

Autumn Edition 2010



## Welcome to Autumn at Apuldram!

### Winter Fair, 10am-1pm, 13th November

Ruth Heelan reports:

Kim Bicknell (email [kim@kimfoxbridge.me](mailto:kim@kimfoxbridge.me)) is taking charge of organising the event this year, with help of course, and **we need your help!!**

There will be the usual stalls: Tombola, Raffle, Silent Auction, games, toys, books and a Nearly New or Recycled Gifts and we need contributions of suitable items, including prizes.

The number of stalls and games depends on the number of helpers, so please put this date in your diary and if you have a friend or two who would like to join in the fun, please bring them along. We will need to know how many can make it so please email Kim or add your name to the list in the shop.

This is the only opportunity in the year for us all to get together to raise funds for the centre, and we look forward to seeing you all on the day.

## The Great Olympic Egg Competition

**Why The Big Egg? Hatching new ideas!**

Chichester District Council invited Apuldram and the Wrenford Centre to join workshops between April and July to design Chichester's emblem/mascot for the 2012 Olympics. Five clients - Alec Lye, Laura Herniman, Ruth Hall, David Harvey and Grace Tunnell - worked on the project; the winner emerging from an egg is due to be announced as we go to press. **Jane Kilby**



STOP PRESS: More photos available in the email edition or on our website (see below)



### Horticultural Hints

Brought to you by our own "Mr Digwell", Alan Doick:

Don't forget to remove lower leaves from your tomatoes, to allow air to circulate and the fruit to ripen.

At this time of year you're probably thinking of closing up your greenhouses. **DO** remember to leave a little gap for air-circulation

## Awards Aplenty for Apuldram at Football Tournament

Match Report by Susan Gilson

Football fever gripped Apuldram as a bus-load of players and supporters left the centre for a five-a-side tournament.

The exciting event was held at Aldingbourne Country Centre where three teams competed in eight short matches on the afternoon of Friday, August 13.

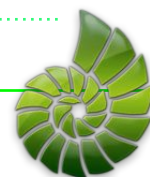


Our team, cheered on from the touchline by friends and colleagues, did themselves proud against Aldingbourne and Crawley, picking up second place overall with trophies for individual performances. Andrew Cam was named Best Goalie, very well deserved for keeping a clean sheet. "I didn't let one in and I saved a lot of goals," he said. "I used both hands to push the ball over the top of the goal."



Other trophies went to Emma Harris, for Best Penalty Shot, and to Sian Holden, David Harvey and Laura Herniman. Forward Richard Padgham managed to find the back of the net against Crawley. "It was very exciting. I like football and I support Portsmouth," he said.

Even though he wasn't playing, Alec Lye played an important part by cheering his team on: "I was shouting to get them going. It was very exciting to watch."



### Craftroom needs:

If you are making the most of the "Indian Summer" in September and going for walks on the beach, Amanda is still collecting shells. Also Amanda & Jenny are requesting any old Jewellery, and any unwanted paper/craft bits for the craft department.

## Recent Fundraising Results

news from Jane Kilby

Over a two-day period recently, Paul Reed and I received three donations totalling more than £4600 towards Common Lodge:

**Covers** gave us £2,134 representing 5% of the amount that Stirlands spent with them on the project;

**Marks and Spencer** Head Office had been fundraising all year for us, sending in cheques throughout that time. Five M&S staff were given a day off on full pay to come and visit Common Lodge and the Centre; not only did they present us with a cheque for £1,000, they also brought food for everyone at the Centre, sushi, three large trays of sandwiches, triple-layered cakes and £100-worth of cake bars. The clients didn't go hungry!

The third donation was collected by Paul and Alec Lye at an awards evening held at The Black Rabbit pub in Arundel: the brewing company **Hall and Woodhouse**, in conjunction with **Spirit FM** and **West Sussex County Times**, make annual awards from their Community Chest, and we had applied for extra safety lighting along the fire escape path at Common Lodge. Paul and Alec were presented with a cheque for £1,500, the second highest award of the night.



On Sunday 25th July John and Pam Miles held Cream Teas at West Stoke Village Hall and raised £320 for the Centre. That was a lot of scones and cake!

