

Marley's Tales

Spring 2025

I am a very
stable genius!



Tales from The Apuldram Centre, from the cat with no tail!

Marley's Tales is a seasonal publication produced by the trainees at the Apuldram Centre. We have named the publication after the Apuldram cat, Marley – The cat with no tail! We want to share with you some of the things we get up to and talk about. It is produced by the Apuldram trainees, with some support from the staff.

Contents

1. Visiting Pagham Social Club.
2. New Staff Interviews.
3. Let Gratitude Start and Kindness Grow.
4. Self Portraits.
5. Fort Nelson Visit.
6. St Richard's Church and St John's Church visit.
7. Group Targets.
8. Individual pages by Josh, Emma, Anthony, Elioizabeth, Phil nad Gregory.

Visiting the Pagham Social Club

A small group paid a visit to the Pagham Social Club to accept a donation to the Centre. The members of the club had kindly offered to sell books and donate the money to us.



We had a great time, drinking tea and coffee, playing bingo getting involved in the raffle!



We were presented with a cheque for £250, which was very kind! We had a really enjoyable morning.

New Staff Interviews

We like to interview new staff members to find out a little more about them.

James and Jane have recently started supporting activities at the centre. In the traditional fashion, we have created one sensible and one silly question!

Jane

1. What is your full name?

Jane Elizabeth McGregor.

2. Who is your favourite Telly Tubby?

La La, because when my daughter went to university, the actor who played La La was her lecturer!

3. Do you have any hobbies?

I enjoy art. I am a plant based food chef and enjoy cooking.

4. If you were an animal, what would you be?

A cat.

5. What jobs have you done before Apuldram?

I have been a swimming teacher; a hydro therapist and I have run a bed and breakfast (among other things).

6. If you had a superpower, what would it be?

Teleportation – The ability to be able to get myself anywhere in the world immediately, without having to travel, like on Star Trek.

7. What is your favourite piece of music/song?

I love the music of Martina McBride particularly “This one’s for the girls”.

8. Would you rather have fame or wealth?

Fame – You could do a lot to help people with fame.

9. What is your favourite television programme?

Currently The Vikings and Traitors.

10. Cheese or chocolate?

Chocolate!



Jane was in the art room with a small group when we interviewed her.

James

1. What is your full name?

James William Roadnight.

2. Who is your favourite Telly Tubby?

Po

3. Do you have any hobbies?

Listening to live music, playing the guitar and countryside walks.

4. If you were an animal, what would you be?

A wolf! (He changed this from "A sloth"!)

5. What jobs have you done before Apuldram?

A landscape gardener, looking after livestock (sheep and cows), fencing, forestry, Youth work, working in a hardware store and DIY.

6. If you had a superpower, what would it be?

Bionic eyesight.

7. What is your favourite piece of music/song?

I like the band "The Accidentals" at the moment.

8. Would you rather have fame or wealth?

Neither, prefer things simple!

9. What is your favourite television programme?

I watch a bit on Netflix, as I don't have a TV licence. I used to like Top Gear when I had a licence.

10. Cheese or chocolate?

Cheese!

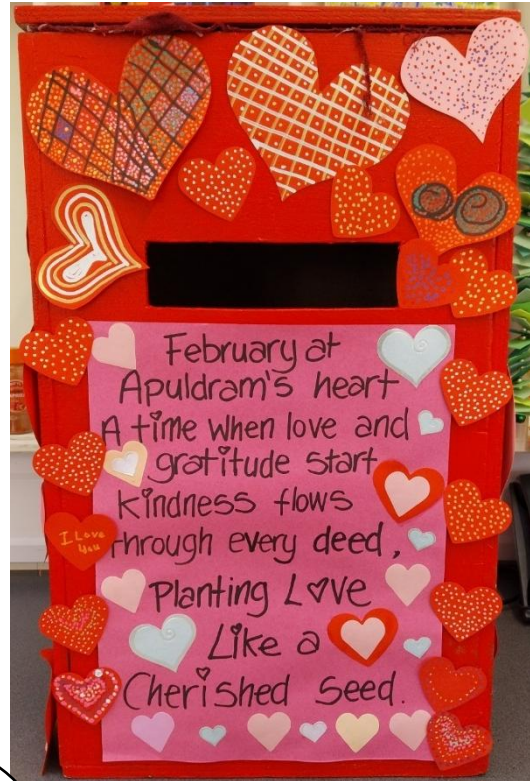


James was in the barn where he had been supporting trainees with wood work.

Let Gratitude Start and Kindness Grow!

Jane's group decorated the post box to encourage people to post into it, and celebrate, any of any acts of kindness and feelings of gratitude.

We took the box around the centre one sunny Wednesday morning and chatted to people about the people, and sometimes things, that make them feel grateful and happy. Here are some of the things that they said:



Thank you (To Samba) for
always helping me in the
kitchen.

To Danny,
Thank you for bringing my bag to
the art barn



We spoke to people in the Art Shed.

*I am grateful to have my fiancée, my
bellringer friends, my support workers
and my workplace.*

Anthony

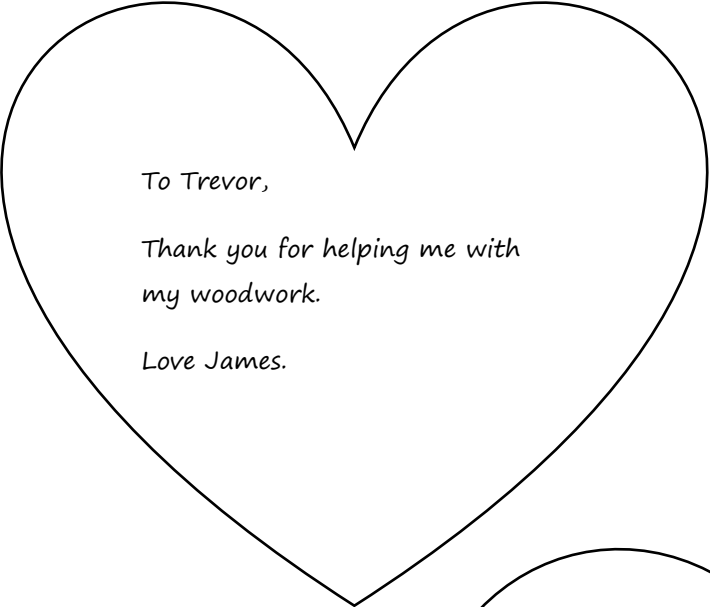
*I am grateful for my friends,
Steven and Claire, who take me
out shopping.*

