

Marley's Tales

Winter 2025/26

To love yourself is
the beginning of a
lifelong romance.



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

Marley's Tales is a seasonal publication produced by the trainees at the Apuldrum Centre. We have named the publication after the Apuldrum 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 Apuldrum trainees, with some support from the staff.

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A Visit to Stansted Light Railway

Jane took the team to Stansted House to have a ride on the light railway and to visit the arboretum to see trees from all over the world.

We waved goodbye, before we went on our magical mystery tour!



We got on the train (Look at the camera!)



We loved the trees from around the world.

Can you spot Jason in his camouflaged coat?





Can you see the pandas in the bamboo?



This is a very bad koala impression by the eucalyptus tree!

A visit from John Joshua

John Joshua worked as a steward on board Concorde, a supersonic jet that used to travel all around the world at twice the speed of sound. He told us of his experiences and all of the famous people he met. He has also worked in the last few years at the Festival Theatre in Chichester.



He talked to quite a large group.



He showed us pictures of Concorde and told us what it was like to work on a supersonic jet.

He had a special name tag for working on Concorde!



He told lots of stories about all of the celebrities he met and some of the funny things that happened.



This is the whole group and John, looking sensible...

... and this is us pretending that we are Concorde!



We had six questions for John:

Q- Have you met any famous people on Concorde or in the Theatre?

A- I have met all sorts of people including Elton John, David Frost, the Queen, Cliff Richard, Prince (now King!) Charles and Princess Anne among many others. Generally, they were all very nice and polite. Everybody seemed to be very happy to be on Concorde and in a good mood.

Q-What was the funniest moment on Concorde?

A- On one occasion, because Concorde expands when it flies at supersonic speeds, a lady got stuck in the toilet. I had to get a screwdriver and take the door off to let her out! This was not funny at the time, but funny thinking about it now. She was completely unharmed and apologised when she got out, because she thought it was her fault!

Q- Which of the planes you have worked on do you prefer?

A- Concorde was great but the 747 Jumbos were good because they were luxurious with two storeys, and I got an office to work in.

Q- Did you see any UFO's?

A- No, but on one occasion around Christmas time, the pilot said he could see Father Christmas, to entertain the children on board.

Q - Did you ever feel sick on board?

A - Not on Concorde, but on a few occasions flying long haul on other aircraft there could be turbulence which shook the aeroplane and made me feel ill. Concorde always flew too high to suffer from turbulence.

Q - Did anyone ever get on to Concorde "under the influence?"

A - They were normally fine getting on to Concorde but would often enjoy the free hospitality and suffer a little when getting off! When working on other planes, sometimes a passenger would get on a bit wobbly, and if we thought they were unfit to fly, the captain would have them escorted off!

John was a great speaker, he was really interesting and entertaining!

Halloween at the Centre

We have recently celebrated Halloween at the Centre. Here are some pictures of some of the outfits and some of the games we played.









We bobbed for apples
and put our hands in
boxes full of creepy
things!



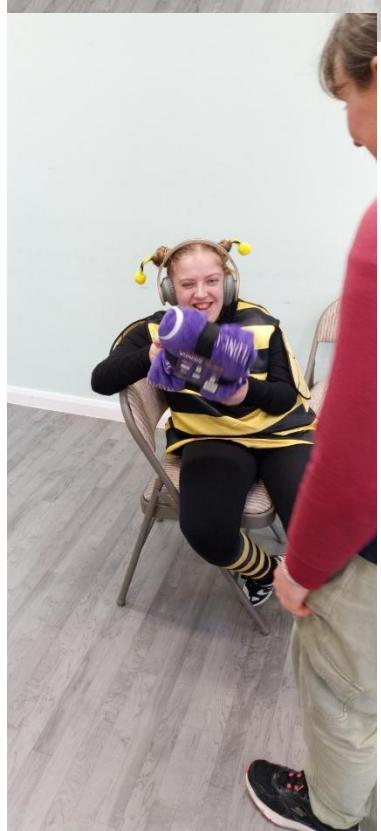
in



Some of us won



prizes!



The Cooking Group

In the process of making fishfinger sandwiches and potato wedges, the cooking group thought that they would make some wedges for everybody, some with



potato skins left on and some with them peeled off. We took them around the centre to see which one people preferred. 17 preferred with skins on and 8 preferred them without.

After that we got on and made our fishfinger sandwiches with wedges and baked beans!



Our Visit to the Aldingbourne Centre

We had a great day at the Aldingbourne Country Centre. We saw lots of interesting animals, took part in some fun activities and met up with some old friends!



