

Our News Our Views

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

Edition 96 – March 2024



Special points of interest:

- **Easter Rocky Road Page 7**

Did you know, 31st March is wear a hat day?

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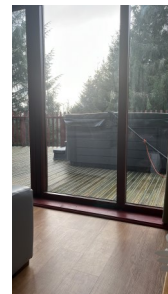
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The Adventure in the Woods – By Peter Crum

Before we went to the cabin we stopped at the Boat Inn in Whitney-on-Wye for lunch. We then started on the road to the cabin, the scenery was lovely. We got there and the cabin was very spacious and the bedroom was lovely. The kitchen was big and the hot tub was very good. Tracy had a nice birthday and she had lots of gifts and birthday cake.



Short Story by Peter Crum.

I decided to use a story dice to create a short story

One day a lovely lady set off for work leaving her pride and joy, a cat Millie moonmin sleeping. As soon she left Millie moonmin decided to go outside and chase the birds around the garden. She chased one through the cat flap into the living room. There was a mess every where as Millie moonmin had knocked everything off the table and side boards. The bird perched on top of the clock thinking it was safe but Millie moonmin pounced at the clock and it fell and went “BANG”, as Millie moonmin turned around she saw the lovely lady back early from work as she forgot her glasses she said to Millie moonmin “ I can’t leave you 5 minutes”.



Update from the editors



Spring is on the way — yippee! We hope you are well and avoiding all the bugs flying around at the moment. In this edition:

- Trip recommendations of an adventure in the woods
 - Easter Recipe
 - March Happenings
 - Try out a story Dice
- Herefordshire history and adventures of Beefy
 - Puzzles and jokes

Our News Our Views Editorial Team.

See you in April — deadline March 13th

Puzzle Corner: Crossword Puzzle

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

EGG

HOT

LAMB

CHOCOLATE

CROSS

BONNET

BUNNY

BUN

PARADE

CHICK

NESTS

EASTER

HUNT

CAKE

HOLIDAY

March Happenings - By e parenting.

1st Mar 2024 St. David's Day
 3rd Mar 2024 World Wildlife Day
 7th Mar 2024 World Book Day
 8th Mar 2024 International Women's Day
 8th Mar to 17th Mar 2024 British Science Week
 10th Mar 2024 Mother's Day (UK)
 15th Mar 2024 Red Nose Day
 17th Mar 2024 St. Patrick's Day
 18th Mar 2024 Global Recycling Day
 18th Mar to 24th Mar 2024 Shakespeare Week
 19th Mar 2024 World Sleep Day
 20th Mar 2024 Spring Equinox (Northern Hemisphere) Today is the first day of spring in the northern hemisphere (Spring or Vernal Equinox). From today the days will get longer.
 20th Mar 2024 Autumn Equinox (Southern Hemisphere) The first day of autumn
 21st Mar 2024 World Poetry Day
 22nd Mar 2024 International Day of Action for the Seals
 25th Mar 2024 Tolkein Day
 27th Mar 2024 World Theatre Day
 28th Mar 2024 Wear A Hat Day
 29th Mar 2024 Good Friday
 31st Mar 2024 Easter Day
 31st Mar 2024 British Summer Time Begins clocks go forward 1 hour at 1am in the morning



Radio ECHO by Peter Crum

I went and did a trial day at Radio Echo on Tuesday 6th February. It starts at 9.30am and finishes at 3.30pm. There are lots of jobs that happen at Radio Echo and Nick who is the member of staff has a list of jobs that people need to do during the morning ready to go live in the afternoon, this includes doing lots of research on the internet of what news has happened that day, weather and music. Nick has a list of names and what they did last time and Nick mix's it around to give people a chance to do all the jobs and broadcasting. Everyone is responsible for setting up the equipment.

I researched music on the internet on and chose one song to put on the radio, I also got to speak on the radio and did some presenting.

I had a friendly welcome and I really enjoyed talking on the radio, I wasn't nervous to talk on the radio and I had a great time and I want to go back to Radio Echo again in the future.



Adventure of Beefy - By Tracy Roberts

Happy Valentine's Day from Beefy .

It's the end of February and Beefy hopes that everybody had a lovely Valentine's Day (That's kind of you Beefy).

Beefy took Jemima out for a lovely romantic meal, I went with them and helped Beefy choose his food, Beefy chose the Banoffee Pie and Jemima chose a healthy plate of lettuce and cabbage (Well they would wouldn't they?).



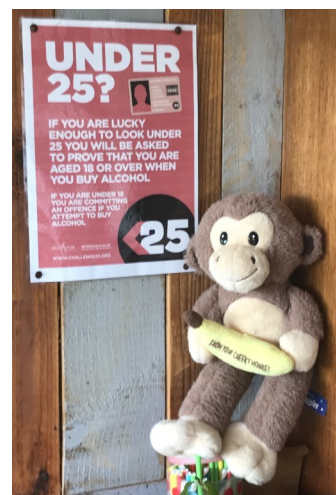
Beefy wanted to buy a big bottle of champagne but the landlord pointed out that Beefy wasn't over 18 and showed him a notice (Bad luck Beefy).

Because he couldn't have the champagne, Beefy sulked and climbed into a hanging flower basket over the bar and refused to come down (Very naughty Beefy).



Eventually the landlord said that Beefy could have a Chupa Chups lolly instead of the champagne and Beefy climbed down and we all went home.

More Beefy adventures next month.



