

Marley's Tales

Summer 2026

I think,
therefore I am.



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. Apuldram's art at the Oxmarket.
2. When I'm 64.
3. Our visit to to Chichester College.
4. Alice in Wonderland.
5. Get to know the team.
6. Don't get ripped off!
7. A Roman day out.
8. Rymans Garden visit.
9. Our sporting Venn diagram.

Apuldram's art at the Oxmarket

Several of Jane's art group have displayed their art at an exhibition at The Oxmarket Contemporary Art Gallery in Chichester. She helped them put it all together and display it. Here are some photos taken at the opening, on 31st March and the next day when the magazine group visited.









It was a great exhibition, showing off all the hard work that has been done. Some of the Apuldram art has already been sold!

When I'm 64!

Due to a certain member of staff achieving the grand old age of 64, the Marley's Tales team had a discussion about getting old and aging. What age counts as "old"? How do people make adjustments to the process of aging? Is it all in the mind?

We asked the question, "What is your attitude to getting older and being old?"

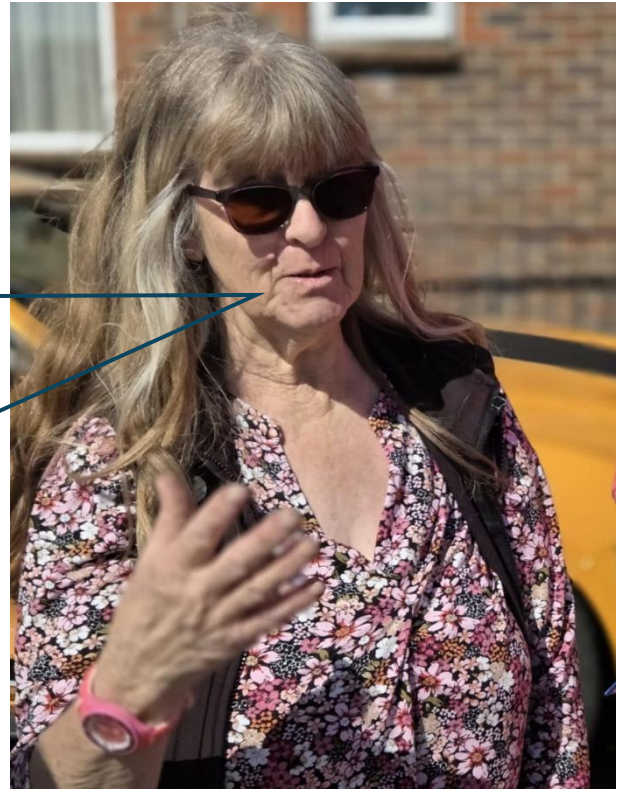
Here are some of the responses we got from people:

Don't think about it!



You get more aches and pains. I wouldn't have any enhancements done!

*I wish I was younger.
Being busy helps you stay
fit and feel younger. I try
to think about my
animals and all of the
people I support at
Apuldram.*



*You must keep fit
and exercise. Lots of
walking helps.*

I hate it!



I feel young!



*I am older, but I
don't care. I go to
the gym.*



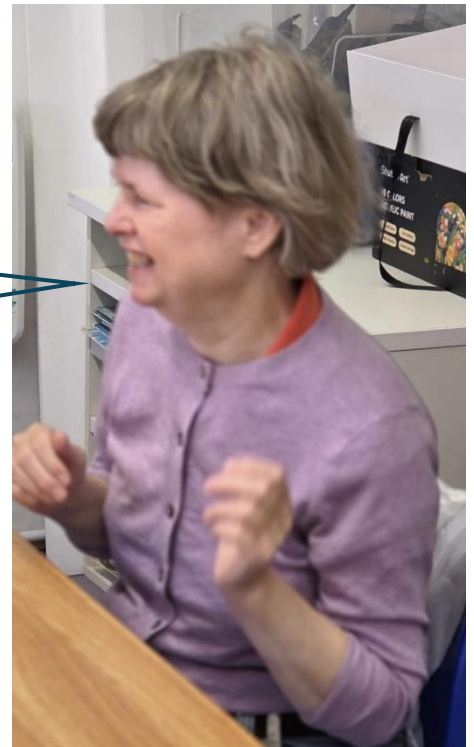
*There's no such thing as getting
old. It's a state of mind. You
don't have to give in. Carry on
living and enjoying life. Weight
training is good for your
muscles!*



