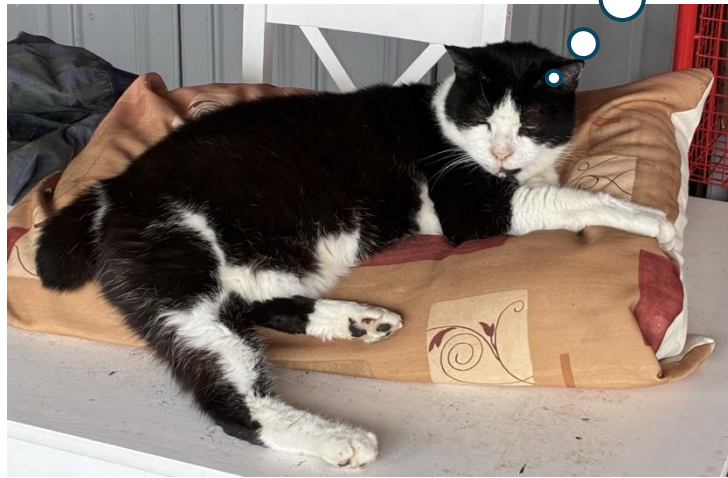


Marley's Tales

Spring 2026

Never do today what you
can put off and think
about doing tomorrow.



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.

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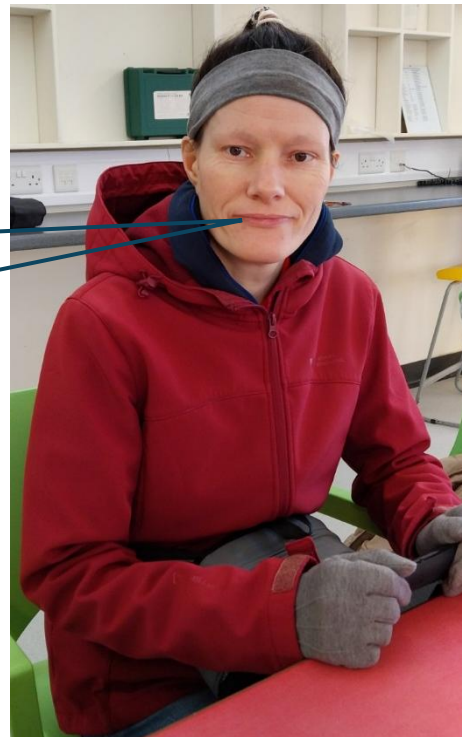
New Year's Resolutions!

We had a wander around the Centre on a chilly Wednesday morning in early January to ask people if they had any new year's resolutions or any hopes and dreams for the new year. This is what they said:



I want to cut down on the beer and I hope to get married this year.

I want to watch a bit more football on TV.





I want to cut down on the Baileys and I hope to win the National Lottery.

I want to exercise more, and I hope that Chelsea win the Champions League.





I would like to do more walking and horse riding and to win the National Lottery.

I would like to not be so nice to people and I have a dream of becoming an on-line influencer.

(We are not entirely sure that Rick was being truthful!)





I would like to stay the right side of 14 stone, and I have a dream that world leaders will stop nicking other countries.

I don't believe in New Year's resolutions, but I do hope to win the lottery!





I want a new life!

What does he mean?

*I want to play more
snooker, and I want to
watch more snooker and
darts on TV!*





*I want to get fit this year
and take Kylie Minogue out
for a fish and chip supper!*

*I want to stay
healthy and drink less
alcohol.*





I want to go on more holidays, and I want to eat more cakes!

