

Our News Our Views

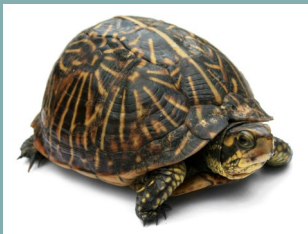
Created by People with a Learning Disability for the Learning Disability Community.

Edition 98 – May 2024



Special points of interest:

- Thank You ECHO
- Page 4



**Did you know,
23rd of May is
World Turtle
Day?**

Inside issue

Editors P2
Update.

Hereford P3
Street Art

The Giant P4
Rose

Puzzle P5

Leominster P6
Festival

Thank you ECHO - L Perkins

Next month ONOV is going to be 10 years old. Our project is based in Hereford and meets every Thursday. We use our personal budget to fund the project.

Over the last few months Echo has supported us with cover staff so we could continue our work so we would like to say a big thank you for all your support over the years and we look forward to celebrating our 10 year Anniversary with you all.

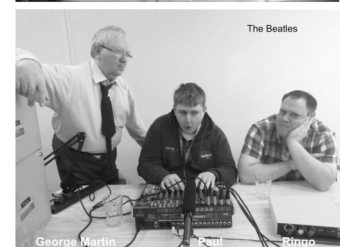


Thank Friday it's Radio Echo by Peter

Radio Echo is one of many Echo projects, it has been so popular that they have started a new group on a Friday. I did a taster session a long time ago and now I am a member of the Friday group.

I have learned to read piece's of news like a news reporter on TV. My favourite things at radio echo is being on air like a news reporter and reading the news and weather. The news changes weekly so each week we have to research it.

There is a lot to learn and so I have been taking work home with me to practice old scripts to help me read quicker and sound clear ready to broadcast in the future (watch this space). The group has lots of fun and we all get on very well, the other week we did a mock pictures of the group copying a picture of the Beatles which was so much fun.



Update from the editors



**Our News Our
Views**

Hope you had a good Easter to set you up for a happy May. Don't forget if you are voting in the local elections to take some photo ID! In this edition:

- May Happenings, what's on posters and reviews.
 - More Hereford history
 - Puzzles and jokes.
- Trip experiences to local places
 - Heart disease
 - Local show reviews

See you in June — deadline May 15th.

More Ghost Stories by Adrian Phipps

Church Street

The Lichfield Vaults is haunted by a mischievous spirit that moves barrels and hides objects, even making beer mats fly in the air. It is probably more of a ghost than an actual spirit; some people find its antics likeable while others are freaked out by it.



County Hospital

This site was until the 1930s, the city slaughterhouse, which stood where the front entrance and car park are now. Muffled voices have been heard at this spot but, on investigation, no one has been there. Dore, Kenwater, and Lugg wards seem to have a particular reputation, with some staff refusing to go past them alone at nights. Patients seem to be mostly unaffected but staff, resting during the night shift, have found blankets ripped off them as they lay in bed. In the building of the new hospital, four workmen were killed in an accident at the spot where Lugg ward now stands.

Daws Road

Belle Vue Terrace, on this road, has a fearsome reputation among some previous tenants. They report a feeling of oppression haunting the house, and items vanishing only to re-appear in unusual places. Worryingly, the front door has, on several occasions, been found wide open in the morning, although securely locked the night before. Several people have reported waking in the early hours of the morning to the sound of children running up and down the stairs, although there were no children in the house.

Eign Street

The Horse And Groom pub has a very lively ghost who delights in patting ladies' bottoms. A heavy object has also been heard being dragged across a room upstairs. Invariably, when investigated, the room is found empty. (This is not an excuse to pretend you are ghost — always show respect to women please).

May Happenings - By e parenting.

International Gilbert & Sullivan Day 3rd May 2024

World Laughter Day 3rd May 2024

Star Wars Day 4th May 2024

May Day Bank Holiday 6th May 2024

National Sun Awareness Week 6th May to 12th May 2024

International Nurses Day 12th May 2024

National Doughnut Week 18th May to 26th May 2024

World Bee Day 20th May 2024

International Tea Day 21st May 2024

World Turtle Day 23rd May 2024

Late Spring Bank Holiday 27th May 2024

National Biscuit Day 29th May 2024



Hereford Street Art By L Perkins

Have you seen the lovely big paintings appearing all over Hereford? Art works have been painted on the ends of prominent buildings and in underpasses and passageways across the city. Some have been done by important international artists and others by talented Herefordshire artists.

There is also going to be a new sculpture trail in Hereford City Centre which residents and visitors will be able to discover from spring 2024. Old shop signage brackets will be reused to display newly crafted pieces made by students from Hereford College of Arts as well as well known established artists.



The Giant Rose- By Peter Crum

One day there was the most beautiful rose plant and was gigantic and pink. A man was walking down the road and he saw the rose plant and said, "Can I buy it please?" and the woman said, "No it is not for sale its my rose plant" .

The man was very disappointed as he wanted one for his garden, so he decided to go to the garden centre and buy one. When he arrived there was only one left which was tiny and looking sad so he decided to buy it.

After a week of watering and feeding the rose he woke one morning to have a cup of tea to see it was gigantic and pink and the most beautiful rose he had ever seen.



