

Marley's Tales

Summer 2025



Cats are
connoisseurs
of comfort!

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.

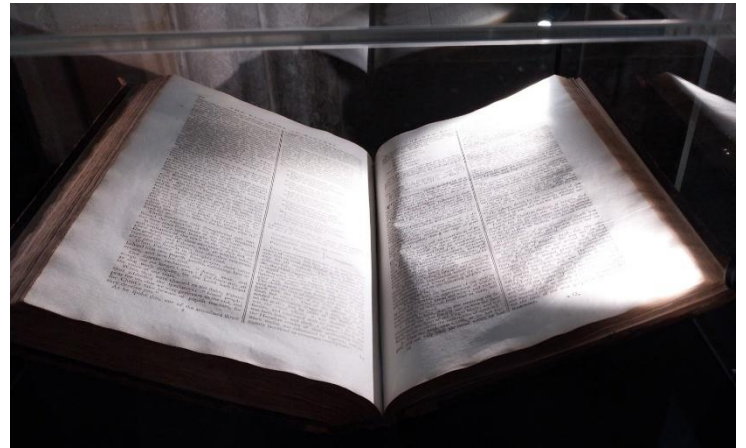
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Chichester 950 – Religion, Rebellion and Reformation.

We went to a small exhibition in the Chichester Cathedral called “Religion, Rebellion and Reformation”. It was an exhibition sharing the story of the Christian faith in Sussex, revealed through people, events and objects, from 1075 to the present day.