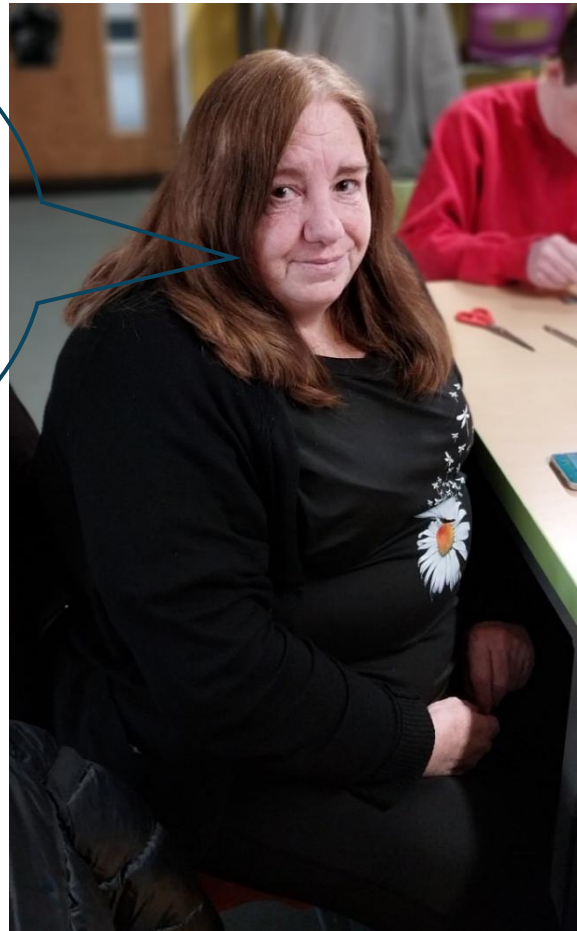
I want to ride my new motorbike, and I don't want World War 3!





I want to make more bracelets, and I want to win the National Lottery.

I want to look after my health and get off medication. I also want world peace.





*I don't make resolutions,
but I hope my cold goes.*

*I want to successfully wish
my friends happy
birthday on face book,
and I hope Ipswich Town
get promoted!*



*This is Aiden from Environmental
Health, who was inspecting the cafe!*



*I don't make resolutions,
but I hope for world
peace.*

*I want to eat healthily,
and I want to go to
Canada this year.*





I want to care about the people who care about me and I want to change my diet!

I want more healthy eating, and I want everybody to be healthy.