*It is tragic how older people
get pain and disabilities. It
can be too much to cope
with. I disagree with the
government stopping
assisted dying.*



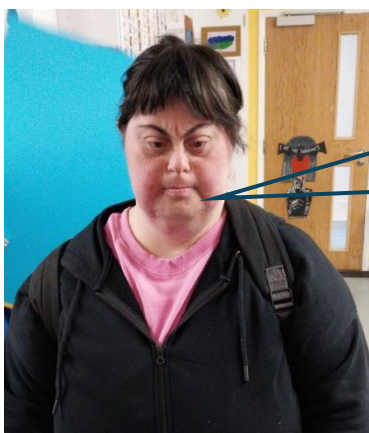
Keep dancing!



*I don't want to get
slower.*



I don't want to get older!



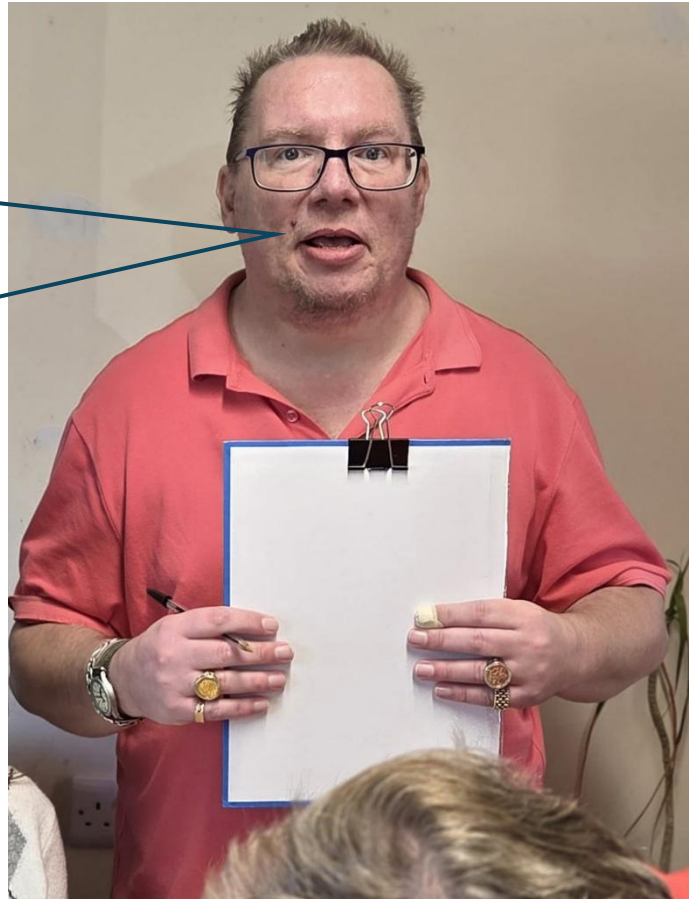
*I now care less about
what people think about
me.*