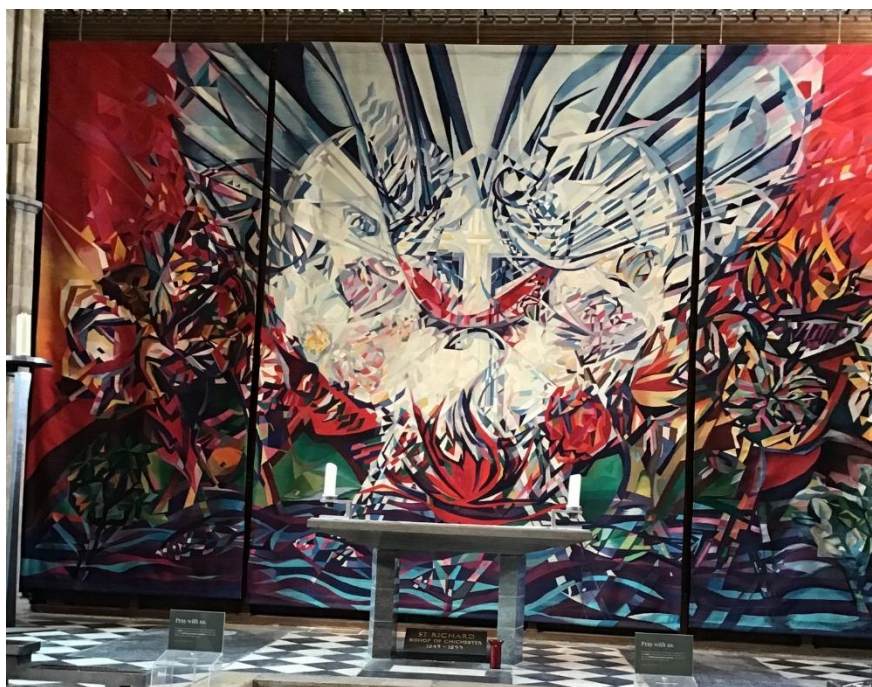
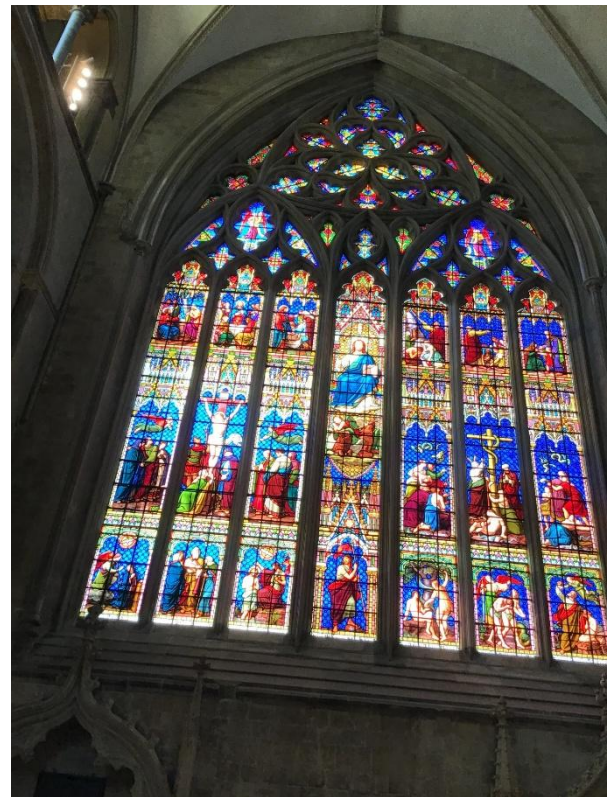
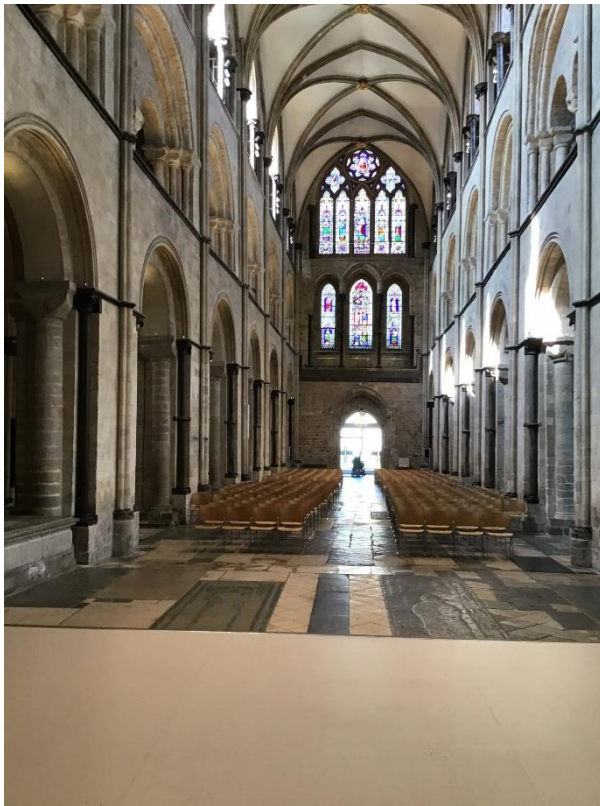


There were interesting displays and exhibits, like this old Bible.





We also had a walk around the rest of the cathedral and took these pictures.



Showing a guest around the Centre.

We welcomed Rachel Charnick to the Centre. She wanted to find out what The Apuldram Centre did and what went on at the day centre.

We introduced ourselves and showed her round the Centre. We also gave her our traditional questionnaire with alternate silly and sensible questions!



Rachel is hiding behind Elizabeth, fourth from the right!

1. What is your job title and what do you do?

I am a primary school teacher. I mostly cover for other teachers who are preparing and marking.

2. What is your favourite Telly Tubby?

La La.

3. What are your hobbies and interests?

I love gardening, cooking, walking and just being outside.

4. If you could be a celebrity, which one would you be?

I would like to be a gardening celebrity and work with Charlie Dimmock!

5. What jobs have you done in the past?

I have picked tomatoes and carnations. I have also worked in Marks and Spencers, which was boring! I then became a teacher.

6. Can you perform your favourite nurse rhyme?

Rachel performed a perfect "Hickory Dickory Dock"!

7. What type of music do you like?

I don't listen to much music, but when I do I like Queen, Madness and Adam Ant.

8. Can you impersonate any celebrities?

No! (We tried to persuade, her but had no luck!)

9. What is your favourite film?

It's a Wonderful Life.