On July 4th Chris Buckland, father of Sam who attends the Centre, swam the Thames with 5000 others and raised £645.

### Good To Meet You

the first of a series in which service users' likes are explored by Susan Gilson.

#### Grace, 20, lives in Bognor



**Susan:** What are your hobbies?

**Grace:** I like playing animal games on my Nintendo DS. You have to feed the animals, look after them, keep them alive really, like a zookeeper.

**S:** How do you spend your evenings?

**G:** I get back home from Apuldram at about 5pm, sometimes help my mum with the cooking, then watch TV

**S:** What do you like to do at weekends?

**G:** I clean out my rabbits. Harry is brown and Pepsi is black and they are lop-eared rabbits. I have had them for about a year. We also have two dogs. They are small white dogs called Sam and Toby

**S:** Favourite TV programme/film?

**G:** I watch Emmerdale, EastEnders and Coronation Street, and also the X-Factor. I have lots of DVDs too. They are mainly comedy like Mr Bean

**S:** Favourite meal?

**G:** I like pasta, and fish and chips. And for pud anything chocolatey!

**S:** What do you like doing best at Apuldram?

**G:** Cooking! I am good at cheese scones and I like making squashy fruit cakes. I prefer cooking there to at home

**S:** Describe your home

**G:** I live with my mum Jan and dad Tony, and our pets, in a bungalow with a big garden. I used to go with my mum to help out at the Cat and Rabbit Rescue Centre at Sidlesham.

**S:** What makes you happy?

**G:** When it's sunny. I like the summer

**S:** Three words to describe yourself?

**G:** Quiet, friendly and animal-loving.

Photo: Ruth Heelan

Published by Paul Reed © 2010

## Experiences of a 'new'-ish volunteer by Wendy Baker



When I first pitched up at the Apuldram Centre, I had my late Mother with me (nearly 90 years old and both of us forgetful, even then! One of us was quite eccentric too....). I met Alex<sup>1</sup> on a Thursday and so began my long journey with friendship and, ultimately, "employment". My friendship with Alex is unique and fascinating (more of that in my memoirs). After tasting my way through numerous scones, cakes, etc., and my own inimitable version of coffee, I decided it was better to join in the fun rather than be a bystander.

My first port of call was in the kitchen, dear Penny! 'How hard can it be?', I thought. Well, Rule No. 5, when I married my long-suffering husband 30 years ago was, "I don't cook, ever". So I should have known, really. After two excruciating attempts - the first, failed shortbread biscuits - why did it resemble crumble mix and stay like it? - and then the following week, it was even worse, with choc chip cookies that had no choc chip or sugar, so not quite what their name suggested. I decided to quit the kitchen whilst slightly ahead and offer myself up for craft.

I met Jenny<sup>2</sup> and Ben<sup>3</sup> - both charming and friendly! After several weeks making cards - apparently some quite reasonable - I was "poached" in the nicest possible way and, despite being off sick regularly - wasp stings turning into hospital visits and various other mishaps - it was decided from on high I would be best kept out of harm's way with no sharp implements and under Alan's<sup>4</sup> supervision.

I am now positioned well out of the way of the general public in the training room. On Tuesdays I teach one-to-one sessions of Numeracy, Literacy and anything else ending in "y"!!!! I also hope to slip in some future sessions of social skills - anyone could join in - even staff!

So to all my new friends (staff, other volunteers, service users) at Apuldram I say a heartfelt **thank-you** for taking me in off the streets and perhaps I can do something useful for Apuldram.

Get the Newsletter via email:

Send an email to [paul-reed@apuldram.org](mailto:paul-reed@apuldram.org) and you will receive it as it's published

### Meet the Residents



This is Adam; he's a Brahma cockerel of indeterminate age; he lives at Apuldram and he is, by all accounts, a gentleman among cockerels. He is large (the breed is known for its size) but not aggressive; he is undoubtedly one of the characters at the Centre

Photo: Ruth Heelan

Newsletter Editorial Group: Susan Gilson, Ruth Heelan & Paul Reed

# email and online bonus page

## More photos of the Great Egg Project

