

Our News Our Views

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

Edition 97 – April 2024



Special points of interest:

- **Changing Places! Page 2**



Did you know, 25th April is Penguin day?



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“I’m Me” – By Tracy Roberts

About Face are working on a project called “I’m Me” they are working with other theatre companies including:

Confidance who are based in Kent
Hijinx who are based in Cardiff
Lung Ha theatre company who are based in Edinburgh
Open Theatre who are based in Coventry
Under the stars who are based in Sheffield



“I’m Me” is a two-year creative project with people with learning disability and people with autism talking about their own life experiences, placing them at the centre of the project. We will talk about, how we see ourselves, how other people see us and how we have a voice and how to speak up.

This is based on a doodle book. The doodle book is where we can write and draw what we are thinking and feeling.

About Face are working now on “how others see us”.

We talked about fears and what scare us. I said, “I fear change because I don’t know if it is a good change”.

The next part we are looking at is disability, we are going to talk about bad, horrible words and our experiences with people calling us names.

This piece is going to be turned into a physical theatre and dance piece.



Find out more in an upcoming edition.

Update from the editors



It is April already! Hope your year is shaping up well?
In this edition:

- April Happenings
- Steps to Employment
- Hereford Cathedral
- Puzzles and jokes.

**Our News Our
Views
Editorial Team.**

See you in May — deadline April 11th

Changing Places— by Tracy Roberts

What makes a Changing Places Toilet different to other toilets?

Changing Places toilets are designed to cater to the needs of individuals with various disabilities, including those with profound and multiple learning disabilities, as well as physical disabilities. These facilities are equipped with specialised features such as a height-adjustable adult-sized changing table, a tracking hoist system, and ample space to accommodate both the disabled person and their caregiver.



Why are they important?

It is important for venues to have accessible toilets because they ensure that people with disabilities can toilet comfortably and safely. Without accessible toilets, people with disabilities may face barriers to participating fully in activities and events held at The Courtyard. Providing accessible facilities promotes inclusivity, dignity, and equal access for all individuals, regardless of their physical abilities.

Why have you decided to have one at The Courtyard?

At the Courtyard, we host a variety of inclusive events catering to both young people and adults, ranging from engaging workshops to captivating live performances and film screenings. Ensuring that our participants and their caregivers can safely access facilities for changing and toileting is not only essential but also a fundamental human right that we uphold.

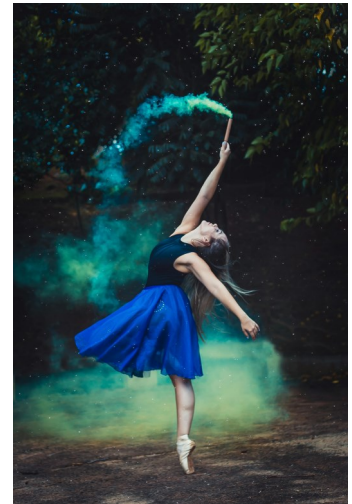
Can members of the public use the facilities?

Certainly! Our accessible toilet is available to members of the public during The Courtyard's opening hours. Customers can obtain access by visiting the Box Office and requesting to use our radar key. Likewise, caregivers who have their own key can also use the facilities.

Thank you to Rebecca Cook from the Courtyard for the interview.

April Happenings - By e parenting.

April Fool's Day and Easter Monday -1st April
World Autism Awareness Day - 2nd April
International Children's Book Day -2nd April
Unicorn Day - 9th April
Siblings Day -10th April
National Pet Day -11th April
National Scrabble Day -13th April
International Haiku Poetry Day -17th April
World Heritage Day -18th April
Earth Day - 22nd April
Passover -22nd Apr to 30th April
National Shakespeare Day -23rd April
St. George's Day -23rd April
World Book Night -23rd April
Penguin Day -25th April
International Dance Day -29th April
International Jazz Day -30th April



Mr Softy - By Peter Crum

Mr Softy went down the road to deliver ice cream to the children. He said hello to the children would you like some ice cream and the children said yes please. So Mr softy started to pull the lever and ice cream came out and onto the cone and children said thank you, Mr Softy went home to have a rest. Mr softy had a bright idea to make a bigger ice cream with hot chocolate sauce so Mr Softy started to make the bigger ice cream and bigger cone. The kids loved the bigger ice cream and bigger cone. Mr Softy became a millionaire with his new creation, it was so popular all around the uk.



Coffee and Walnut - By Peter Crum

Ingredients for the cake

225g unsalted butter, softened, plus extra for greasing
 225g caster sugar
 4 free-range eggs
 50ml strong espresso coffee
 225g self-raising flour
 75g walnuts

For the buttercream topping

125g unsalted butter
 200g icing sugar
 50ml strong espresso coffee
 12 walnut halves, to decorate



Method

Preheat the oven to 180C/350F/Gas 4.

In a bowl, beat the butter and sugar together until very light and pale.

Add the eggs one at a time to the butter and sugar mixture, beating well to completely incorporate each egg before adding the next egg.

Add the espresso to the mixture and stir well.

Add the flour and walnuts and stir well to completely combine.

Spoon the cake mixture into two lined and greased 20cm/8in cake tins.

Transfer to the oven to bake 25-30 minutes, or until a skewer inserted into the centre of the cake comes out clean and the cake is golden-brown.

Remove the cakes from the oven and leave to cool on a wire rack.