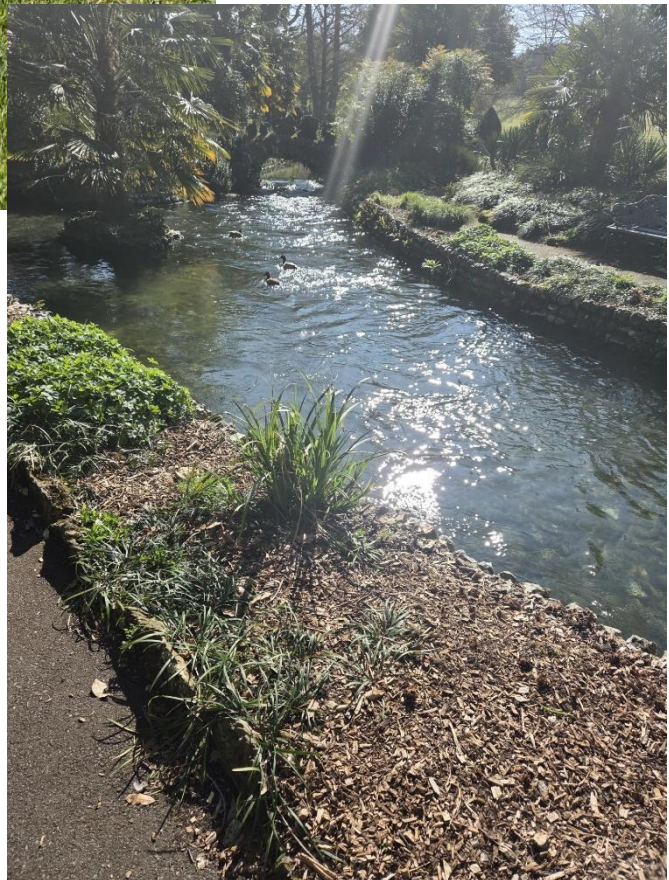
10. Would you rather live on the beach or in a cabin in the woods?

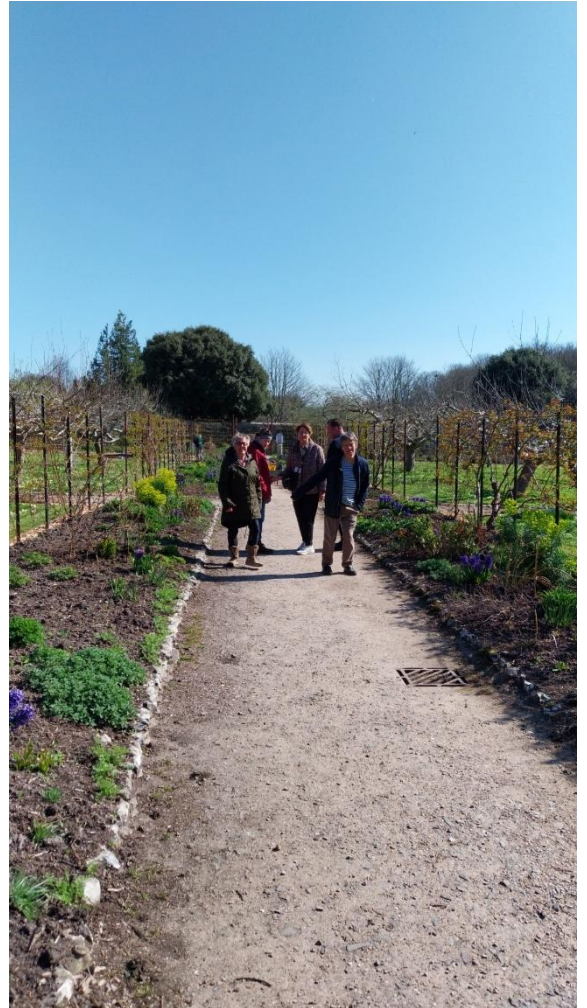
In the woods. I might get washed away if I lived near the sea!

A morning at West Dean Gardens

We were kindly given free entry to West Dean Gardens by Helen on a beautiful sunny morning in April. Here are some of the photos we took.