Lizzy

*I am grateful to my family
for taking me out to
interesting places.*

Josh

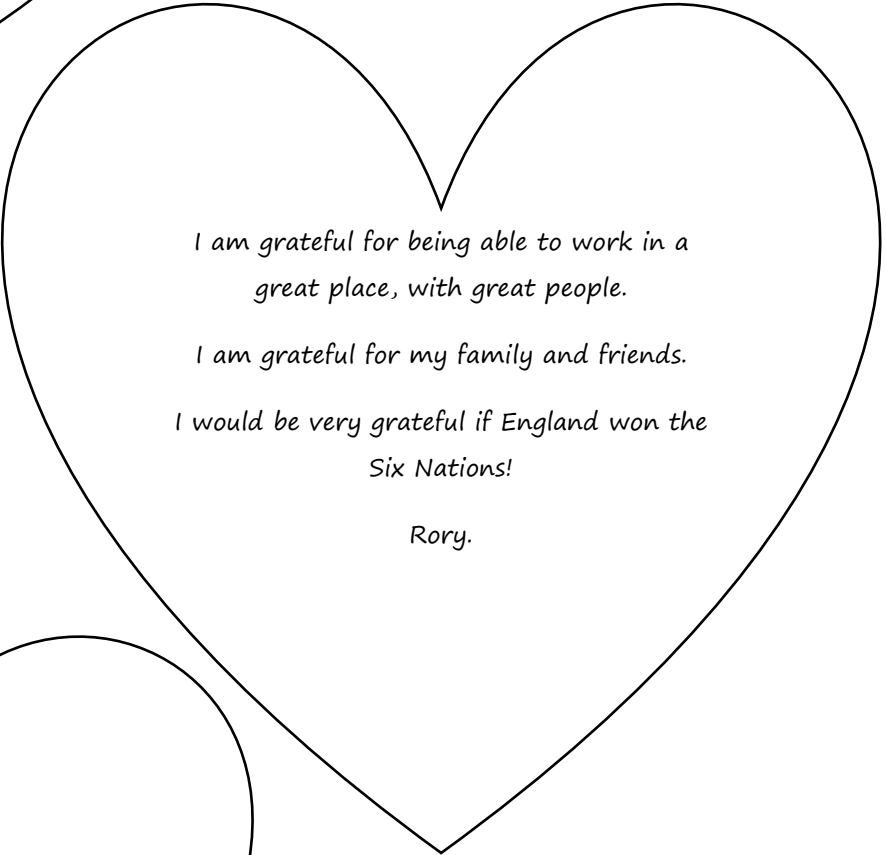
*I am grateful to be
friends with Alka.*



To Trevor,

*Thank you for helping me with
my woodwork.*

Love James.

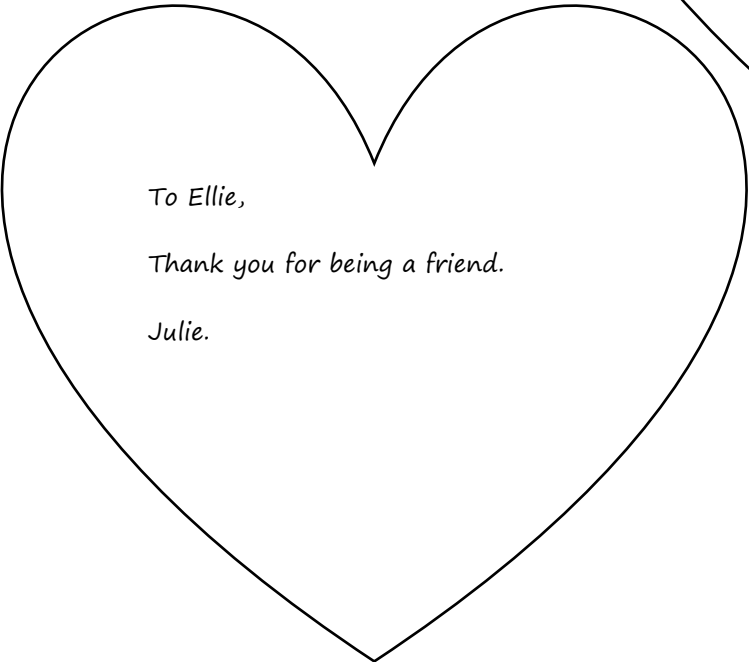


*I am grateful for being able to work in a
great place, with great people.*

I am grateful for my family and friends.

*I would be very grateful if England won the
Six Nations!*

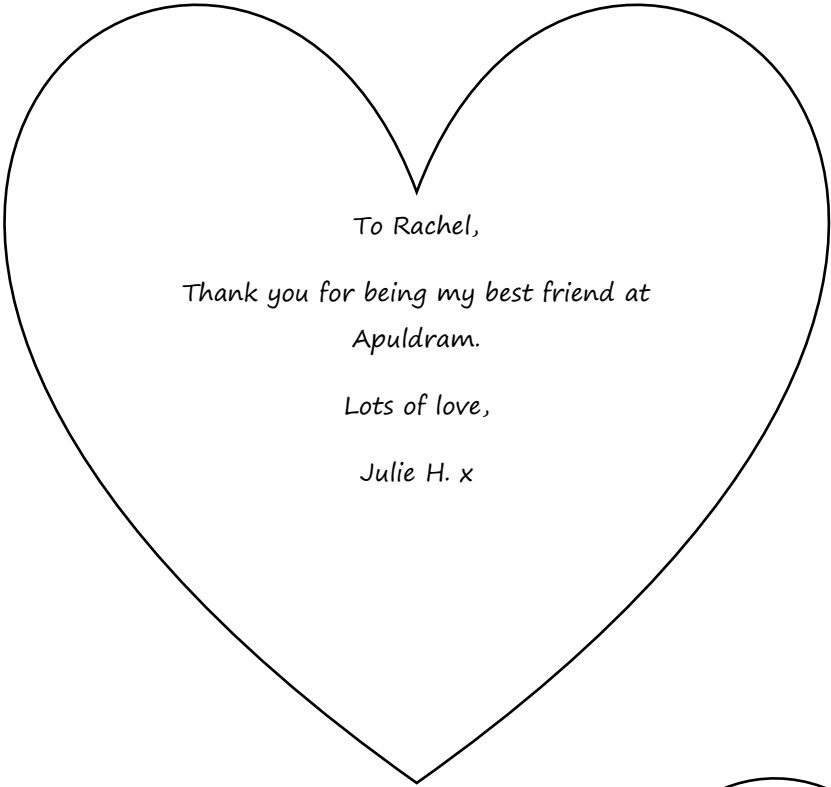
Rory.