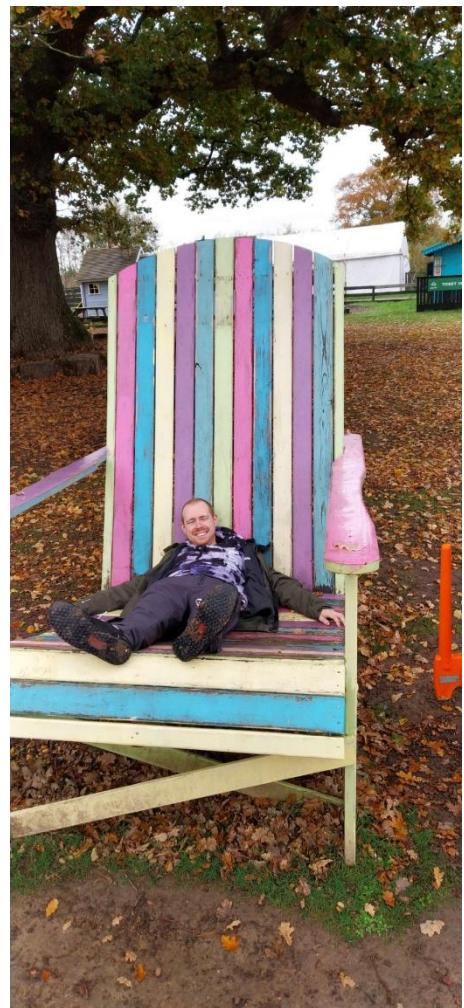


We played a little crazy golf.



Some of us were monkeying around!





Some of us got lost in the maze, while Zak just sat around!



We met up with some old friends (Josh and Danny)

Joan Howes Talk

Joan Howes (Nick's mum!) visited the centre to tell us about her experience of the bombing of London in the second world war, as part of our commemoration of Remembrance Day.

She was born in 1930 and so was between the ages of 9 and 14, a young girl, during the war. She experienced a lot of the bombing and had some interesting stories to tell.



Here are some of the things she said:

"I lived near to Marble Arch in central London, which experienced a lot of the bombing."

"During the Blitz, German bombers dropped bombs on London for 57 consecutive nights."

"As a young child, I remember sitting in bed and crying because of all the noise of the bombs."

“As the bombs dropped, you heard them fall and then waited for the explosion, hoping it would not get you!”

“On one occasion a doodle bug (a type of missile) flew just over our heads as I was walking home from a youth club with friends. We all just threw ourselves to the ground and waited for the bang! Thankfully, it missed us.”

“When the war in Europe finished, all of London emptied on to the streets to party. It was a fantastic evening, everybody was partying! At the age of almost 15, I had never seen this before. I was amazed to see the lights on in shops and large buildings, a sight we had never seen because of the black out.”

We all had our photo taken with Joan.





We presented Joan with a gift at the end.

Dell Quay Sailing Club Visit

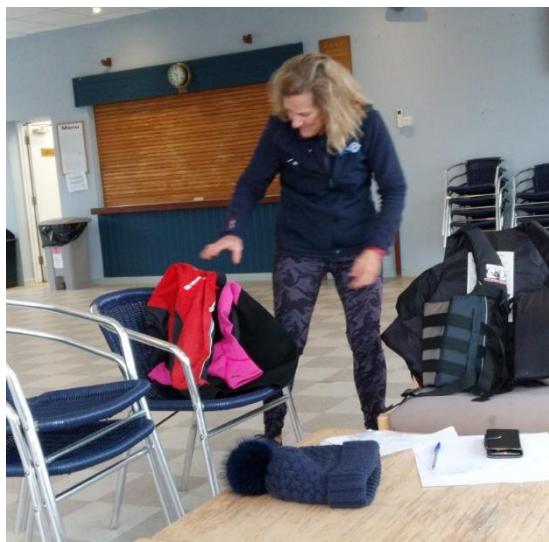
We met up with Sarah Haigh who is the Commodore at the Dell Quay Sailing Club. She explained what goes on at the club and showed us around. We also met Shirley Rushmer, she is the Harbour Watch for Fishbourne Creek and Dell Quay.



Here is a picture of all of us, with the Crown and Anchor pub behind us.



This is the view the other way into Chichester Harbour.



Sarah told us all about the activities that go on at the club and she showed us some of the clothes and equipment used when sailing.

We looked at artifacts to mark the 100 years anniversary of the starting of the club.





Visit to the Boardwalk Café, Chichester

Mick and Louise Collins (Ella's mum and dad) who run TOC (Together Our Community), a charity that helps young people with learning disabilities gain work skills, have opened a café in Chichester. It also doubles as a centre for young people to meet and learn life skills.