A Trip to Selsey

We had a walk along the front at Selsey. We enjoyed re-visiting the lifeboat station.





We bumped into Cherie, a lady who used to volunteer at Apuldram.

Spring has Sprung!

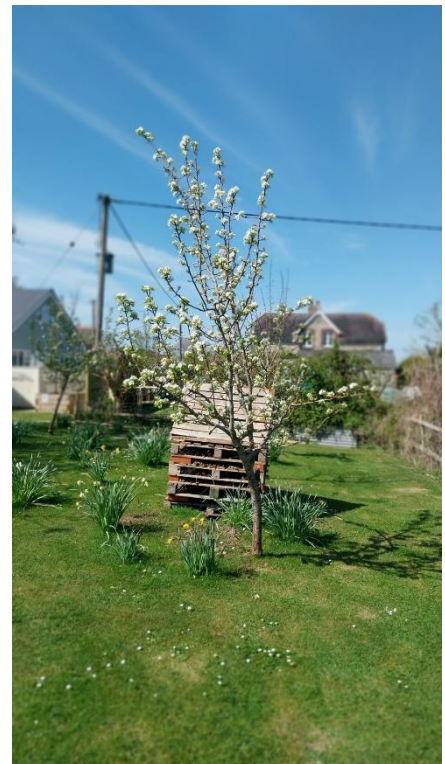
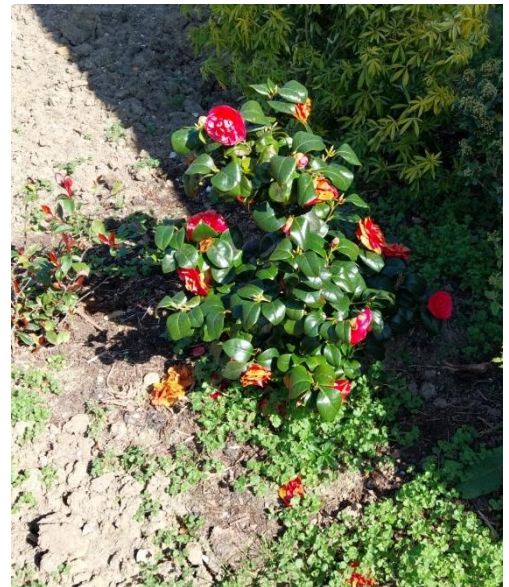
We took some photos of all of the examples of spring around Apuldram. We also wrote a poem about spring at Apuldram by collecting all the words we could think of associated with spring and putting them into an AI program. See if you like our poem.

Spring at Apuldram

Springtime awakens, a world anew,
The sky wears a coat of the softest blue.
Birds singing sweet melodies in the trees,
As blooms unfurl in the gentle breeze.

Daffodils blooming in radiant cheer,
A golden glow that says spring is here.
Apple blossoms blush, a delicate hue,
Nature paints wonders in every view.

People enjoying the sun's warm embrace,
Smiles abound in this tranquil space.
Busy bees pollinating with tireless zest,
Their buzzing ballet, spring's finest guest.



*Plants waking up, starting to grow,
Through nurturing hands their vigour will show.
Tending our vegetables, a labour of love,
Blessings of nature from earth to above.*



*Looking forward to summer's delight,
As springtime sparkles, serene and bright.
At Apuldram Centre, the seasons unfold,
A symphony of life, a story untold.*



Who would you invite to your imaginary dinner party?

We asked everyone who was at the centre on a cold Wednesday morning, who they would invite, dead or alive, to a dinner party. They could choose pop stars, actors, royalty or celebrities of any kind. They could also include family members, if they wanted. We got some interesting answers!

We asked everyone in the art barn.



Olivia wanted Tracey Beaker and Worzel Gummidge!



Jason Ireland wanted Elton John, Cliff Richard (of course!) Meat Loaf (the singer not the food!) and Nick and his wife Jean!

Julie Hurst wanted her mum and sister.

Jane wanted Elton John, only to play piano, and a selection of artists: Frida Kahlo, Gustav Klimt, Tracey Emin, Pablo Picasso, Wassily Kandinski, Leonardo Da Vinci, Vincent Van Gogh and Claude Monet!