To Ellie,

Thank you for being a friend.

Julie.

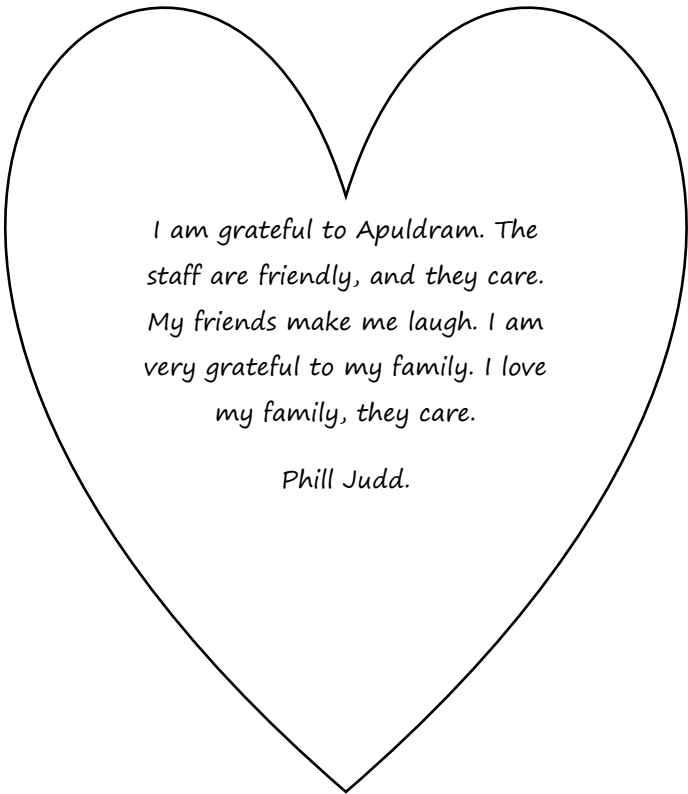


To Rachel,

*Thank you for being my best friend at
Apuldram.*

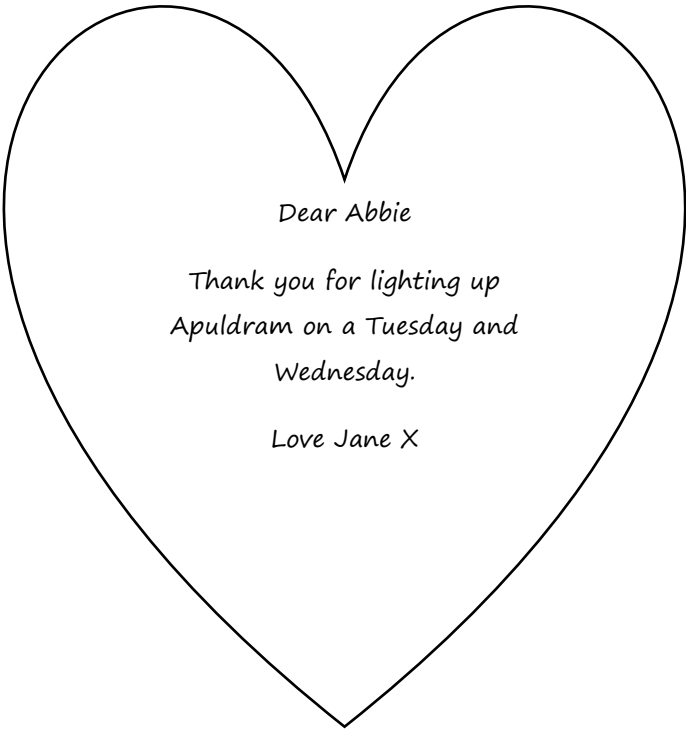
Lots of love,

Julie H. x



*I am grateful to Apuldram. The
staff are friendly, and they care.
My friends make me laugh. I am
very grateful to my family. I love
my family, they care.*

Phill Judd.



Dear Abbie

*Thank you for lighting up
Apuldram on a Tuesday and
Wednesday.*

Love Jane X

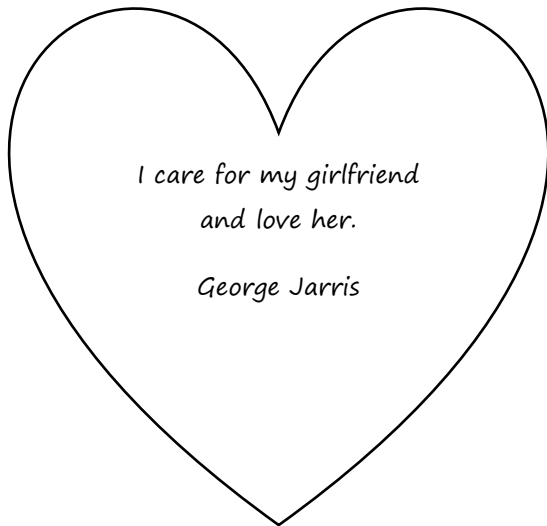


I am grateful for my lovely family who
always make me laugh and are very
caring. Im also grateful for my lovely
pet dog, Teddy who is such a lovely
sweetie.