*When you get old your
arms, legs, bones and
your back all wear out!*



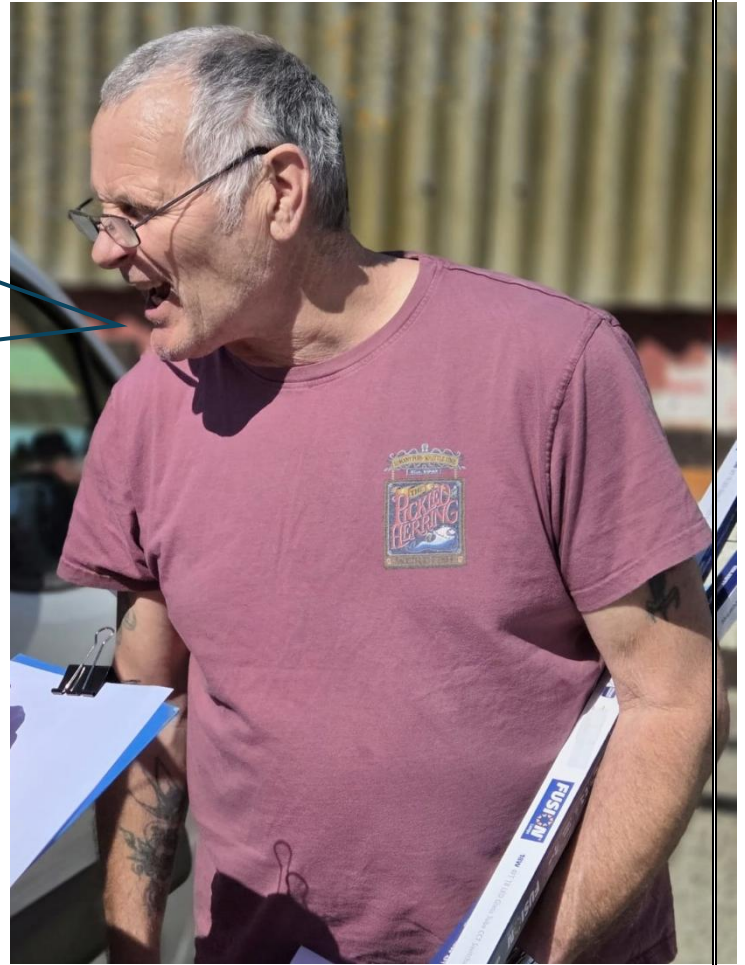
Try and stay fit. My uncle is 73 and he's very fit. It's impossible not to get old.



A lot of ageing is genetics.

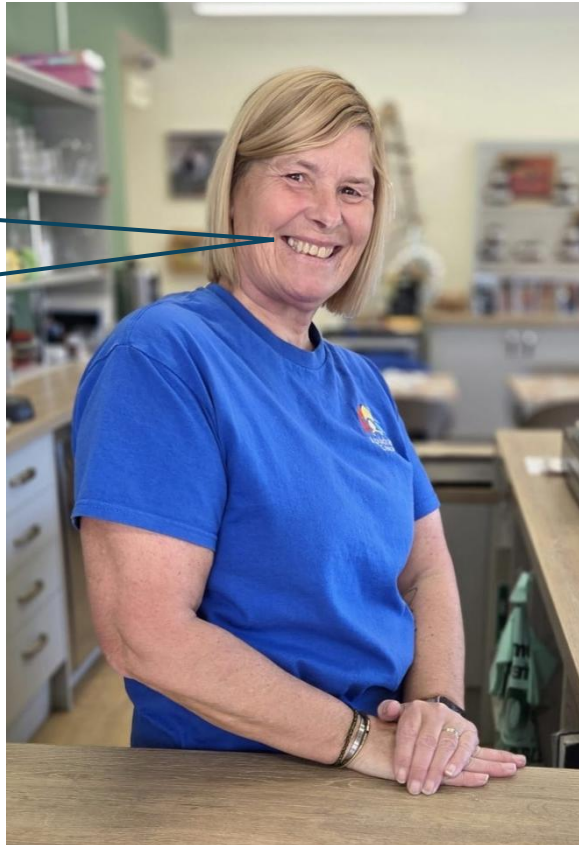


*All good things come to
an end!*



I don't want to get old.

Stay fit and healthy!



*It's just a number.
I will make the
most of my time
until it's over!*



We spoke to a group of people in the café.