She also wanted the professional cooks “The Happy Pair” to cook! – It sounds like a great evening!

Julie Hurman wanted ABBA (all of them!) Westlife (all of them!) and Cher (by herself!), Little Mix (all of them!), S Club 7 (all of them!) and her mum and dad! – That’s about 20 people!

Chrissie wanted Judi Dench, Meryl Streep, Elizabeth Taylor, Vanessa Redgrave, Brad Pitt, Billy Connolly, Charle Chaplin, Elvis Presley, Nina Simone Matthais Schoenaerts (a Belgium actor) and her friends Nikki, Helen, Beverley and Matthew Goodie!.

Jason Ireland wanted Elton John, Cliff Richard (of course!) Meat Loaf (the singer not the food!) and Nick and his wife Jean!

Chef Richard wanted Socrates, David Bowie, Alan Rickman, The Dali Lama, Marilyn Monroe, Judas Iscariot and Queen Boudicca of the Iceni!

That is quite a group!

The group in the Common Room chose one person each. They chose:

Billy Connolly (Larry), Taylor Swift (Volunteer, Sian), Alex and Joe (Who are they? Chosen by William), All of the members of “Five” and Justin Beeber (Lisa), ABBA (Alka), Mary Poppins (Ellie), Ally Campbell (The singer from UB40 for Zak Evans), The Spurs team (Paul) and Tyson Fury (Ed)

That is a lot of people for one dinner party!

Maria wanted to dine with the Beatles.

(Staff) James simply wanted to eat with Mother Teresa!

Samba fancied a meal with Martin Fowler from Eastenders and David Beckham.

Sarah – Elvis Presley, Barbara Windsor, Marilyn Monroe and Danny Dyer!

Teri – Shane Richie (Just Shane Richie!)

Visiting the Ox Market Art Gallery

We paid a visit to the Ox Market art gallery in Chichester. We don't know much about art, but we know what we like!

We had photos taken by our favourite exhibits.



Emma liked John Keats Machette by Vincent Gray.



Phil chose The Four Chesnuts by Ghislaine Davis.



Josh's favourite was
Swimming Through
Chichester by Ryan
Marsh.

Elizabeth liked Spokes Women by
Richard Whincop.





Anthony was keen on Distant Dreams by Linda Fosket.



Debbie chose Jenny Wren by Jo Flatt.



Nick liked The Emperor's Nightingale by Elsie Green.

We also bumped into Sue Otford who painted this picture, Perfect Day.



Sailing at Cobnor

We had a mornings sailing at the Cobnor Activity Centre. We had a great time!
Here are some of the photos from the visit.



First, we had to get ourselves ready.





The whole team (Chris, look at the camera!)



It was quite a challenge, getting onto the rib, to then get on to the sailing boat!



Getting ready!



*Who is doing
all the hard
work!*





Chris kept watch from the rib.





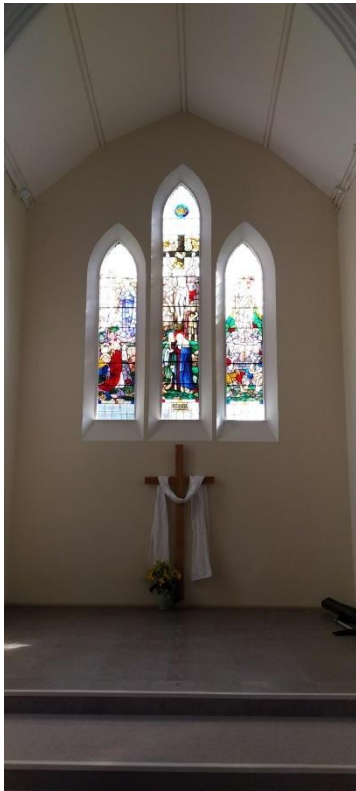
A great day was had by all!



Visiting St Paul's Church in Chichester.

One wet Wednesday morning, we paid a visit to St Paul's Church in the north of Chichester. It is a 200 year old building, still used as a church, today. Here are some of the photos we took:





It had some magnificent stained-glass windows.