Maria

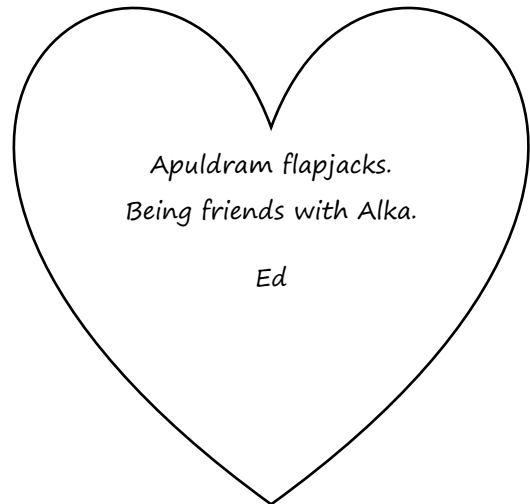
To Samba,
Thank you for always helping
me in the kitchen.

Love Julie x



*I care for my girlfriend
and love her.*

George Jarris

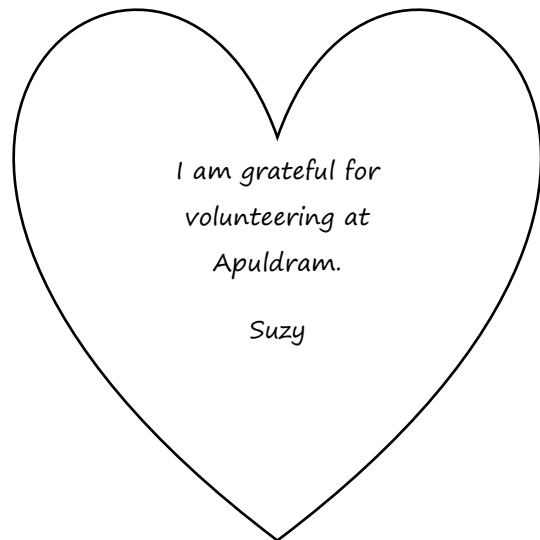


*Apuldram flapjacks.
Being friends with Alka.*

Ed

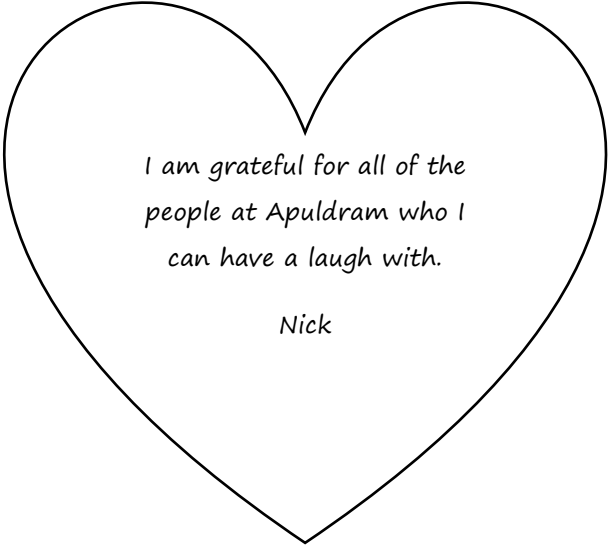


*I am grateful to
Apuldram. I Am
grateful for the nice
staff.*



*I am grateful for
volunteering at
Apuldram.*

Suzy



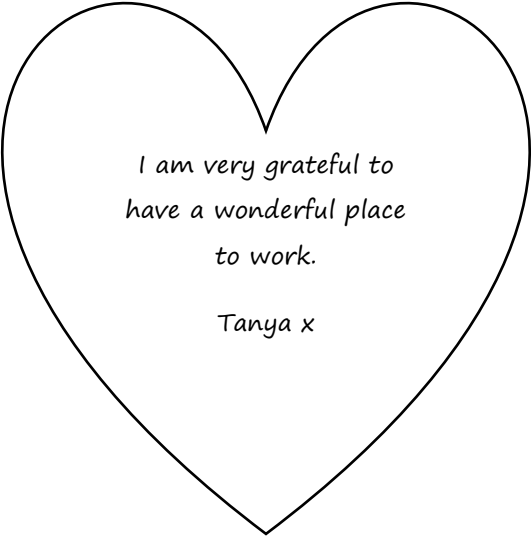
*I am grateful for all of the
people at Apuldram who I
can have a laugh with.*

Nick



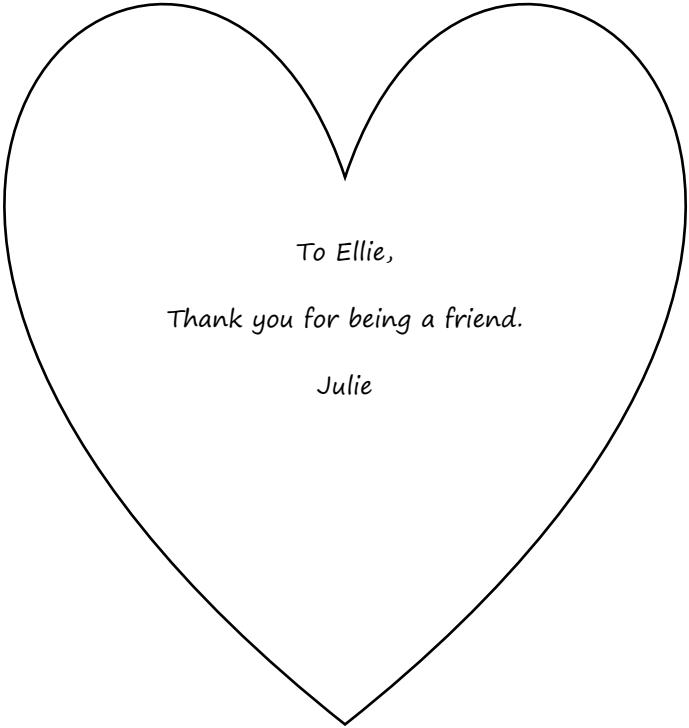
*Reading the magazines.
Grateful for having
friends.*

Lisa.