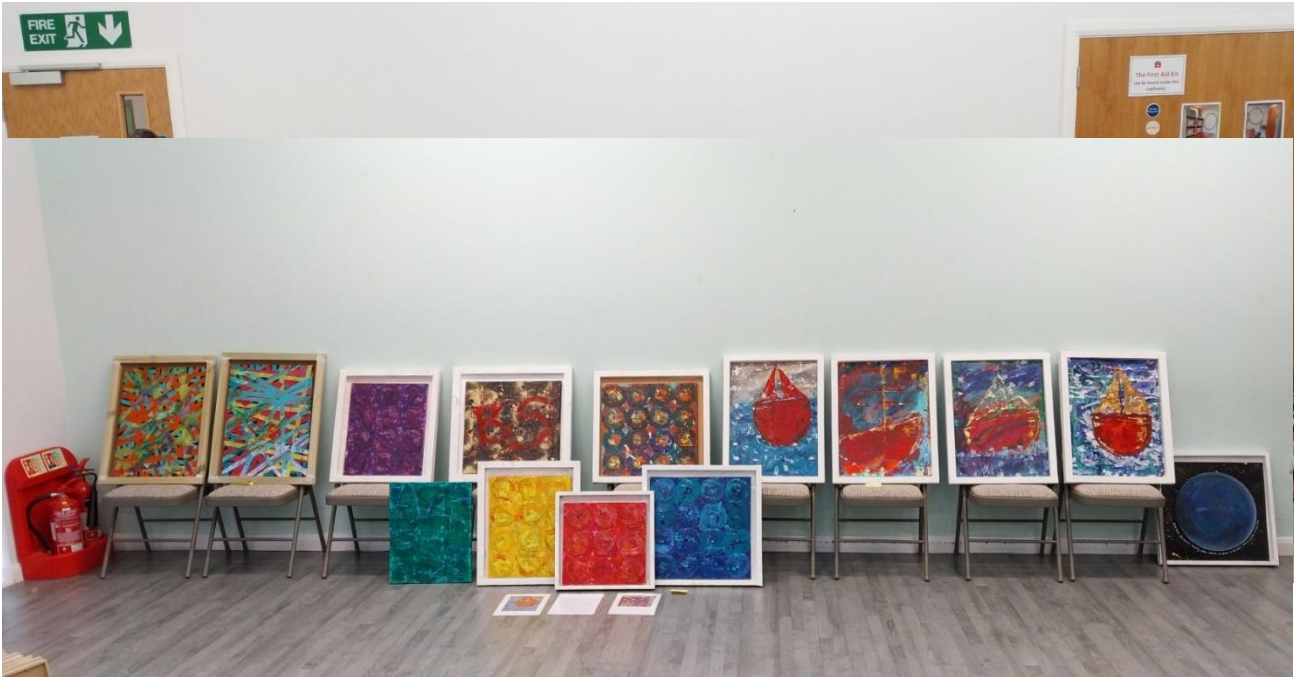


*I want to sell all of my
baby tortoises, and I
want the baby parrots
to hatch!*

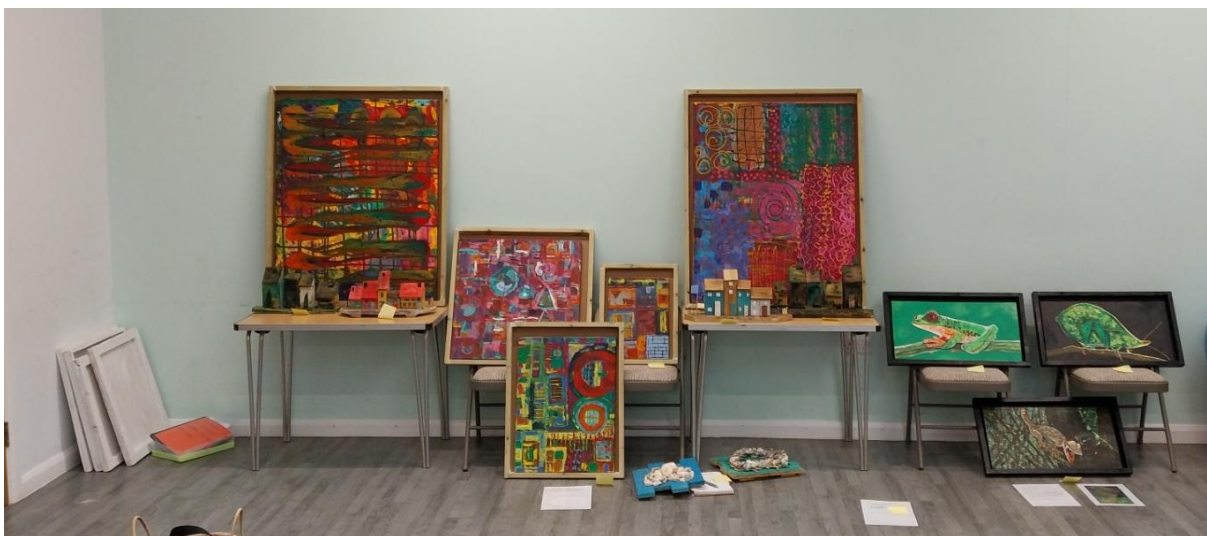
Apuldram Art

Jane's art group are preparing for a display in April at the Oxmarket Art Gallery in Chichester. She displayed all the pieces that will go into the gallery to show Joe Shapiro, the gallery manager from the Oxmarket, to value it all. It looked great in our sports hall!

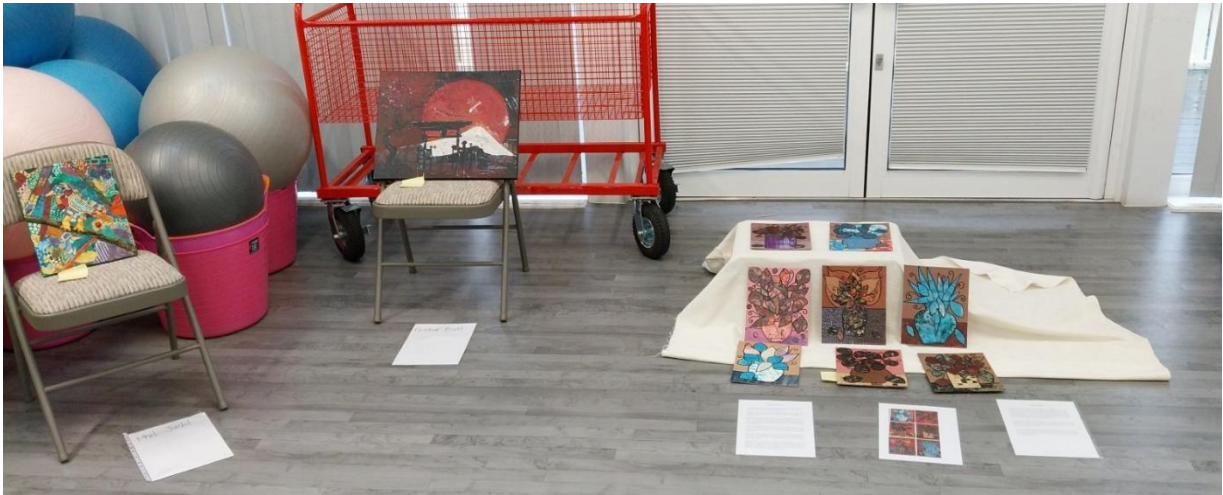
Ali stood by his pieces. The others are by Juile Hurst and Julie Hurman



These are some of Jason's paintings.