There was a really old organ.



Gregory loved this painting of Mary and baby Jesus.



We looked down from the balcony.





There was a great view from the balcony.

There was also a community room.



There was a large garden around the back of the church.



Chris, the caretaker, was kind enough to open up for us and show us round!



A Visit to St Peter's Church at Westhampnett

We had a look around St Peter's Church at Westhampnett on a sunny Wednesday's morning.



Emma took a picture of Nick at the gate.



Inside,

it was a lovely old church with traditional stained glass windows.

Anthony enjoys bell ringing.

This was a device for ringing the bells that Anthony had not seen before.



We had a walk around the graveyard. There were some very old and interesting graves.



We thought that this gravestone was interesting in the week just before VE day (Thursday 8th May). It is rather sad because the youngest of the brothers died aged twelve and the older two brothers died in WW 2.



St Bartholomew's Chapel

We paid a visit to St Bartholomew's Chapel on St Paul's Roads in Chichester. It is an old chapel that was attached to an almshouse, a place for the poor and homeless to stay, and it was built in 1626. It is now hardly used at all and the caretaker of St. Paul's Church, who we met when visiting it a few weeks ago, said he could show us round.



This is the front of the chapel.





It is very small inside and could only take about twenty people. This is the altar.



We sat in the pews and tried to look serious and sad, like the poor people who would have sat there many years ago.