*I am very grateful to
have a wonderful place
to work.*

Tanya x



*To Ellie,
Thank you for being a friend.*

Julie



*I am grateful to my
friends for their company.*

Emma

*To Michael,
Thank you for helping me with my
woodwork.*

Love from James.

Dear James,

Thank you for all your help with painting canvases, fixing easels and generally helping me around the place, which is all very much appreciated.

Jane

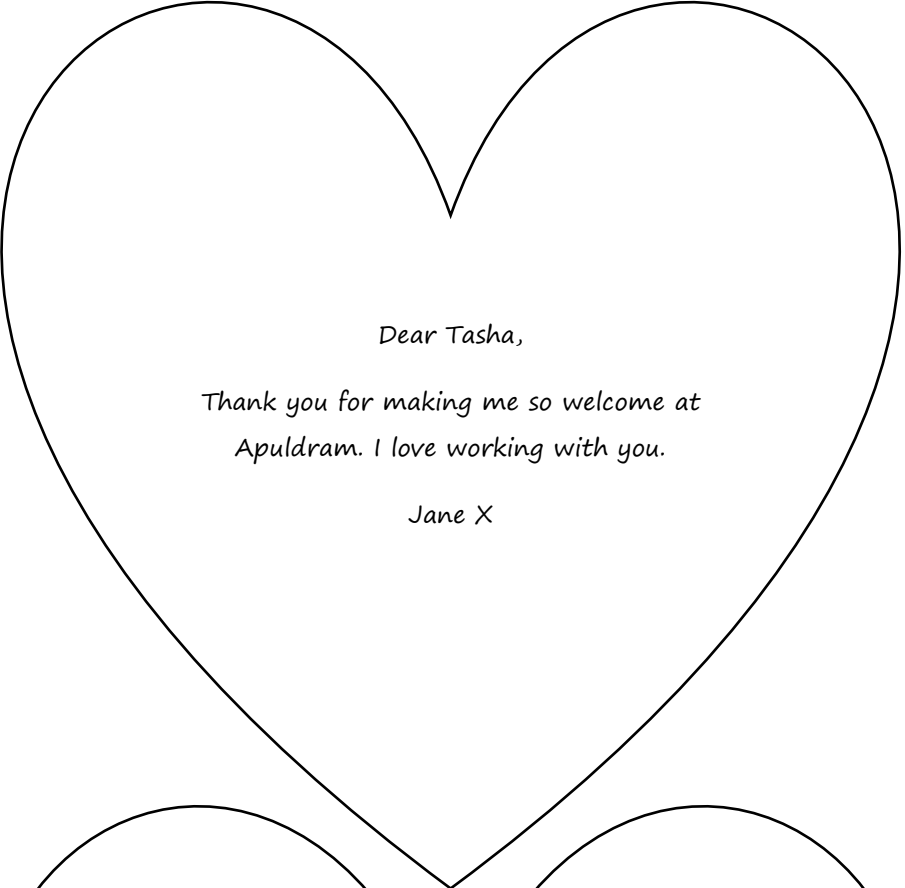
To Nick,

Thank you for bringing my February theme to life and giving it legs!

Dear Rachel,

Thank you for being the best punk rocker boss I have ever had. It is truly a pleasure working with you.

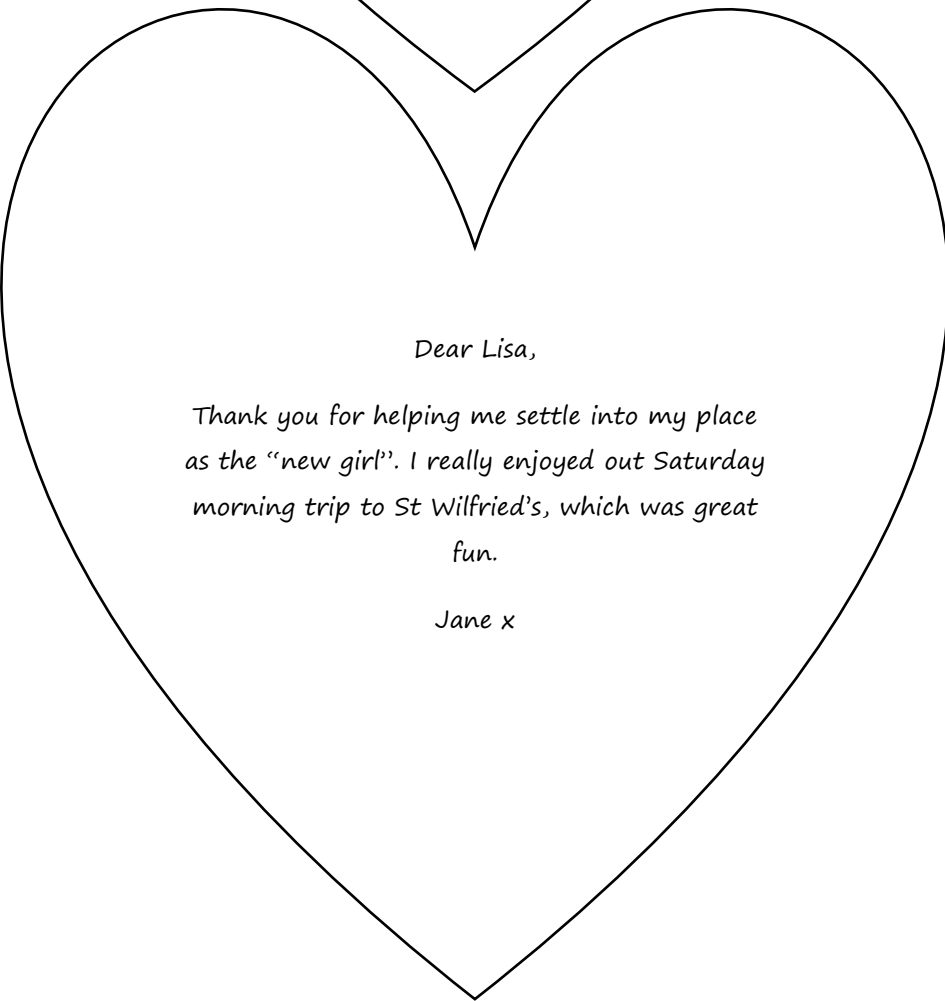
Jane x



Dear Tasha,

*Thank you for making me so welcome at
Apuldram. I love working with you.*

Jane X



Dear Lisa,

*Thank you for helping me settle into my place
as the "new girl". I really enjoyed out Saturday
morning trip to St Wilfried's, which was great
fun.*

Jane x



Dear Daniel,

Thank you so much for all the help you give me at
Apuldram, especially the painting and all the canvases,
which has been so kind of you and very much appreciated.