These are pieces by David Heath and Zak Rogers. The larger pieces are collaborations.



These are works by Phil Judd, Arthur Butt and Louise Davies.

Keely Storey Visit

Keely Storey, who works for the Chichester District Food Bank, came to visit us to explain what she does and how the food bank works.



Keely explained that each box is meant to last about three days and that they are put together to give people balanced meals.

The boxes are also created for individuals so that they get food that they like and they do not get food that they cannot eat.

Jimmy Upton Visit.

Jimmy Upton is a community warden in Tangmere and Oving. A community warden is a bit like a police man, but they are employed by the district council. Their job is to support community safety, to reassure people and to improve their quality of life. They do this by patrolling neighbourhoods, deterring anti-social behaviour and engaging with residents. They are not allowed to arrest anybody or get directly involved in disputes.

This is Jimmy talking to the group.





We enjoyed Jimmy's visit and presented him with a gift.

Chinese New Year

The Chinese New Year is celebrated between 21st January and 20th February this year. Debbie gave us a presentation about Chinese New Year. She also brought in some artifacts.

She showed us some of the lanterns that are used to celebrate.



She had some Chinese art.





Debbie showed us how to eat with chopsticks.

Anthony had some success!



Elizabeth could do it.

Jane was very pleased with herself!



We also ate some fortune cookies.



We discussed the Chinese zodiac. Your year of birth is assigned an animal, which is meant to tell you something about your personality.

Year	Personality Traits	Names
Rat	Quick witted, charming.	Anthony (1972) Zak R. (1996) Ella (1996) Ben (1984)
Ox	Patient, determined.	Tyrone (1973)
Tiger	Brave, competitive.	Nick (1962), Julie Hurman (1974) Mel (1986) Jason (1986) Alec (1950) Josh (1986)
Rabbit	Gentle, compassionate.	Emma (1987), Elizabeth (1963), Ed (1987) Alka 1987)
Dragon	Confident, enthusiastic.	Bryony (1988) Louise (1976)
Snake	Wise, intuitive.	Joel (1989) Justin (1989) Ashley (2001) Leigh-Anne (1977)
Horse	Energetic, independent.	Andrew H. (1990) William (2002) Warsha (1990)
Sheep (or goat)	Calm, creative.	Olivia (1991) Andrew M (1967)
Monkey	Witty, curious.	Jade (2004) Julie Hurst (1968)
Rooster	Hardworking, observant.	Corrina (1993)
Dog	Loyal, honest.	Phil (1982) James S-D (1970) David H (1982)
Pig	Generous, diligent.	We have no pigs!

Our Page

We decided to all create a page about a thing, person or animal at the centre that interested us. We all created a page each. This is what we chose:

Elizabeth – Lianne in the office.

Sam- The Art Room.

Jimmy – Richard Quilliam (staff)

Emma – Samba

Anthony – Diego (Eric and Tasha's dog)



Elisabeth wanted to know what Lianne did in the office.



She told us that she was the operations and compliance manager.

This means that she looks after the staff and any day-to-day business.

Sam wanted to know what was going on in the Art Room..

Jane said that in the Art Room they were doing a project on space and the planets.

She showed us the moon that they had made.



Julie showed us the planet that she was making.

Ed showed us a planet that Jonathan had made.



Julie showed us her planet.

Jimmy wanted to speak to Richard.



Jimmy asked Richard what his favourite moments in Apuldram were so far.

He said:

Learning to drive the minibus.

He enjoyed the Christmas Carol service in the church.

He likes Nick's drumming sessions.

He mentioned the music quizzes and watching DVD's on a Friday afternoon.

He also said that his favourite colour is orange! (But, we don't know why!)

Emma asked Samba what she did at Apuldram.



