn was not the enjoyable experience that we tend to expect now. Tired after their journey, the two merchants went into the first inn they came to, by the bridge. The landlord there was a great bear of a man, surly and taciturn, but that was par for the course for medieval landlords, who had to keep their rough clientele in order. Seeing his friend taken care of, the other merchant went to the town house where he would spend the night. He was well entertained and then shown to a private bedchamber. He felt pity for his friend, who was probably having to share a bed – and possibly with more than human companions.

In the middle of the night the merchant woke up, disturbed by a dream. He had dreamt that his fellow traveller had visited and pleaded with him to come to his aid, because he was being attacked by the landlord. The merchant was greatly perturbed by the dream, but his bed was warm and the street outside was quiet so he soon slipped back into sleep.

But the man had a second dream in which his friend appeared to him again, reproaching him and asking him to at least come and see that he was properly buried because the landlord was planning to dispose of him in a very un-Christian way. Now, terribly worried by this confirmation of his original dream, the merchant got dressed and went out into the night to ascertain the truth. He immediately ran into the town watch, whose job was to detain anyone found in the streets after dark without good reason. He could well have spent the night in the small prison beside the castle but he managed to persuade the man to wake up his host who confirmed his good character.



Reluctantly, the watch agreed to accompany him to the inn. When they turned the corner into Bridge Street, they saw the figure of the landlord walking towards the bridge carrying something over his shoulder. They let out a cry and the man dropped his burden and tried to run off, but was quickly caught. The bundle was found to be the body of the second merchant and, although his friend had not prevented the murder, at least he could give his friend a Christian burial and see that the landlord faced justice.



# Australia - By L Perkins

## A Brief History

Europeans stumbled across Australia. The first of many accidental landings by the Dutch East India Company was made by ship in 1606. Soon, they launched decisive expeditions to learn more about this uncharted land.

It was one of these missions, in 1642, that Abel Tasman reached the island we now call Tasmania named after his name. Tasman returned to map the mainland in 1644. British interest in New Holland, and its potential natural resources, began in the late 17<sup>th</sup> century.

Privateer William Dampier became the first Briton to land on Australia when he beached the Cygnet near what is now Broome in 1688. Here, he encountered Aboriginal people, writing influential but ill-informed reports that “they are little different from brutes”.

In reality, First Nations peoples had a complex culture, and, in the 18<sup>th</sup> century, clans began trading natural resources for tools with the Madagascan people. Indonesian fishermen sailed to northern Australia each December to catch trepang (Sea cucumber) to sell in China.

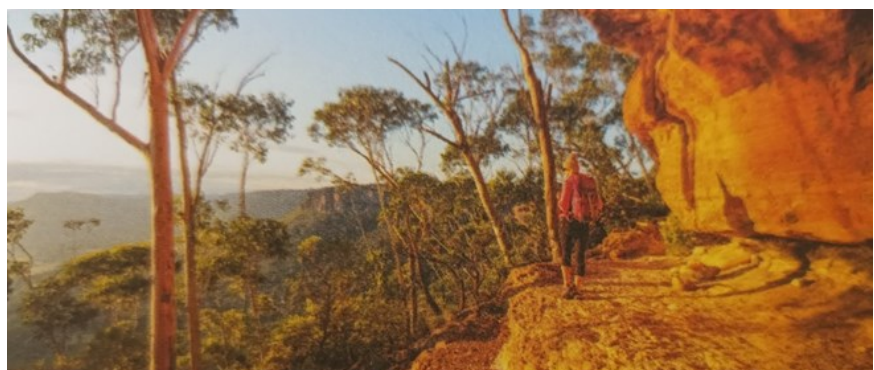
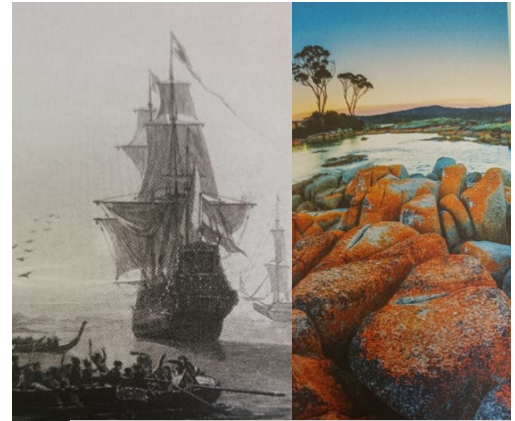
## Discovery of New South Wales

In 1769, British captain James Cook set out in the Endeavour to find the supposed Southern Continent. When his expedition proved fruitless, he changed course for the uncharted east coast of New Holland. In 1770, Cook stepped ashore at Botany Bay claiming the land for Britain and calling it New South Wales, Having lost many of its North American colonies after the American Revolution (1775-83), and seeking a solution to its overcrowded prisons, Britain decided to make New South Wales a penal colony.

The first fleet of 11 ships reached Sydney Cove from Portsmouth, In 1788.

Once New South Wales was established, the British set their sights on charting the surrounding land, exploiting its natural resources and establishing further settlements.

Encounters with First Nations peoples along the way were often violent and many clans were massacred. The Australian states we know today were established over the course of the next 70 years and governed by the British until the 1940s.





# Hear Our Voices - By Tracy Roberts

Herefordshire Mencap and Healthwatch Herefordshire helped organise a Hear Our Voices event.