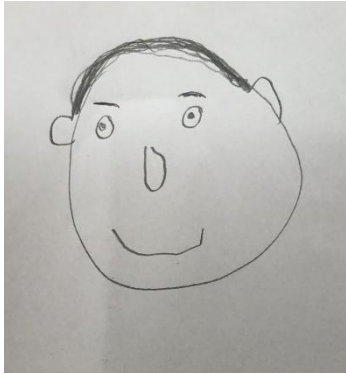
Love Jane x



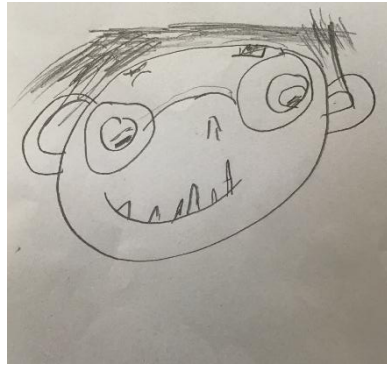
Self Portraits

We asked everybody at the Centre on a Wednesday morning to draw a self portrait in pencil. Can you guess who they are? Answers at the end.

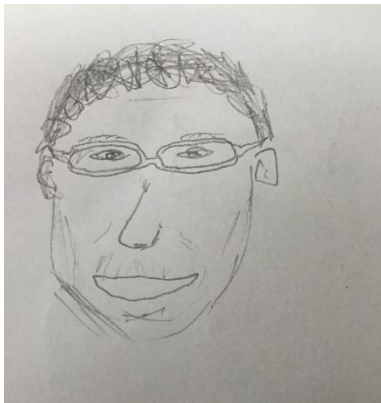
1.



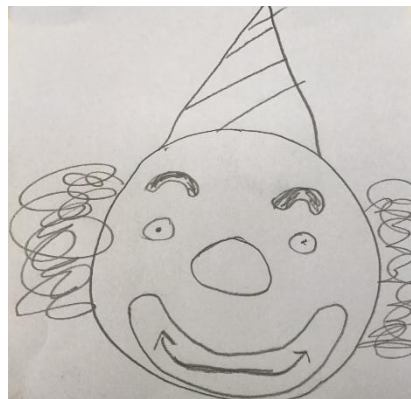
2.



3.



4.



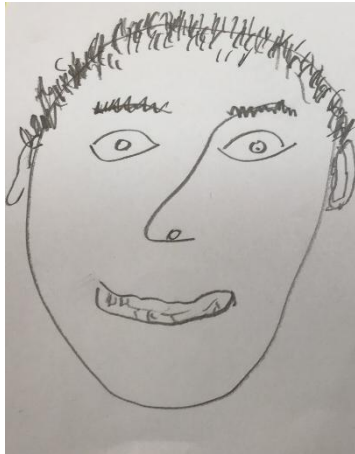
5.



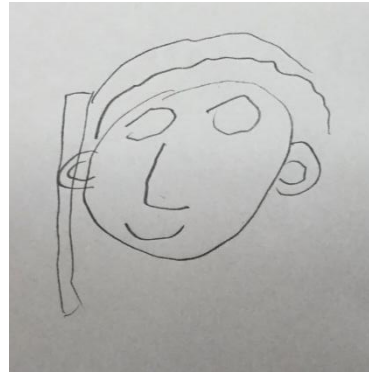
6.



7.



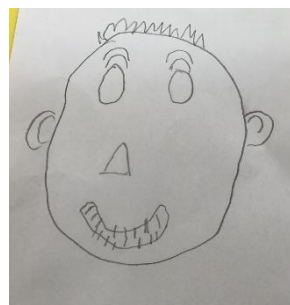
8.



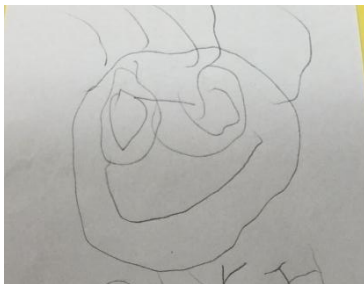
9.



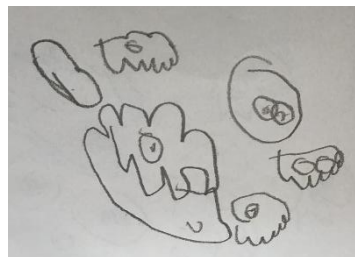
10.



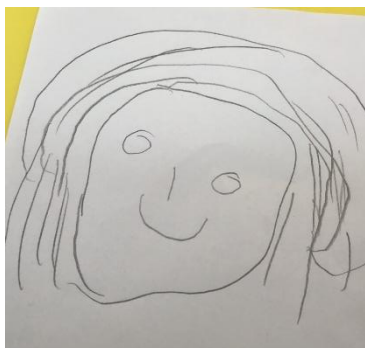
11.



12



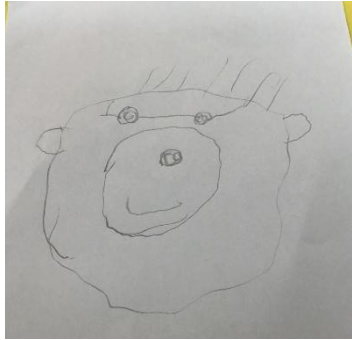
13.



14.



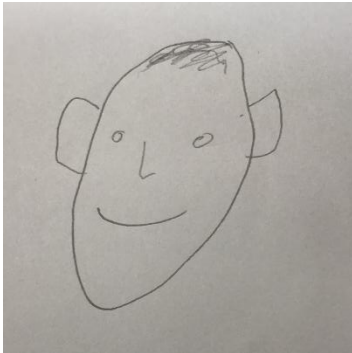
15.