For the buttercream topping, beat the butter and icing sugar together in a small bowl until pale and light.

Add the espresso and mix well.

Spread the buttercream over the top of each cake, then place one cake on top of the other.

Decorate the top of the cake with the walnut halves and serve in generous slices.

Did you hear the one about.....

Q: When do gorillas fall from the sky? A: During Ape-ril showers.

Q: Which April flowers grow on faces? A: Tulips (2 lips).

Q: What did the tree say when April began? A: What a re-leaf.

Q: What makes April jump so high? A: It's Spring!

Q: What goes up when April rain comes down? A: An umbrella.

Q: Which monster plays the most April Fool's jokes? A: Prankenstein.

Q: Which day of the year do diesel engines like most? A: April Fuels Day





Steps to Employment Project (StEP) by ECHO

The StEP supports people to volunteer in ECHO projects and identifies volunteering, work experience and employment opportunities outside of ECHO. This includes ECHO participants, our supported volunteers and people from local communities who have a disability.

There are two routes within the StEP. To find the right one for you, look at the following questions.

Route 1

Do you want to take steps toward employment?
Would you like to gain some work experience?
Do you need to upskill to improve your CV?

If so, then StEP into your working future!

In your initial meeting, the StEP team will ask you about your skills, interests and talents and any barriers you may have faced with employment. You will be prepared for your placement through a series of individual and group training sessions and workshops.

Route 2

Make a positive difference to the lives of adults with disabilities?
Have fun and meet new people?
Learn new skills?

If so, then StEP into volunteering with ECHO!

The StEP team will support you every step of the way, from initial meeting to active volunteering. The role of an ECHO volunteer is dependent on the project you choose to volunteer at therefore training will be tailored to the individual. We also welcome students 16+ to join us to gain work experience with ECHO in partnership with your place of learning. We are always looking for more volunteers and would love to hear from you.

Please contact the ECHO office on 01568 620307 or email: roz.johnson@echoherefordshire.co.uk to make an enquiry or ask for more detail



Hereford Cathedral - By Adrian Phipps

Hereford is a wonderful old city, full of history and many old buildings so it's no wonder that there have been many tales of hauntings and strange occurrences over the years, and Hereford Cathedral being one of them with lots of tales dating all the way back from 1055 to present day.



In the 1780s, Mr. Hoskins, a long-serving verger, became frail and was retired. He died soon afterwards and was still seen going about his duties in the Cathedral, with people coming from miles around in the hope of seeing the ghost. Visitors to the Cathedral often listen to organ music and think that it is the Cathedral organist practicing. Ninety-nine times out of a hundred this is the case, but the organ has also been known to play when there is no one in the organ loft. The Black Death hit Hereford in the autumn of 1348 and about 300 bodies were buried at this site where the new Mappa Mundi building is which was built in 1993 and lots of visitors have reported lots of strange things happening.

Puzzle Corner

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

BUTTONS TWIRL WHOLE NUT PICNIC MARS BAR
 WISPA CARAMILK CRUNCHIE TIME OUT FLAKE
 TOPIC DAIRY MILK KIT KAT TOFFEE CRISP

Viking Invasions By L Perkins

In the year 789, the Saxon's of northern England had a shock. Three longships from Denmark appeared on the coast. From them poured Vikings, eager to steal, butcher and burn.

They were also searching for new land for settlement and to trade. Over the next decades these raids grew bigger and more widespread. Fleets of up to 350 ships brought terror and destruction.

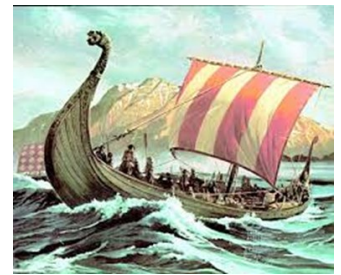


Viking Longships.

The longship was a perfect form of transport for short raiding trips. Though up to 25 metres long, it was only 2 metres wide.

Slim and strongly built of timber, it slid easily through the waves powered by a big square sail or long oars. A longship could carry between 40 and 60 men.

There was no deck or keel, so the boat rocked wildly in stormy seas. For this reason, most raids were in spring and summer, and the boats hauled up on shore for winter.



Rapunzel by Echo Rep Group

About Face – Drama and Stagecraft group, Friday Lifelinks and ECHO Rep Group went to see the pantomime Rapunzel at the Courtyard Theatre in Hereford on Friday 16th February. The HAPS – Hereford Amateur Pantomime Society – team put on a great show. The best part was being able to support ECHO members Jodie and Tracy who were performing. They did some fantastic singing and dancing and we got to see them at the end to tell them how much we enjoyed it. Well done Jodie and Tracy!

The panto was fantastic. It was great to go see and support Jody and Tracy. It was very well written, thought out and acted. There was lots of good dancing and we really liked Rapunzel, the prince and the mouse! The bed scene was the best, was very funny. There were also GHOSTS!!!! But don't worry, it wasn't too scary. We are looking forward to going next year. We saw Tracy and Jody at the end to say well done.



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 May edition is April 11th.
(The editors reserve the right to edit all copy.)

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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



Making a difference to people with learning disabilities.

Working with people to have their say.
Come along to our meetings.

Hear Our Voices'; advocacy; Safe Places; Changing Places toilets; discos.

Working with West Midlands Self Advocacy Network to get people's voices heard across the West Midlands and beyond.

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