*Samba said that
flapjacks, scones and jams amongst other things.*

she cooks and she makes

*She let us try her pumpkin, orange and cinnamon
jam!*



Anthony spoke to Diego, Eric and Tasha's dog.



Diego said that he liked living with Eric, but that he wished Eric would take up bell ringing! (Did he really say that, Anthony?)

We all think Diego is a great dog!

A Visit from Lorraine and Sylvia

Lorraine and Sylvia work for Community Wellbeing at the Chichester District Centre. They came to the centre to talk about healthy lifestyles.

There was a good turnout!



They talked about lots of different things we can all do to be a little healthier. Here are the main things that we learned:

- It is a good idea to try and eat a little protein at every meal (meat, fish, eggs, beans and pulses).*
- Try and eat a good variety of fresh fruit and vegetables. A “rainbow mix” of different coloured fruit and veg is best!*
- Don’t overdo the carbohydrates – They should be about the size of your fist, on the plate. (Carbohydrates – potatoes, pasta, rice etc)*
- Try and drink water, it is better than juice.*
- Only have treats occasionally (biscuits, cake, alcohol)*
- Try and keep snacks healthy – Carrot sticks, cucumber, houmous.*
- Alcohol in small amounts and not every day.*
- Try and exercise 5 times a week for at least 30 minutes.*
- Stay active – Use any excuse to get off the chair!*
- Try and get at least 6 to 8 hours sleep a night. If you start yawning, it’s time for bed!*



We had our photo taken with Lorraine and Sylvia at the end and presented them with a gift from the centre. We really enjoyed their visit and learned a lot!

Limericks

We had a sessions discussing what limericks are and trying to write a few of them about ourselves. We first had to work out what a limerick is and how it rhymes.

A Limerick is a whimsical and humorous five line poem that rhymes in a specific way. It has an AABBA rhyme scheme. This means that the first, second line and fifth lines must rhyme. The shorter third and fourth lines must also rhyme with each other.

A limerick's scheme is precise: (A)

The first, second, fifth rhyme quite nice; (A)

The third and the fourth (B)

Are shorter in course, (B)

And share a new rhyme to suffice. (A)



Here are some of our attempts at writing limericks about ourselves. Some of them we have made with Chat GPT and some are our own. Can you guess which are which?

The team at Apuldram Centre press
Found limericks hard to suppress;
With notebooks in hand,
They'd rhyme on demand,
And print them with journalistic finesse!

There once was a ringer named Anthony,
Called Ant—or sometimes just Tony—
With rope in his hand,
He'd make music so grand,
That the tower would boom out his symphony.

There once was an Emma so bright,
Who danced to good tunes every night,
With Bob Marley playing loud,
She'd sing every lyric so proud,
“Three Little Birds” made her feel irie and light.

There was a young fellow called Jim,
Who decided he needed to slim,
He ran round the block,
At four of the clock,
Now his pants are too baggy for him!

There was a young lady called Em,
Who had a Guinea pig called Ben,
He chewed through the cage,
He got in a rage,
And was never seen again.

There was a young girl called Liz,
Who loved drinking bottles of fizz,
After a pint and a half,
Laid out in the bath,
She was in a terrible tizz!

There was a young fellow called Sam,
Who tried to cook green eggs and ham,
He spilled all the grease,
Disturbing the peace,
And ended up stuck in a jam!

A funny young lad called Tony,
Had lost weight and become rather bony,
His friends in dismay,
Said "what can I say?,"
And proceeded to serve macaroni.

A funny young bloke called Josh,
Who loved a game of squash,
Got hot and too sticky,
People all took the mickey,
So he decided he must have a wash.

There once was a lady called Jane,
Who loved sanding down frames,
Her Black and Decker went wrong,
She flew to Hong Kong,
And was never seen again!

*There once was a man called Tony,
Who loved a bowl of macaroni,
Topped with cheese,
It made him sneeze,
So he ended up very bony!*

What do you think?

(Yes, some of them are pretty terrible!)

Apuldram at The Oxmarket

Some of us have paid a visit to the Oxmarket Art Gallery in Chichester to look at some Apuldram art that is on display there.



Anthony stood by our Valentines Day art.



We also looked around the rest of the gallery.



We saw an exhibition of some photos by Scott Younger



What are your rules for healthy living?