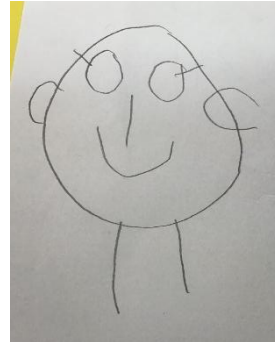
16.



17.



18.



19.



20.



21.



22.



23.



24.



25.



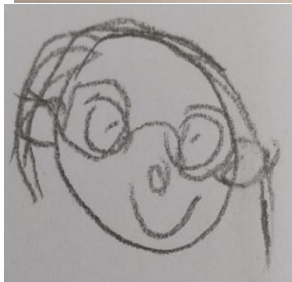
26



27.



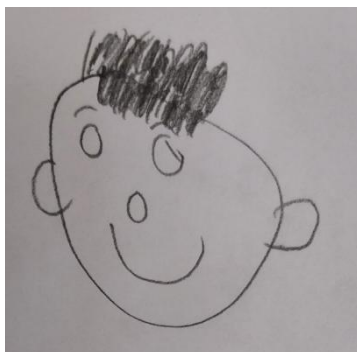
28.



29.



30.



31.



32.



33.



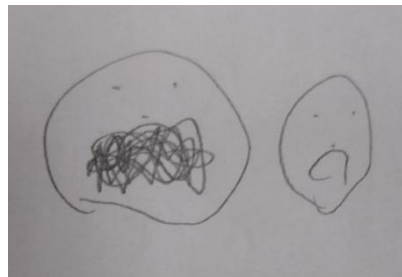
34.



35.



36.



Answers:

1. Josh

2. Elizabeth.

3. James
4. Samba
5. Phil
6. Jane
7. Nick.
8. Julie Hurst
9. Julie Hurman
10. Anthony
11. Joel.
12. Jason.
13. Olivia
14. Rachel
15. Carrinna
16. Maria
17. Andrew M.
18. Zak E.
19. Karen
20. Sam Burnhams
21. Lianne
22. Lucy
23. Richard W.
24. Justin.
25. Chris.
26. Chrissie
27. Kate
28. Lisa
29. James Clatworthy
30. Emma
31. Danny N.
32. Claire
33. Mark.
34. Larry.
35. Tracey
36. William.

Fort Nelson Visit

We had a visit to Fort Nelson. Here are some of the photos from the visit.







St Richard's Church and St John's Church visit.

A small group thought it would be interesting to visit St Richard's Roman Catholic Church in Chichester.



It had some magnificent stained-glass windows.



There were some fantastic paintings.





Jason was interested in the font.

Some photos taken by the group:



The stained glass windows from the outside look rather plain.

They are held together with concrete!



The view out of the main door.

We also wandered along to St. John's Church, on St John's Street. It is a really interesting 200 year old building, but the church is not used any more.



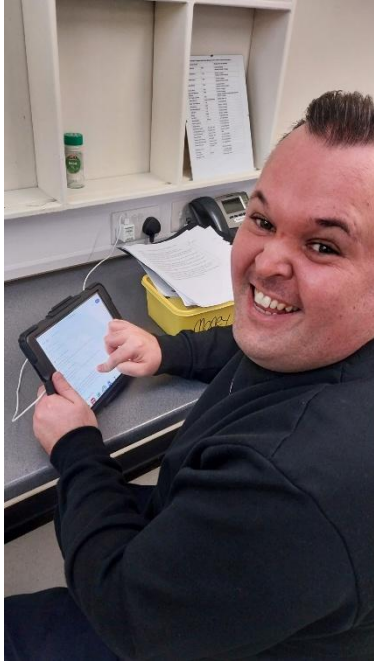
This is a view of the pulpit.

This is a view from the pulpit.



Group Targets

As one of our Spring targets we all decided to try and produce a small piece for the magazine as independently as possible. We all chose a subject which we were interested in. Here are some photos of Josh, Anthony, Emma, Phill and Elizabeth researching their subject.



Chelsea Football Club.

I first started supporting Chelsea when I saw a video of Chelsea v Middlesbrough when they won the cup.



I watch the premier league and champions league on TV.

By Josh.

I Love Cats

I think cats are cute.

I used to have a cat called, Marble.

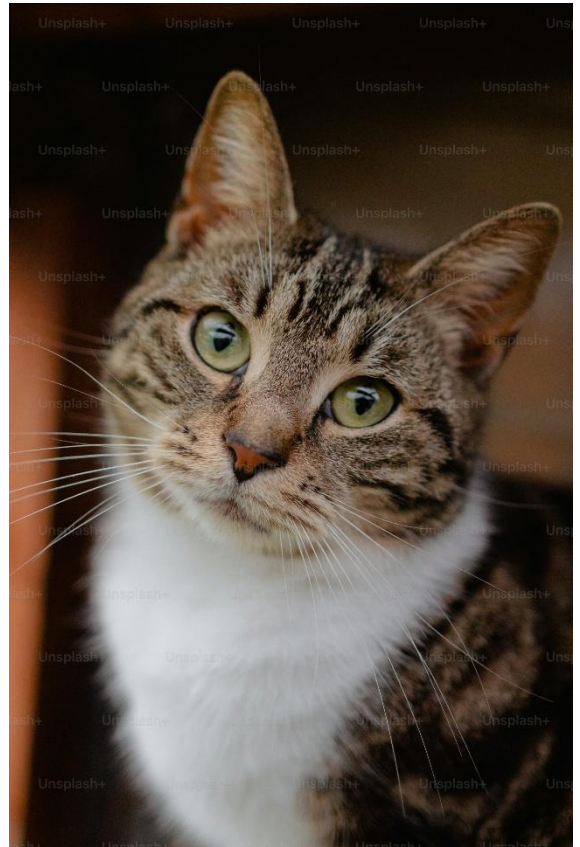
Here is a photo of Marble.



Here are some photos I have found of cute cats.







By Emma Harris.