*Getting older has
nothing to
recommend it!*

*Today is the first
day of the rest of
your life!*



*Everything
hurts!*

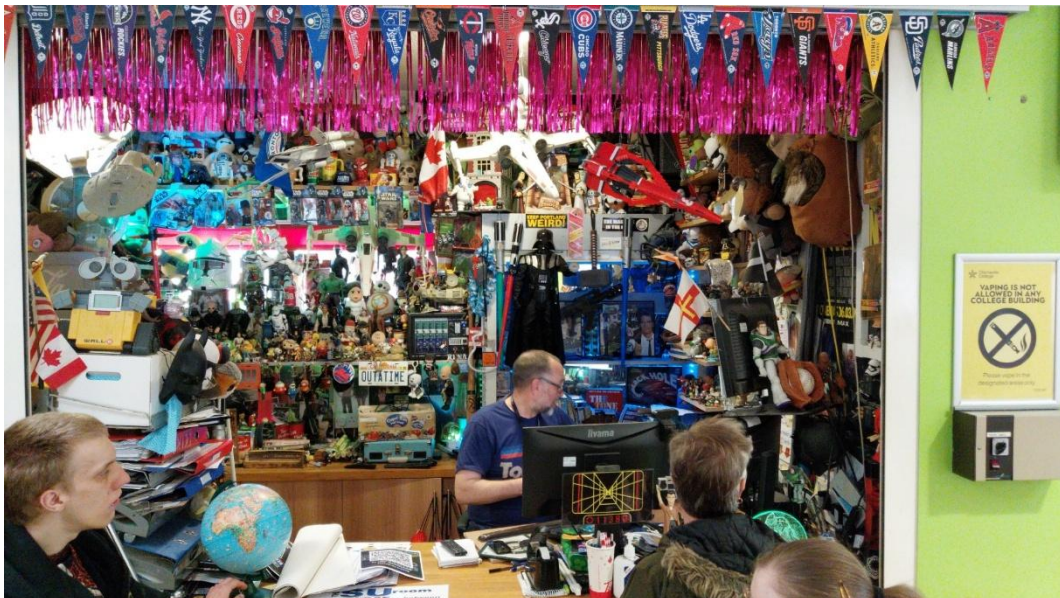
*Make the most
of your life.*

Our visit to Chichester College

A tutor at Chichester college, Alison Lockwoode, invited us to look around the Foundation Department. She is a tutor on the Towards Independence course and her students, Sam, Rivkah, Calvin and Tyler helped to show us round.



We all met up in the college reception.



We visited the shop in the student union.



We had a look around the library.



We looked around the auto engineering department, where they have a Rolls Royce to work on!





We looked at some of their course work.



We also saw some of the things they make out of wood.



We were given a fantastic tea and cakes.



We toured the garden.



We got a sneak preview of the new athletics training track!

We sent Alison a message to show our appreciation for all that they had done for us:

Thank you for welcoming us to the college!



Here are some of the things we really enjoyed on our visit:

The tea and cakes were very spectacular.



I thought the cars were very nice and the people who showed us round the workshop were helpful.

I enjoyed the tour.

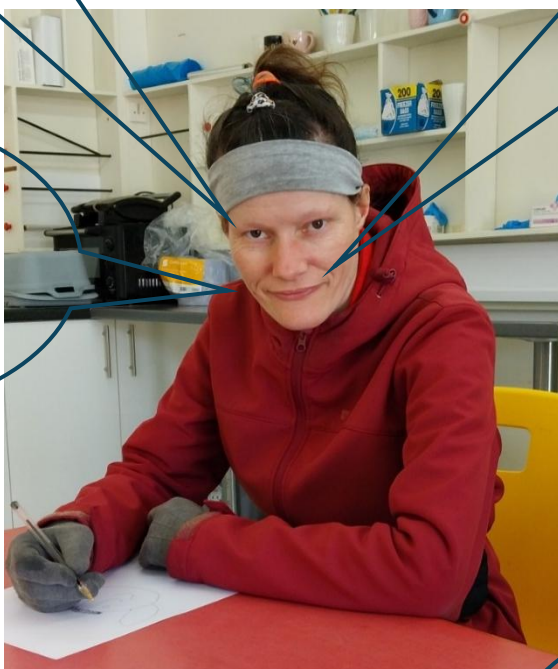
*I liked the Rolls
Royce.*

*I loved the tea and
cake.*

*I enjoyed seeing the
old cars.*

*It was nice to
meet the
students.*

*The students were
kind to show us
round.*



I liked seeing the stage.

I enjoyed looking at the classes.

I liked the engineering department and seeing all of the cars.



Thank you for giving up your time to show us around the college. We had a great morning!