After our talk from Lorraine and Sylvia from Community Wellbeing, we wrote down the ten most important rules that they gave us for healthy living. Here they are:

- It is a good idea to try and eat a little protein at every meal (meat, fish, eggs, beans and pulses).
- Try and eat a good variety of fresh fruit and vegetables. A “rainbow mix” of different coloured fruit and veg is best!
- Don't overdo the carbohydrates – They should be about the size of your fist, on the plate. (Carbohydrates – potatoes, pasta, rice etc)
- Try and drink water, it is better than juice.
- Only have treats occasionally (biscuits, cake, alcohol)
- Try and keep snacks healthy – Carrot sticks, cucumber, houmous.
- Alcohol in small amounts and not every day.
- Try and exercise 5 times a week for at least 30 minutes.
- Stay active – Use any excuse to get off the chair!
- Try and get at least 6 to 8 hours sleep a night. If you start yawning, it's time for bed!

We decided to ask people at the centre, what their rules were for healthy living. We encouraged them to give a sensible rule and a less sensible one. Can you spot the difference between them?

*Eat sweetcorn,
apples and
bananas.*



I like a pizza!

*To be honest, I
eat everything!*



*I have cut down on
take- aways!*

*I like to eat carrots,
cauliflower and fruit.*



*I love chocolate and
sweets.*

*I try to stay away
from rats. Too fatty!*



*A small shrew
before bedtime,
helps me sleep.*

*Go to bed on time!
Sleep is important.*



*Eat lots of dark
chocolate, but it's
better in the
morning.*

I eat one meal a day!



Salad with lots of tomatoes!



Fruit cake!



Eat fish!

*I have cut down on
the Bailey's!*



*Eat less fatty stuff
and more fresh
fruit.*



I love cheese!

*I eat all
vegetables, but
not parsnips.*



*I love any kind
of cake!*

*Don't drink
alcohol on week
days.*



*You don't have
to eat organic.*

Always cook from fresh ingredients.



I have Captain Morgan quite regularly!

Keep active and count your steps.



Only drink good wine!

Sarah Shallis Interview

In our usual fashion, we have created ten questions (some sensible and some daft!) for Sarah Shallis, who is the new Day Centre manager. We interviewed her in the Life Skills room.



1. What jobs have you had in the past?

A- I started work in a respite service in Bradford. I worked for Care Walberton for 27 years and finished up as a manager there. I have recently worked at L'Arche, a disabilities support group in Bognor. I was appointed Care Quality Lead at Apuldram, before taking this role.

2. If you were a day of the week, which one would you be?

A- Not a Monday! A Friday would be better. It's a "chilled" day.

3. Why did you want to work for the Apuldram Centre?

A- I have always had connections with the Centre. My dad, Paul Reed, volunteered for many years here on the board of trustees. I have also attended lots of events here like Apulstock. I love it here, there is a good vibe.

4. If you were an animal. Which one would you be?

A- I would be a cat. I love cats. I have two cats at home, Bobchick and Rubynoodles!

5. What are your hobbies and interests?

A- I love music. I listen to heavy rock, folk, jazz and even country and western. I am a bit of an old hippy (She said "old"! - Nick)

6. Marmite or Nutella on toast?

A- Marmite! I love Twiglets!

7. Can you think of a famous person who inspires you?

A- Not a famous person, but my mum inspires me.

8. What has been your most embarrassing moment in life?

A- No single moment, but my ankles are dodgy and I have fallen over a few times!

9. Do you feel that you have a talent for anything?

A- No obvious ones, but I do make a good quiche! I would like to improve my saxophone playing.

10. Who is your favourite superhero?

A- Superman! I don't "get" Spiderman. Time travel would be a good superpower.

Jimmy Upton Visit

Jimmy has visited us before, talking about his work as a community warden. When he came to do this, he also said that he was an enthusiastic fossil collector and that he spent a lot of time collecting fossils at Bracklesham Bay. He brought in some fossils that he had collected to show us.

He was really interesting, telling us about all the things he had found.



He let us handle and look at all of his collection.



He

showed

us all sorts of different fossils including sharks' teeth, whale teeth, all sorts of shellfish, mouth parts from rays, vertebrae and even some coprolites (fossilised poo!)





We hunted fossils ourselves and all took a fossil home!

for



This is Justin with a huge elephant knee that Jimmy found in Kent. (technically not a fossil!)



Justin presented Jimmy with a gift at the end to thank him for his talk.