Weir Garden - By L Perkins

The history of the Weir Garden dates to Roman times, however the garden visitors see today is Predominantly a 1920s vision, inspired and created by Roger Parr.

Parr was responsible for many of the features in the garden including the retaining wall, the rustic hut and boathouse, which is a rare survival from this era.

The riverside garden is left natural with many wildflowers in summer, snowdrops in the winter and daffodils in spring. At the bottom of the garden there's a small woodland to explore and for those who love wildlife seventy species of bird have been spotted here as well as the odd otter sighting on a sunny day. It's not uncommon to see a ballet of swans passing through as well as one or two canoeists enjoying one of the most beautiful rivers in the UK, the Wye.

Visitors are always welcome to bring along a picnic whilst they sit and enjoy the stunning views. The bird hide provides a quiet space to sit and watch garden birds on feeders and just across the car park is the walled garden which once would have served a purpose supplying the mansion with fruit and vegetables.

The three-sided walled garden takes in more impressive views of the estate and houses an impressive seventy-foot glasshouse with grapes, figs, tomatoes and succulents growing inside.

Times and costs can be found on website.



Puzzle Corner: (Answers page 7)

I have started going to radio Echo so i have decided to come up with a music quiz, enjoy —

Which song did ABBA win the 1974 Eurovision song contest with ?

What is the missing word, Meat Loaf sang “_ _ _ out of hell” ?

How many females in the original S Club 7 group?

Before becoming famous James Blunt served in the : (a the Army (b Navy (c RAF

Elton John is the godfather to 2 of David Beckham's children which 2 ? Brooklyn, Romeo, Cruz and Harper



25 years of Theatre by Tracy Roberts

In 1999 I joined Hereford Amateur Operatic Society which is now called Hereford Musical Theatre Company.

The first show I helped with was The Wizard of Oz. where I chaperoned for the youth group and in 2019 I joined Hereford Amateur Pantomime Society my first show with them was Aladdin I was in the chorus.

My favourite shows I performed in are the Addams family and Snow White and the seven dwarfs.

The most fun show I have been a part of is Calendar Girls.

The last shows I performed in are Elf and Rapunzel.

I didn't think I would get my 25 year Noda long service award but, I am very pleased that I am!



Leominster Festival - By Tracy Roberts

Ahoy there! All aboard for the adventure of the summer! Leominster Festival is proud to announce our theme 'Leominster by the Sea'. It doesn't matter that we are landlocked, Leominster Festival is bringing all the fun of the seaside to town.

With film screenings, the ECHO colour run, arts workshops, live music, the annual family Fun day and so much more!

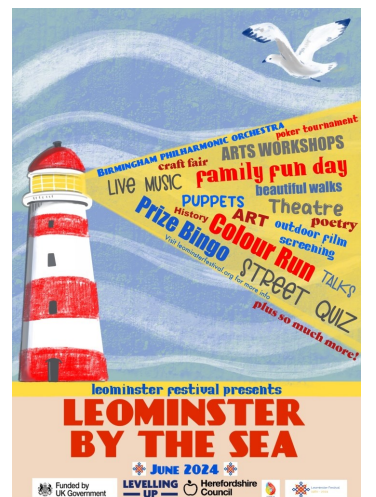
Leominster By the Sea will be the do not miss event of the summer season, coming your way 8th-15th June.

About Face will be performing at this, there might be some brides wandering round from the performance company!

Wednesday group are doing a piece from Alice in Wonderland.

Thursday group are performing punch and Judy and foundation theatre are doing a dance piece with jellyfish and some underwater creatures.

ECHO 3rd Colour Fun is based on a Hawaiian theme.



Threads Through Creation

'Threads through Creation' is a community festival based around 12 amazing embroidered panels by Jacqui Parkinson.

Organised by Priory Arts on behalf of Leominster Priory, the celebration seeks to be inclusive, inviting those who visit to develop their own response to the art work and supporting activities.

The programme has been developed in collaboration with a wide variety of local community groups, institutions and schools from Leominster and the surrounding area.

5th June to 17th July FREE



Quiz answers:

water loo

bat

4 Rachel, Hannah, Tina,
Jo

Army

Brooklyn, Romeo

**Did you hear the one
about....****Eastnor Castle — By L. Perkins**

Eastnor Castle is a beautiful Georgian Castle near Ledbury, Herefordshire and is surrounded by a beautiful deer park and lake. The castle is still the home of the Hervey-Bathurst family and contains medieval armour and fine art and designed by A.W.Pugin.



In the grounds there is plenty to do for all ages including an adventure playground, junior obstacle course, knight's maze, treetop walkway, woodland play area, lakeside and woodland walks. The arboretum contains the finest collection of Cedars in Britain and has tree trails and rope swings.



There is a cafe and a large picnic area with tables on the Valley Lawn and is dog friendly.

Eastnor Castle has a Steam & Vintage event, May 28-29 with lots of steam engines and vintage cars. The cost for adults is £14, children £8, family ticket (up to 3 children) £40.

We visited some years ago and we really enjoyed it.

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 eight years old in June 2022!

The deadline for articles and adverts for the June edition is May 15th.

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

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