We paid them a visit for a tasty coffee and cookie and to have a look around.



There is a meeting room.



There is a room next to the café which will be opened as a shop.



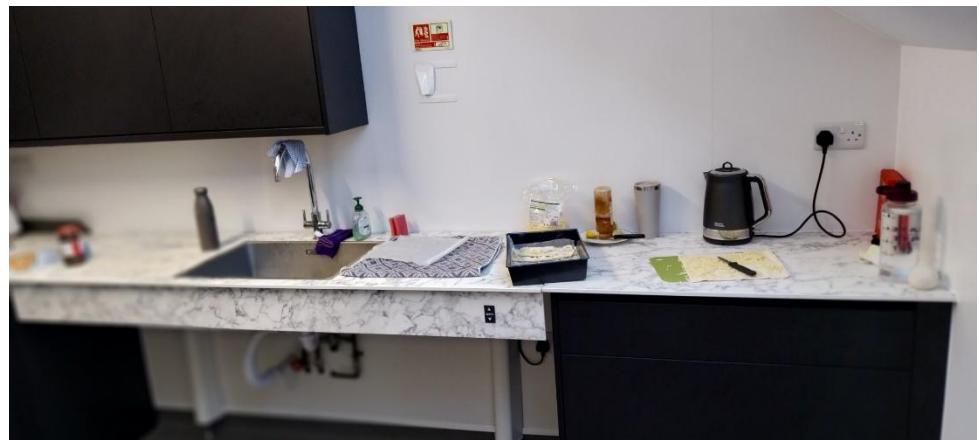
There is a fantastic large hall for exercise classes. It has old wooden beams.



At one end of the room is a really old, flint wall.



There is an art room.



In the kitchen we caught them making pizza!



There is a chill out room and a quite space.





We had a look at the fire escape (although there was no fire!)



At the end we took a photo of the group. Paul, who used to work at the centre was visiting as well and we met up with George. Mick is on the far left.

Searching out the Christmas decorations in Chichester

We went on a tour of central Chichester to find all of the Christmas decorations.



We found this tree outside St Pancras Church at the end of East Street.

We took this picture at the end of East Street, looking back at the decorations and the street market.





We liked the way that this tree had been decorated. The man on the seat was glad to be caught in our photograph because he had his Arsenal hat on!

We had our photo taken by the
Rotary Club Charity collection
Christmas tree.

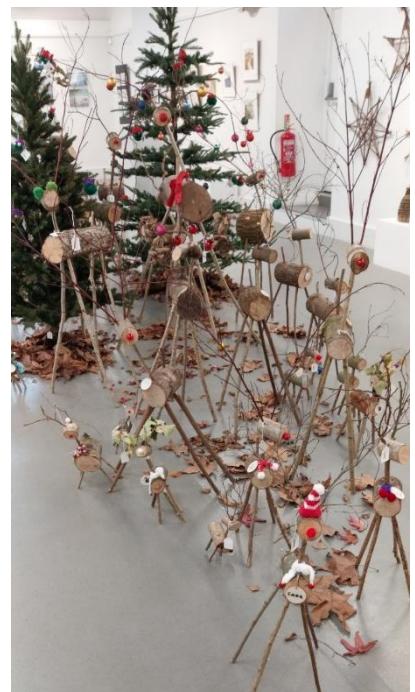




We found two Christmas trees in the cathedral.



The last thing we did was to visit The Oxmarket Art Gallery where we saw this display of reindeer and Christmas trees.



What is your favourite Christmas food and drink?

For a bit of Christmas fun, we asked everybody what their favourite Christmas food and drink was. We got some interesting and strange answers!

Favourite food:

Christmas food	Number of votes
Turkey	15
Pigs in blankets	3
Christmas pudding	3
Roast potatoes	2
One vote for: chicken, carrots, chocolate, figgy pudding, prawn cocktail, key lime pie, Stollen cake, twiglets, tapas.	1



(Richard was about to go
on a Spanish holiday!)



Favourite drinks:

Christmas drinks	Number of votes
Coke	5
Baileys	3
Beer	2
Buck's Fizz	2
One vote for: 7 Up, ,Any alcoholic drink", Chateau Neuf De Pape, Coffee, Pepsi, water, Any fizzy drink, Gin, shandy, San Miguel, mulled wine, Champagne, Rose wine, Prosecco, tea, white wine, red wine, snowball.	1



Chateau Neuf
Du Pape!

The Apuldrum Nativity

Abbie and Tasha helped some trainees to produce a fantastic nativity play this Christmas. Here are some photos of some of the scenes:









