

Our News Our Views

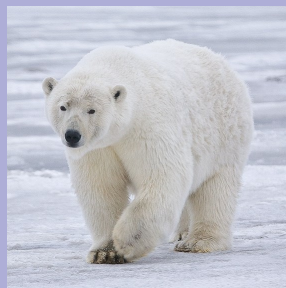
Created by People with a Learning Disability for the Learning Disability Community.

Edition 95 – February 2024



Special points of interest:

- February Happenings p3



Did you know, 27th February is international polar bear day?

Inside issue

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What has 2024 in store? - By the team

Happy new year one and all! But what does 2024 have in store for us? Here are a few random big news events coming up:

General election? The latest month for a general election is January 2025. The rumour is that we may have one in May 2024. By the time we go to print you may know for sure. If you are voting make sure you have sorted out your photo id which is now required. For information see Herefordshire Council website or talk to someone you trust.



Chocolate! 2024 is a big year for Cadbury. It marks 200 years since the first Cadbury Shop opened in Birmingham. Expect events, exhibitions and tastings as Cadbury World, situated in the historic Bournville Village where the first factory stood, celebrates the occasion.

Racing Are you a horse racing fan? 2024 will be the centenary (100th year) of the Gold Cup at Cheltenham Festival. Gold Cup Day will take place on 15th March.



February

	T-shirt bags with Bridget Morgan	2
9	Traditional decoupage with Bridget Morgan	

Fridays 9.30-12.30am



To book, call 01432 266881 or email tarah.mackley@aspireliving.org.uk



We do advise booking as we have 10/12 spaces per session.

Update from the editors



Happy new year to you and we hope it will be a good one!

Please remember we welcome comments and articles. We'd love to hear from you. Do send us your jokes stories or ideas.

In this edition:

- Broad Street ghost story
- February happenings,
- ECHO AGM
- Plus a wordsearch and jokes.

**Our News Our
Views
Editorial Team.**

See you in March — deadline February 1st.

Puzzle Corner: Wordsearch

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

Which of these seasonal vegetables is NOT present in this word search - answer page 7. Brussels sprouts (last few), cabbage (Savoy, other winter types), celeriac, chard, chicory, Jerusalem artichokes, kale, leeks, parsnip, purple sprouting broccoli, salsify.

February Happenings - By e parenting.

27th Jan to 4th Feb 2024 National Storytelling Week
 2nd Feb 2024 Groundhog Day
 2nd Feb 2024 World Ukulele Day
 2nd Feb 2024 National Hedgehog Day
 5th Feb 2024 World Nutella Day
 5th Feb to 11th Feb 2024 Children's Mental Health Week
 5th Feb to 11th Feb 2024 National Apprenticeship Week
 6th Feb 2024 Safer Internet Day
 6th Feb 2024 Waitangi Day - New Zealand's National Day
 7th Feb 2024 Charles Dickens Day
 10th Feb 2024 Chinese New Year
 11th Feb 2024 International Day of Women & Girls in Science
 12th Feb 2024 Darwin Day
 12th Feb to 16th Feb 2024 February Half Term Holiday
 13th Feb 2024 Pancake Day
 13th Feb 2024 World Radio Day
 13th Feb 2024 Galentines & Palentines Day - for your friendships.
 14th Feb 2024 St. Valentine's Day
 14th Feb to 21st Feb 2024 National Nest Box Week
 15th Feb 2024 World Hippo Day
 17th Feb 2024 Random Acts of Kindness Day
 27th Feb 2024 International Polar Bear Day
 27th Feb 2024 Pokemon Day



Biscuits for National Hedgehog day!

You will need: 250g (1 1/4 cups) butter, softened. 140g (2/3 cup) caster sugar. 1 egg yolk. 2 tsp vanilla extract. 300g (2 1/2 cups) plain / all-purpose flour For the topping: 150g (1 cup) chocolate, Chocolate sprinkles or crushed nuts (walnuts)

Mix, shape, cool and bake: Pre-heat the oven to 180C/160C fan / 350F Line a baking tray with greaseproof paper. Mix butter and sugar. Add the egg yolk and vanilla extract and mix in. Sift the flour into the mixture and mix well. Use your hands to finish mixing and press the dough together into a ball. Break off little bits and roll them in your hands to form balls, then shape the snout/nose. Put them on their baking tray with a little space between each one. Put in the fridge for 10 minutes to stop your biscuits spreading as much. Bake for 10-12 minutes until they are golden brown. Remove from the oven and put them on a wire rack to cool (you might want to reshape the noses a little before they cool).

Decorate: Melt chocolate in microwave 30 seconds. Either pour, dip or spoon onto each biscuit. Sprinkle over your chocolate sprinkles or nuts to form the hedgehog spines. Use something pointy like a chopstick or cocktail stick to dip in the chocolate and form the eyes and nose.

Hereford ghost stories series - By Adrian Phipps

Broad Street



At the corner of this street and West Street is the fine Georgian building of the Queen’s Arms. The bar of this pub is haunted by the ghost of a man dressed in Saxon clothes.

This seems strange unless you know that this was the boundary of the old Saxon settlement.

People have speculated that this might be an unfortunate defender of the town during the unsuccessful defence of 1055, who has still not come to terms with his death.

The large hotel that dominates the street, the Green Dragon, is an old coaching inn, where coaches collected the mail on a daily basis.

Here, in the 1830s, when fear of body snatchers was rife, staff became suspicious of a hamper that had been left there for a delivery to an address in London.

They looked inside and were horrified to find the body of an old man, clearly destined for dissection.

Despite this, it is the third floor that guests and staff find the most eerie, feeling that there is a presence about it, though none can define what it is.



Christmas Presents— By Peter Crum

I had lovely Christmas presents.

- New shoes
- T shirt
- Beer
- Chocolate
- Spray
- Money
- Vouchers



ECHO AGM - By Tracy Roberts

At ECHO AGM was quite different. Radio ECHO hosted this AGM.

They did the serious business first which included voting of trustees and agreeing the finances, Mike Cook the chief officer talked about the finances and talked about the year coming up.

Hilary Hall Director in Herefordshire Council and Nat Hone is ECHO patron attend the AGM

They had a lantern parade By Eaton Barn then we had presentation from Storytellers, Lifelinks, Studio Mirai, About Face,

Clever Betsy and Our News Our Views

Here is the link to Our News Our Views https://youtu.be/AGNrA6KApFk?si=sT_yNPUU6su0HUZC



Did you hear the one about?

What did one pig say to the other? Don't go bacon my heart.

What did one plate say to the other on Valentine's Day? Tonight, dinner's on me.

What's a bread loaf's favourite song? "All You Knead is Love."

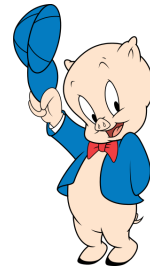
Did you hear about the spider wedding? Yes, they're newly-webs

What do you call two birds in love? Tweethearts

What do you call it when two boats fall in love? A row-mance.

Why shouldn't you fall in love with a pastry chef? They'll dessert you.

What did one tomato say to the other on Valentine's Day? I love you from my head to-ma-toes.



Canada - part 1 - By L Perkins

Facts about Canada part 1 by L Perkins

Official name: Canada
 Capital: Ottawa
 Population: 36,307,820
 Official language: English, French
 Money: Canadian dollar
 Form of government: federal parliamentary state
 Area: 9,970,610 square kilometres
 Major rivers: Saint Lawrence, McKenzie
 Major mountain ranges: Rockies, coast, Laurentians



Canada: geography and landscape

Canada is one seriously huge place! Measuring 4600 kilometres from north to South, the country spans more than half the northern hemisphere. And at a whopping 5500 kilometres from east to West, it stretches across six time zones!

A vast, rugged land, Canada is the second largest country in the world (Russia being the largest) but only 0.5% of the world's population live there.

Canada has a varied landscape, with majestic mountains, rolling plains, forested valleys, and beautiful blue rivers and lakes.

The Canadian shield, a hilly region of lakes and swamps, stretches across northern Canada and has some of the oldest rocks on earth.

In Canada's far north lies the frozen Arctic. Here, ice, snow, and glaciers dominate the landscape. Despite the cold, harsh climate, native Canadians called First Nations people, live in this region, where they hunt and fish for food.

Canada's wildlife and nature

Canada's remote north and extensive forests are home to lots of wonderful wildlife, from bear, deer, mountain lions, beavers and bighorn sheep, to smaller animals such as raccoons, otters and rabbits.

The country's lakes and rivers, which contain about 20% of all freshwater on earth, are full of fish such as trout and salmon.

Canada's prairies (open grasslands) South are home to American buffalo and pronghorn antelope. And in the sprawling Evergreen forests of northern Canada, moose and black bears are amongst the amazing animals that can be found. Even farther north, herds of reindeer Musk ox roam the cold, bear tundra.

Canadians work hard to protect their native wildlife, and the country has 41 national parks and three marine conservation areas. Nevertheless, species like wolves, lynx and Atlantic fish have faced threats from over hunting and overfishing.

History of Cars a series - By Peter Crum

Small Cars

Small cars are not only cheap to run but also ideal for city streets where parking space is limited.



Flying Cars

modern technology makes it possible for cars to fly through the air. The transition is a car that can transform into small plane.



Puzzle Answer – Salsify

Happy New Year from Beefy by Tracy Roberts

Beefy had a great Christmas with lots of presents, a trip to see a Pantomime called Cinderella in Malvern and a Christmas Dinner at The Rose and Crown in Hereford (lucky Beefy).

In January it was my birthday and as a treat I went with Peter, Michelle, Marie and my Dad on holiday to a log cabin with a hot tub in the Brecon Beacons. We all had a great time lazing in the hot tub and playing games (do you think Beefy looks good with a beard?) and I also had a shopping trip to Merthyr on my birthday with a birthday lunch at the Harvester restaurant. I really enjoyed my birthday, thank you for all my cards and presents (especially Beefy).

More Beefy adventures next month.



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 will be ten years old in June 2024!

The deadline for articles and adverts for the March is February 1st.
(The editors reserve the right to edit all copy.)

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