Southampton football club

They started at the Dell and they moved to a bigger ground called St Marys.

They started in 1888 and were called St Marys.

Their nickname is called the Saints.

I went to see them when I was a small boy

And they had some good players like James Ward - Prowse and Matthew le Tissier and the best match is Southampton and Manchester United and it was a good match and the score was 6 - 0 and they stayed in the prem league for 11 seasons.

The managers they had were

Lawie McMenemy

Chris Nicol

Dave Merrington

Gordon Strachan

And the best manager we had was Ralph Hasenhuttl who kept us up for 11 seasons.

They have got now as the current players are Stewart Armstrong, Ched Adams, Adam Armstrong the best Southampton player for scoring goals is Adam Armstrong with 20 goals.

By Anthony Shuttler.



I Love Horses by Elizabeth Scales.

It started off when I was young with riding lessons.

My first horse was called Charlie.

I used to go to Kingley Vale with the horses.

We used to go to the Barley Mow with the horse and trap.

We also used to go to horse shows.

We won a lot of rosettes from horse shows.

We used to have lots of visits from the farrier.

I had quite a few horses.

We went to Goodwood with the horses.

I enjoyed grooming horses.

I enjoy my riding.

Here is the horse I have now, which is called Folly.



I am on the right on my horse, Charlie, in about 1990.



This is Charlie by himself.

By Elizabeth Scales.

My interest is art

I have always enjoyed doing art and making models.

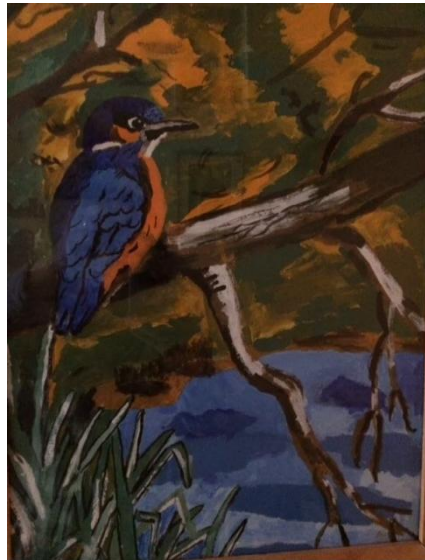
I have recently made a woodcraft kit VW beetle. It took me a day and a half to make the car. I really enjoyed making the woodcraft car. I am going to buy more woodcraft kits to build.



At school I got an A in my art exam. I drew my friends at school, which I enjoyed doing.

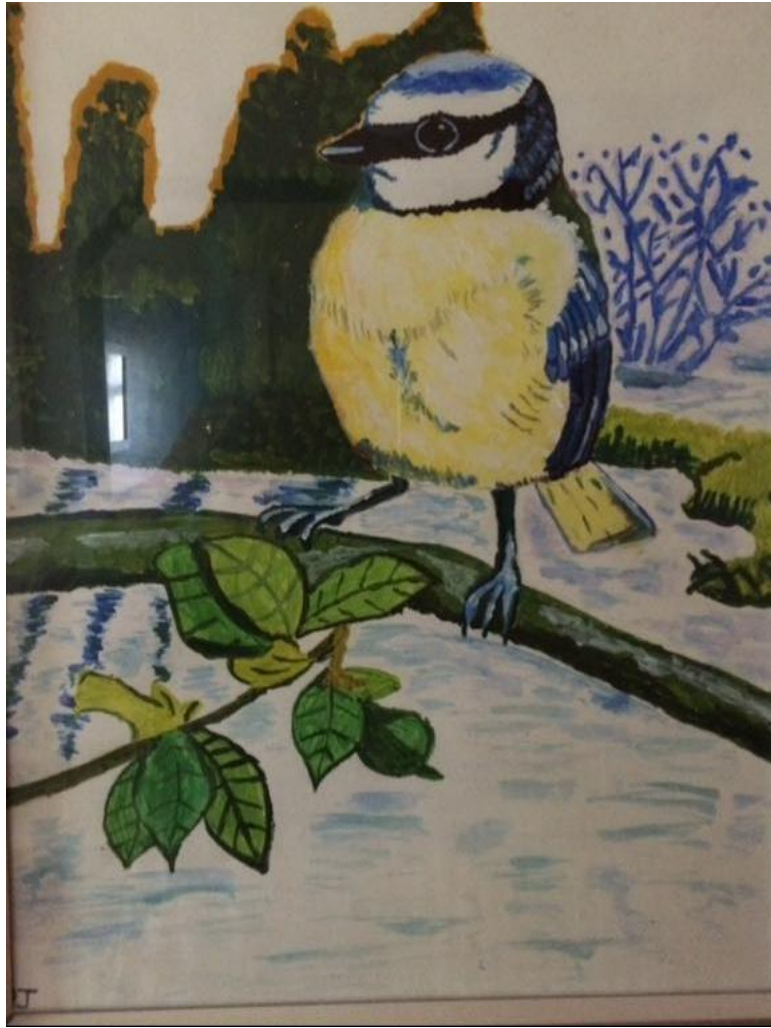
My passion for art comes from my dad. His trade was a graphic designer.

I have done loads of art in the past, here are some photos of the art I done.



I liked watching art attack when I was younger. Getting ideas of what I could do.

I enjoy working in Janes art group.



I really enjoy painting birds. and painted over the years.

drawring and I have drawn quite a few



This is a self portrait in cxharcoal.



This started in
papier-maché over that and then I put clay over the top of all of it.

polystyrene and I

By Phill Judd.

Gregory's Tunes

Every morning, I sing when I come into Apuldram. I sing my favourite songs.
Here are ten of my favourites:

- You're my best friend – Don Williams.
- Little Ol' wine drinker, me. – Dean Martin.
- And I love you so. – Perry Como.
- Beat it. – Micheal Jackson.
- Song sung blue. – Neil Diamond.
- Yellow submarine – The Beatles.
- Love and Marriage – Frank Sinatra.
- Strangers in the night. – Frank Sinatra.
- My Way – Frank Sinatra.
- I walk the line – Johnny Cash.



What do you think of my favourites?

Are any of them your favourites?

By Gregory Melia.