Canada - part 2 - By L.Perkins



History of Canada

The first people to come to Canada arrived between 19,000 and 30,000 years ago across a land bridge that joined Asia and North America. Around 1000AD, the viking explorer Leif Eriksson reached

Newfoundland, Canada. He started a settlement, but it didn't last long. In the 16th century French and British settlers arrived. Land disputes between farmers and fur traders led to many wars. The final war called the 'French and Indian war' left the British in control of Canada but French influence remains strong even today.

In 1867 Ontario Quebec Nova Scotia and New Brunswick combined to form its own government, parliament and Prime Minister and Manitoba joined soon after. In 1931 Canada became an independent nation. Following numerous territorial changes over the years, today Canada is made-up of 10 provinces and three territories.

Canadian people and culture

In some ways Canada is many nations in one. Descendants of British and French immigrants make up about half the population, followed by other European and Asian immigrants. First Nations people make up about 4% of the population. Inuit people live mostly in the northwest territories and Nunavut. Many native Canadians live on their traditional lands but many others have moved to cities across Canada. First Nations art work is widely recognised and is seen as a symbol of Canadian culture.

The British monarch is the head of state of Canada and is represented by a Governor General, who has very limited powers. Laws are made by Canada's elected government, which includes a Parliament and a Prime Minister. Britain's Quebec act 1774 granted Quebec its own legal and religious rights. Despite this, many Quebec citizens have long sought independence. In votes held in 1980 and 1995 Quebec decided to stay in Canada but the second vote was very close. Canada has provided fish, furs and other natural resources to the world. Today it is a world leader in agricultural production, telecommunications and energy technologies. The vast majority of Canada's exports go to the United states.

Cinderella—By Peter Crum

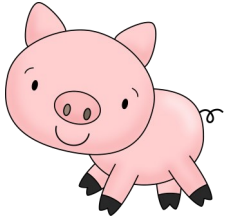
I went to see Cinderella and with Tracy, Michelle, Marie and Dave at Malvern theatre.

The show was very good and characters told the story very well, it felt like West End show.

My favourite part of the show was Buttons was dressed up as a pig; Katie McGlynn played the Fairy Godmother she previously played Sinead in Coronation Street.



Herefordshire History- By Adrian Phipps



Haunted Burg Hill

The A4110 was once a major coaching road going up to Shrewsbury and Knighton. On this road there was a cottage with an elm tree. Beside this tree there was a sometimes seen the ghost of a pig, which would shuffle around the tree as if chained to it, before backing into the darkness under the tree and disappearing. Sadly, the tree fell victim to Dutch elm disease in the 1970s and the ghostly pig was lost with it.

The Bus Station

This was the site of the old workhouse, though nothing now remains of it except the building on the left of Union Street (now occupied by travel agents) and a toilet block. This was the Master's residence. The last master was so upset by the ending of the workhouse system that he hanged himself. Some people have reported something unpleasant around the toilet area, and it is not a place that most people would wish to loiter. The building is called the Governor's House and is used by Rose Tinted Rags. There are no toilets there now, they are in the car park across the road.

10 fun facts about Singapore By L Perkins

1. It's a city of not just one island, but 64.
2. It's home to the world's first night zoo.
3. It's a city of man made waterfalls.
4. The locals speak Singlish, not just English.
5. Singapore pioneered the first F1 night race.
6. It's one of the world's greenest cities.
7. Singapore has many religions including Buddhism, Christian, Muslim and Hindu.
8. National food dishes of Singapore Include:

Halinese chicken rice, Crab, Laksa, Hokkien prawn mee, Barbecued Stingray and Fish head curry.

9. There's always something to celebrate in Singapore and always lots to see and do.

10. The Lion city may have been inspired by a tiger.



Did you hear the one about....

What does the Easter Bunny order at a coffee shop? Eggspresso.

How did the Easter Bunny get his job? He had eggsperience.

What do you call an Easter Bunny wearing a kilt? Hopscotch.

What did one Easter egg say to the other? "Know any good yokes?"

What kind of beans don't grow in a garden? Jelly beans.

What does the Easter Bunny say after burping? "Eggs-cuse me!"

Why can't a rabbit's nose be 12 inches long? Because then it would be a foot.



Easter Rocky Road by Tracy Roberts

175g dark chocolate, broken into pieces
 125g milk chocolate, broken into pieces
 2 tbsp golden syrup
 75g unsalted butter, diced
 160g sugar-coated mini chocolate eggs
 200g digestives or rich tea biscuits, broken into pieces
 75g mini marshmallows



Method

Line a baking tin with baking paper.

Place the dark and milk chocolate pieces in a large heatproof bowl and add the golden syrup and butter. Set the bowl over a pan of barely simmering water but do not allow the bottom of the bowl to touch the water. Stir from time to time until the butter and chocolate are melted and the mixture is smooth. Remove from the heat and leave to cool for 5 minutes – if this is too hot the marshmallows will melt.

Cut the chocolate mini eggs in half (leaving a few whole). Gently fold in the chocolate eggs, biscuits and marshmallows into the chocolate mixture and mix to combine. Spoon into the prepared tin and spread level using the back of the spoon. Scatter the mini eggs on top.

Refrigerating for at least 1 hour, or until completely firm. Cut into bars to serve.

Our News Our Views

Our News Our Views
c/o Aspire Community Hub
Canal Road
Hereford,
HR1 2EA

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 will be ten years old in June 2024!

The deadline for articles and adverts for the April is March 13th.
(The editors reserve the right to edit all copy.)

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