Alice in Wonderland Production

In April there was a fantastic performance of Alice in Wonderland by Abbie and Tasha's production group. Here are some photos:







Get to know the team

We have all tried to write some descriptions of ourselves so that readers can become more acquainted with the team.



Josh

My name is Joshua

I like UB40 and Simple Minds CDs. I like batman and James Bond 007 movie DVDs and I like Disney dvds. I watch football and support Chelsea. I like to

watch Only fools

Coronation

hours and

I enjoy playing

love a cup of tea.

I enjoy a walk.



and horses,

Street, Open all

London's Burning.

PS4 games and I

In my spare time

Phil

My name is Phillip Judd, I'm 43 years old, I live in Pagham.

Me and my family moved to Pagham from Croydon in the year 2000.

My mum lives with me and she looks after me.

I have two

The female

and the boy

I have got a

a chihuahua

chihuahua called

I have one

Mathew has got a

a dog called

I go to the

Monday Tuesday

Monday at

Tuesday at



an A in my art GCSEs. Wednesday I'm in a group what writes the Apuldram magazine. I like Only fools and horses and I have the series on dvd. I like watching dvd movies and I have got loads of dvds. I like watching Eastenders when it is on to.

budgies and three dogs.

budgie is called Cassie

budgie is called Boycie.

jacapoo called Trixie and

called Bonnie and a

Suzzie.

brother called Mathew.

wife called Rowena and

Bruce.

Apuldram Centre on

and Wednesday.

Apuldram I do cooking.

Apuldram I do art. I got

Jimmy

My name is James Paige. I answer to Jimmy. I am 21 years old, my birthday is in February, the same as Jade. I live in Bognor Regis, mum, nanna, sister and brother. My favourite song is Green green by George Ezra, but I listen to lots of different music. My favourite food is a Sunday roast or sausages and chicken nuggets. I come to Apuldram on Tuesday and Wednesday, I look forward to my days here and seeing all the other trainees and support workers and



Elizabeth

My name is Elizabeth. I live in Hambrook. I have a horse called Folly. I have three cats. I watch TV. I like Shepherd's Pie.



Jade

My name is Jade. I am 22 years old. I like going on my iPad and phone. I like going out. I live like my mum cat called Myiu. February. My Jimmy. I have a home.



in Bognor Regis. I and dad. I have a My birthday is in best friend is nice room at

Anthony

My name is Anthony. I Live in Chichester I live with Bradley and josh I like playing snooker and I like walking I like going to work at Petworth community garden with my fiancé coming to Apuldram

I like going bellringing like going for a drink diabetic and I like and I like Simply Red. fishing and coarse and in Scotland. I like football team is



Amy and I like

at churches and I at the pub. I am doing some activities I like going sea fishing at Southsea football and my Southampton.

Emma

*I like Bob
football. I like
visiting places
Portsmouth. I*



*Marley. I like
going out. I like
like Fort Nelson, in
love it at Apuldram.*

Don't get ripped off!

The team had a discussion about their use of money and we asked the question, "Do you know if you bare being ripped off?"

Instead of thinking about our handling of cash and understanding what money we had, we thought about the price of things and whether we know if we are paying a fair price for commonly bought things.

We had a discussion and created six questions for our fellow trainees and staff members:

How much for a pint of milk?

How much for a four-pint bottle of milk?

How much for a standard loaf of bread, white or wholemeal?

How much for a burger and chips, on the "street"?

How much for a cod and chips?

How much for half a dozen eggs?

How much for a pint of milk?

Everyone guessed between 50p and £1, which was pretty close.

Tesco sells a pint of milk for 90p



How much for a four-pint bottle of milk?

Most people were really close as they guessed between £1-40 and £2. Tesco 4 pint bottle is £1-65. Nick was amazed because this means that if you buy 4 pints, you are paying about 42p a pint rather than 90p if you buy one!



How much for a standard loaf of bread, white or wholemeal?



In most supermarkets, bread was about 75p.

Most people guessed between 70p and £1-25, maybe a little high. One person guessed £10, which was a bit high!

How much for a burger and chips, on the "street"?



We researched this and found out that most burgers were between about £6 and £9. A McDonald's Big Mac and chips was £5-39. Most guessed between £5 and £7, which was pretty good.