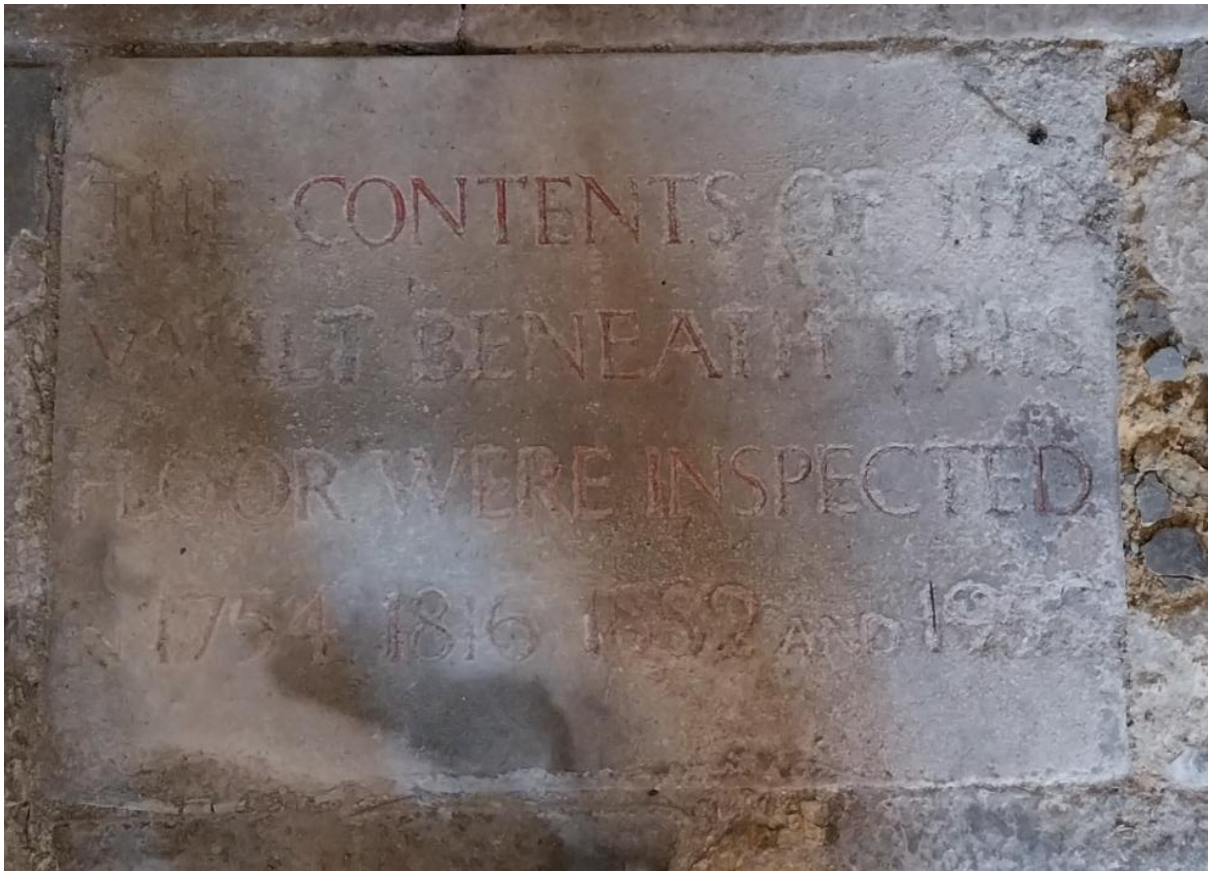


This strange looking device is the automatic bell ringer. Anthony is a campanologist (bell ringer), but he is not automated!



Josh had a go at preaching from the pulpit!

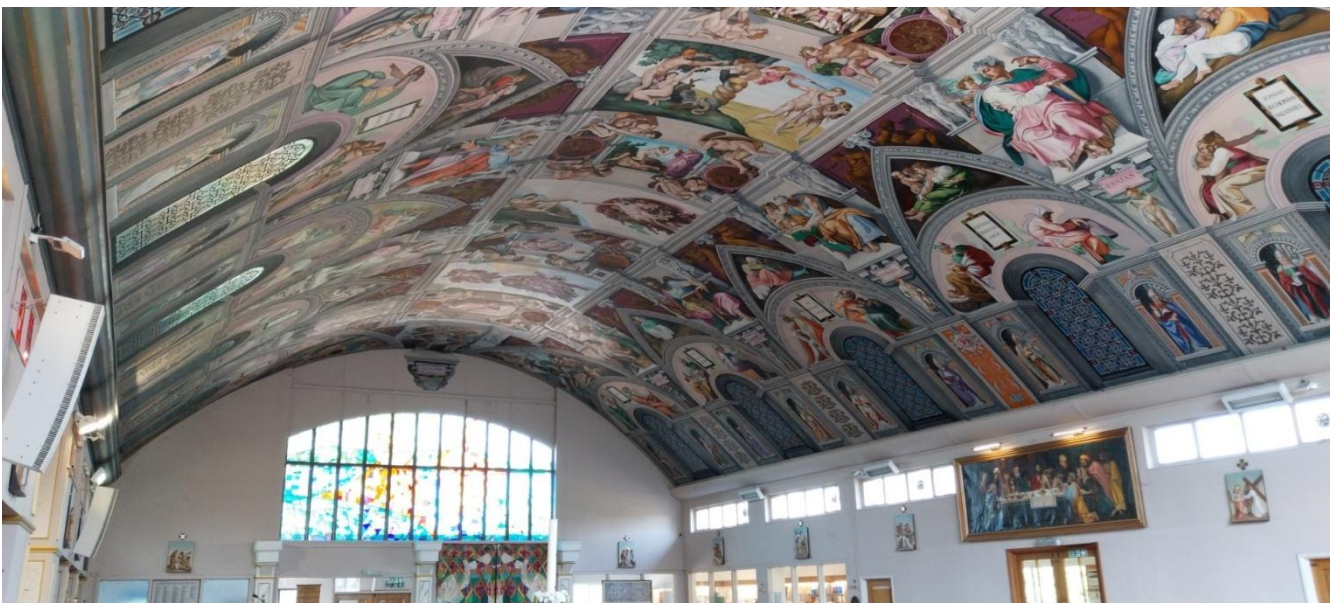
There is a vault in the floor and it is thought that the remains of William



Cawley, who had the chapel built, might be interred there. He was the Chichester member of parliament at this time.