This event was about how more people with a learning disability can have their voices heard. We had 60 people come to the event.

I was one of the organisers, I think it's important for people with a learning disability to have their voices heard.

Phil Hughes who came from Royal Mencap Trustee came to talk about myth busters. Then we took part in an activity called Getting to know you. The activity was about getting to know the other people in the room by coming up with different characters.

Then we found out what all the other organisations have been doing.

The organisations attending were:

- ECHO – Rep Group and Trustees
- Our News Our Views
- National Star College
- Shared Lives
- Walsingham Support
- Enviroability
- Beacon College
- Speakeasy Now Herefordshire Health Checkers.

Bev Davies, Ian Harper and I then spoke about what we do, why we do it and what support we have.

After that Healthwatch Herefordshire helped us to identify and record how we individually like to be involved and consulted. Karen from Healthwatch gave us the opportunity to speak on film.

Overall, it was a really good day, and we plan to meet again.

Well done everyone that participated.

Please watch the lovely film <https://tinyurl.com/HOVOct23>

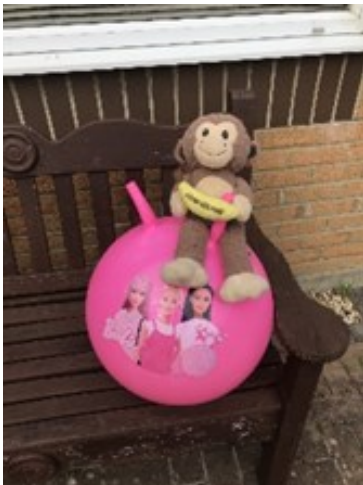


## The Adventures of Beefy - By Tracy Roberts

Beefy has had another busy month, Auntie Jane came to stay with her Cockapoo dog Minnie who is a cross between a Poodle and a Cocker Spaniel. Cockapoo's are known for their friendly and playful personalities which, with good training, make them brilliant pets, Beefy loved cuddling up to and playing with Minnie (lovely Beefy).



Beefy said that Auntie Jane could use his bed while she stayed, so Beefy had to sleep on the sofa but he didn't mind he wrapped himself up snug and warm (kind Beefy).



Beefy has found a new toy to play with it's a Barbie Hopper, although unfortunately, because he is too small he has fallen off a few times (silly Beefy)

Beefy went out for a meal and found a fox by the fire, I'm not sure Beefy should get so close what do you think? (unwise Beefy)



Beefy also made a 350 mile round trip to Bradford in Yorkshire and stayed at a Premier Inn overnight. Beefy said he didn't think the bed was big enough! (silly Beefy).



**More Beefy adventures next month.**



## Quiz Answers

1. Croatia
2. The Stone of Scone, also known as the Stone of Destiny
3. Operation Golden Orb
4. Liverpool. Turin (Italy).
5. The Sydney Opera House
6. France were the hosts. South Africa the previous winners.
7. Australia and New Zealand
8. February
9. October
10. Glastonbury
11. Disney
12. Diddly Squat Farm





## Menopause — By L Perkins

### What is menopause?

Women who are 40-55 years old stop having periods. This is called the menopause. It may take years to happen and is normal. When you have been through the menopause your period stops. This means you will not be able to have babies anymore.



### What happens during the menopause?

It is important to remember that women have different experiences and menopause happens over many years. You will have fewer periods and then they will stop completely. Some women have very heavy periods before they stop.



You might feel very hot and sweaty sometimes. This might be worse at night. This is called a hot flush. You might put on weight. You might feel sad more often. You might have problems with sleeping. There are lots of ways to make you feel better. Talk to someone if you need help.

### What might help?

Eat healthy foods. Exercise. If you feel hot, take your jumper off. Have a cold drink. Open the window. Have a cold shower. Sit down.

Stop smoking. Drink less alcohol. Drink less tea and coffee with caffeine in.

### Important things to remember?

You can still get pregnant if you have sex during the menopause. You still need to use contraception. There are lots of ways to make you feel better. Talk to someone if you need help.

### What are the treatments?

- Counselling - when you talk to someone about your worries, problems, and fears.
- Eat healthy foods and cut down on fat sugar and salt.
- Gentle exercise like swimming or walking.
- Antidepressants (medicine that makes you feel happier).
- Hormone replacement therapy (HRT). This replaces the hormones that your body has stopped making.



HRT can sometimes cause the following rare side effects:

- Breast cancer - having a lump in your breast that needs removing.
- Blood clots - when your blood gets very thick and blocks an artery or vein.
- Stroke - a blocked or broken artery inside the brain.
- Heart attack - when not enough blood gets to your heart and part of the muscle dies.

**HRT has a low risk** but speak to your doctor to understand your individual risk.

### Where can I find more information?

The British menopause Society, Menopause cafes and [www.nhs.uk](http://www.nhs.uk)

## Our News Our Views

Our News Our Views  
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Website: [www.ournewsourviews.com](http://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 nine years old in June 2023!

**The deadline for articles and adverts for the October edition is January 9th.**

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

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Leisure, learning, social, voluntary and work-based activities during the daytime, evenings and weekends.



[www.echoherefordshire.org.uk](http://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](http://www.herefordshiremencap.co.uk) find us on Facebook and twitter @HerefordMencap.

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