How much for a cod and chips?



Most people got this about right. Our research that cod and chips is between £10 and £14 in

suggests the UK.

Most said around £10 to 12, although one person thought £2! Maybe in about 1980!

How much for half a dozen eggs?

According to our research, half a dozen eggs are between £1.50 and £2. Most people thought the same, but one said £2 and another £6!

Our Verdict

Generally, our estimates were pretty good. It seemed that the people who regularly went shopping had a better idea, and many people said that because they just picked things up in the supermarket and put them in the trolley, they did not have much idea. Also, using a debit card did not help, because they could not “see” their money being spent.

We all agreed that it would be a good idea to do a little more work on the price of everyday objects, so that we know that we are not being ripped off!

A Roman day out!

Some of us had a day out in Priory Park in Chichester, where there was a Roman soldier and gladiator exhibition.

We tried out some Roman weapons.



We also enjoyed some demonstrations from a re-enactment group, who showed us how Roman legionaries dressed and how they went into battle.



Some of our group were put in the stocks!





At the end, we befriended a legionary!

Rymans Garden Visit

Zarina Chatwin invited us to Rymans, a 600-year-old house with a wonderful garden.

Here are some photos from our visit:

The Head gardener, Jamie (crouched down), showed us round. Zarina is on the far right.



The house is about 600 years old and built from stone which came from the Isle of Wight.





There is a wonderful pond that was built by a previous owner.



We were shown the beautiful gardens.









There was an enormous evergreen oak tree in the garden that was about 400 years old!



Everybody loved the chickens!



We met Emma who is employed do some of the gardening.

We had a really great time at Rymans!

We had prepared some questions for Jamie and Zarina before the visit. Here are the questions and answers:

Who does all of the gardening?

A- Jamie (the head gardener) and Emma, who is a volunteer.

How have the house and gardens changed over the years?

A- A brick built annexe was added in Tudor times and the building has been modernised and altered a little over the years. The garden has changed quite a lot over its 600 year history. At one point there was a canal which ran out to sea, which was used to bring in the stone to build the house.

How difficult is it to change the buildings and the layout of the garden?

A- The house is Grade 1 listed which means that the garden is automatically Grade 2 listed, so we need to get permission to make any alterations.

(To Zarina) What tempted you to buy Rymans? (This seemed like a silly question as we stood in the beautiful garden in front of the wonderful old house!)

A- Well, for obvious reasons, really. The house and garden are just so beautiful.

Is the plumbing modern in the house?

A- The plumbing has been considerably improved in modern times.

Do you ever get requests to use the TV and movies?

A- Yes, quite often.

Here are some of the things we said about the visit:



I liked the
vegetable patch.

I loved the
chickens.





I liked the swimming pool, the roses and the house.

I could smell the roses.





The evergreen oak was fascinating. I liked the gardens. The people were nice!

I liked the chickens.