A Visit to the English Martyrs Catholic Church

We had a visit to the English Martyrs Catholic Church in Goring. It is famous because it is an exact replica of the painting on the ceiling of the Sistine Chapel at the Vatican. It was painted by a local man, Gary Bevens, starting in 1988, and it took him 9 years to complete it! He was inspired after visiting the real Sistine Chapel in Rome. We were really impressed. Here are some of the photos we took:





Jason loves a font!





Gary has even painted his own version of the Last Supper.

VE Day Celebrations

May 8th was VE Day. This marks the day when the Second World War finished. Jane and Maddie organised an event at the centre to celebrate the day. Here are some pictures from the day:

Some people dressed up for the day.



The

Land Girls!

An Air Force Officer

(Jason)



We played games.





We had a picnic.





A Visit to the Bishop's Palace Gardens

We decided to visit the Bishop's Palace Gardens in Chichester. We all chose a tree or plant that we really liked.



"I like these roses; they remind me of my fiancée," said Anthony.



Debbie loved these flowers.



"I grow vegetables at home in my garden. I am standing by sweetcorn." – Phill



"You've got to love a broad bean, haven't you?" – Nick.



"This tree was brilliant," said Gregory.



"We loved the red rose" – Elizabeth.



"These flowers were pretty." – Emma

Seaside Poems

Jane's art group had a theme of the seaside and the sea so we decided to collect as many "sea" words as we could from people in the centre and then try and write a poem with them. We collected the words:

Sand castles, waves, seashells, deckchair, sunshine, fish and chips, sunbathing, swimming, crazy golf, naked swimming, ships, fresh air, headspace, wild, bikini, shark, holiday, ice cream, walking, seagulls, beach volleyball, stonefish, seaweed, seashells, sea lice, beach huts, fish, crabs, water safety, sandy toes, calming, poo, stones, fun, relaxing, polluted, paddle boarding, donkey, skinny dipping, starfish, Free Willy, Jaws, jellyfish, kelp, rays, stick of rock, surf, dead fish, rubbish, Moana, mankini.

We wrote this poem:

A Seaside Poem

A holiday by the waves,
Where the air is fresh and free,
We build sandcastles, dodge sea lice,
And sip ice cream by the sea.

The deckchair's sinking in the sand,
My mankini's feeling tight,
I tried some naked swimming—
The seagulls squawked in fright!

A round of crazy golf was played,
Then beach volleyball with flair,
Dodged a shark, stepped on a stonefish,
And got seaweed in my hair.

I paddled past a floating poo,

Some rubbish, and a dead fish,
While Jaws lurked near a starfish,
And a donkey took a dip!

We feasted on some fish and chips,
While watching ships sail by,
Then chomped a stick of rock so hard,
I lost a tooth—oh my!

The beach huts stood in pastel rows,
The sunshine shining bright,
But as the polluted waters swirled,
I thought, “Is this quite right?”

Still, Moana called me to the surf,
I grabbed a board with glee,
I rode the rays, the jellyfish,
Then sank beneath the sea!

Now calming in the ocean blue,
My headspace cleared at last,

With sandy toes and salty skin,
I'll come back—just not too fast!

By the Marley's Tales journalists.

We also asked chat GPT to write a lyric in the style of Benny Hill's sone "Ernie, the fastest milkman in the west".

Sidney, the Slickest Lifeguard on the Shore

You've heard of Ernie, fastest on his float,
But meet Sidney, saving folk in boats!
He ruled the beach with water skill,
From crazy golf to a man-kini thrill!

He patrolled the beach huts, checked the tide,
Kept the shark and sea lice outside,
With a whistle sharp and a watchful stare,
He mastered paddle boarding flair!

Oh, Sidney, oh, Sidney, he's slick and fast,
Dodging poo and dead fish in the surf so vast,
He rescued bathers, big and small,
Even beat Jaws in a wrestling brawl!

He built sandcastles, played beach volleyball,
Ate fish and chips, drank ice cream tall,
Dodged a stonefish, swam with a ray,
And met Moana on his way!

Oh, Sidney, oh, Sidney, the slick lifeguard,
Protecting sunbathing folk from hazards hard,
If you're drowning or in a fix,
He'll save your day with seagull tricks!

By the Marley's Tales journalists.