We all had a really interesting time with Jimmy!

What do you think about the war in Iran?

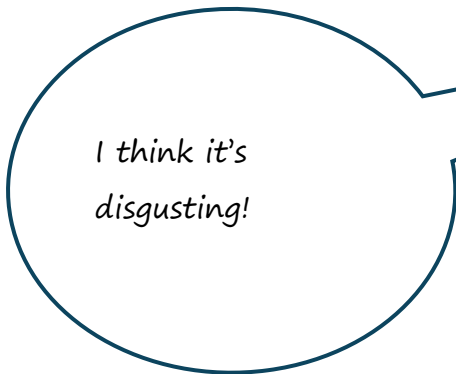
With the war in Iran being the main thing in the news at the moment, we had a discussion, as a group, about what we thought about the situation.

We also asked people around the centre what they thought about the war in Iran. We simply asked the question "What do you think about the war in Iran?" and allowed people to express whatever they thought.

This is what they said:



I think it's terrible.



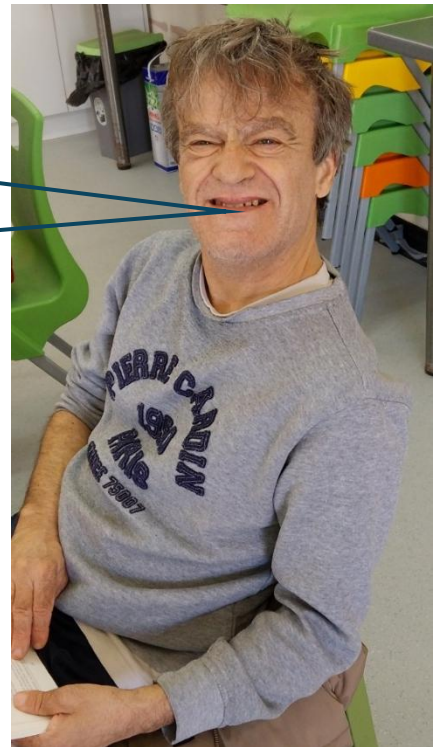
I think it's disgusting!





If I gave an opinion,
you would have to
bleep it! I call him
(Trump) "Tango"!

I think it's really
terrible. I think it's
Donald Trump doing
it.



We spoke to a group of people in the café, who gave us a number of views.

*I'm pleased that
Starmer has kept the
UK out of it.*

*The illegal way that it
is being done is
terrible.*



*It could be Trump using it
as a smokescreen
regarding his dealings
with Epstein.*



No good!

It's full of blah, blah, blah! Nothing is going to change!

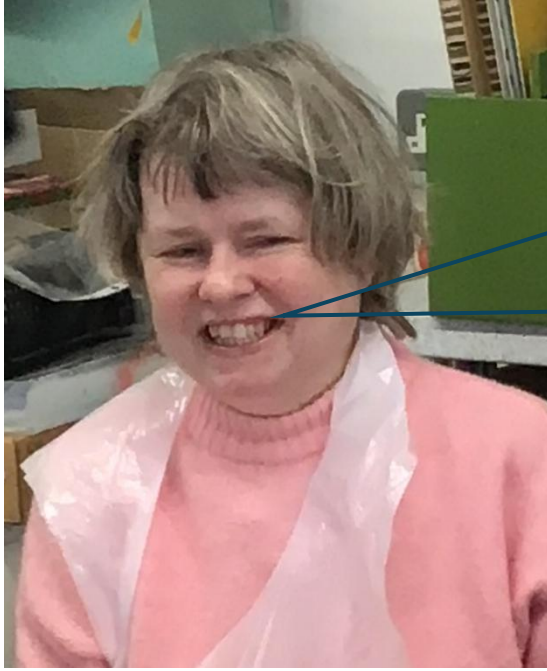




It's horrible!