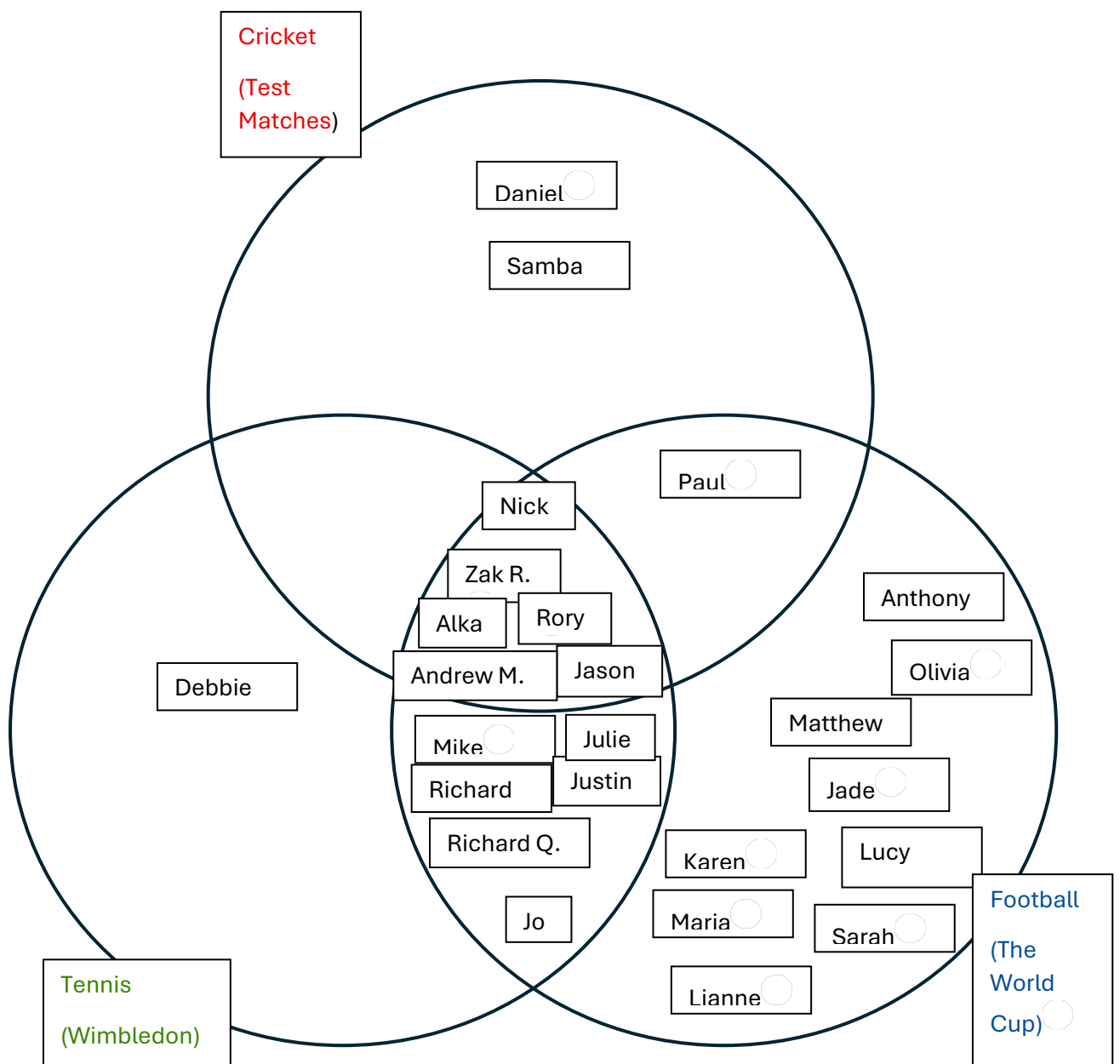
*On behalf of
Apuldram, I would
like to thank
Zarina, Jamie and
Emma for our
excellent visit and
tour of Rymans*

Our Sporting Venn Diagram

A Venn diagram is a way of visually sorting information about all sorts of different things.

We decided to collect information from trainees and staff about which of the three main sports taking place this summer (football, Tennis and cricket), they were interested in and might watch. We asked the question:

Which of these sports are you interested in and will you be watching this summer?



What interesting results!

- *Football (The World Cup) seems to be very popular.*
- *Cricket seems to be the least popular.*
- *Only Debbie is just interested in tennis.*
- *Six people like football and tennis.*
- *Six people enjoy all three sports.*

The Coolest Place in Chichester!

On the hottest day of the year, we went to Chichester city centre to try and find the coolest place. We used a thermometer from the greenhouse to make a judgement.



Normal room temperature, which is comfortable for most people, is 18 to 21 degrees centigrade.

At 9 o'clock in the morning on Wednesday 24th June it was 28.9 degrees under cover, outside the Common room, 28.2 degrees in the common room and 38.8 degrees outside in the sun.



First, we went to the cloisters around the cathedral where it was 30.8 degrees.



In the cathedral it was a lot cooler at 27.8 degrees.



The reception at the Novium Museum was 26.9 degrees, although they did have air conditioning!



The Oxmarket Art gallery was 29.0 degrees.

So the coolest place we could find in Chichester was The Novium, but all of the places were above normal, comfortable room temperature.