*It's all about power.
It is always the
innocent that get
killed!*





*Very bad. People
keep dying.*

*I would like leaders
to find alternative
ways, other than
violence.*

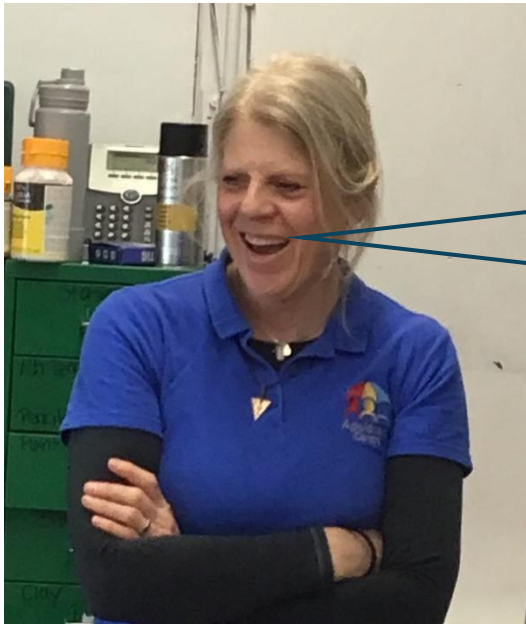




*I'm upset that
innocent people are
losing their lives.*

*It's an absolute
disgrace!*





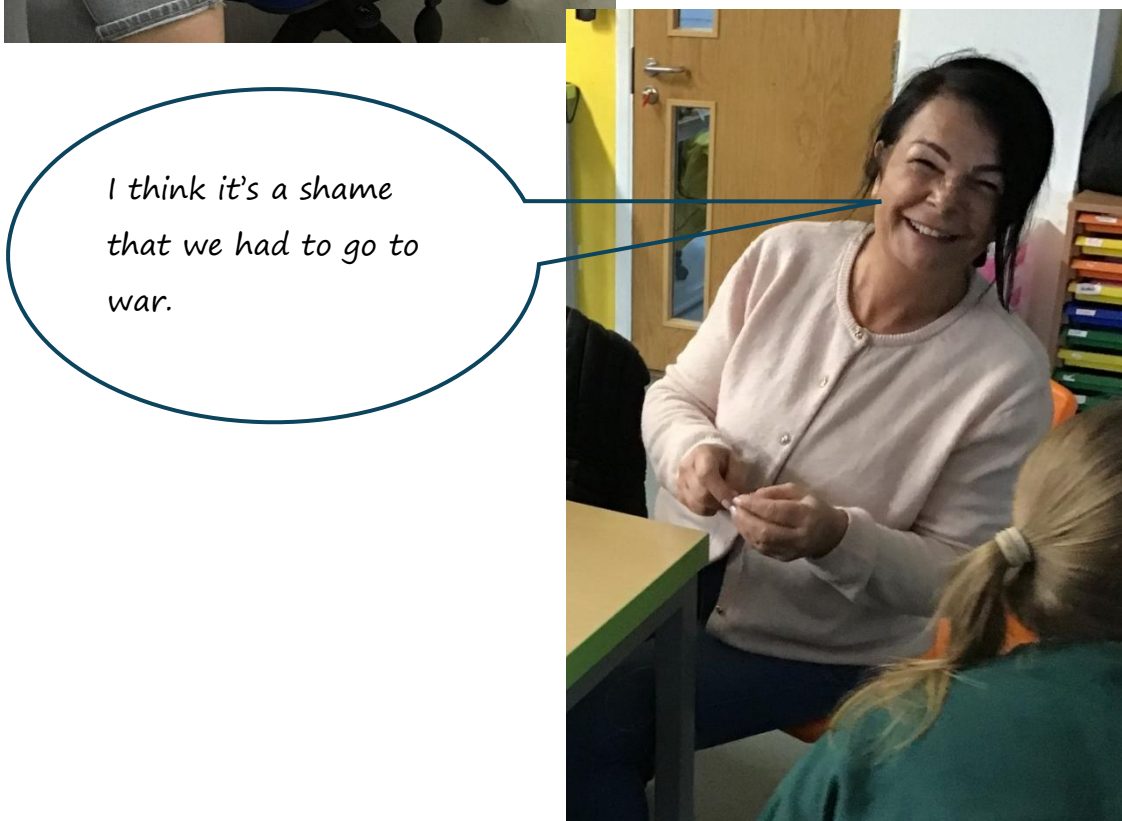
*Loads of people are
struggling and dying. It
affects the whole world.*

*It's ridiculous!!!
Trump's ridiculous!!!
Netanyahu's ridiculous as
well!!!*





It's worrying!



*I think it's a shame
that we had to go to
war.*

It is obviously a very worrying situation. Donald Trump seemed to get a lot of criticism and people are really upset about how many innocent people are dying. Let's all hope that it ends really soon.