Marley's Tales

Autumn 2026



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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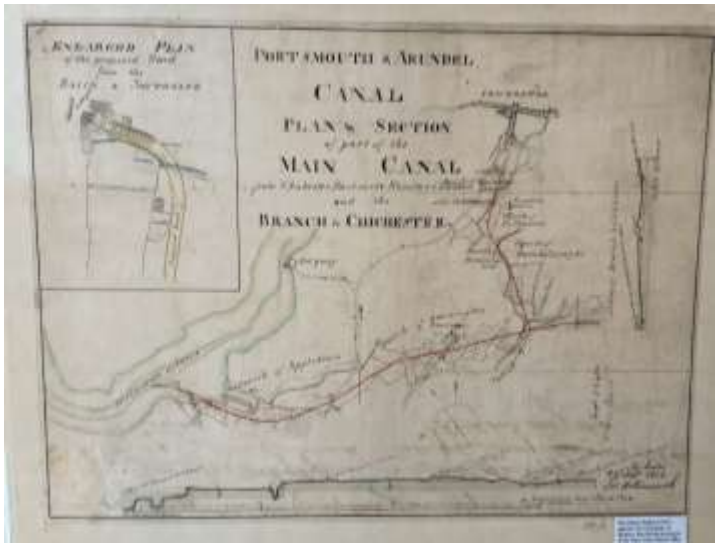
Chichester Canal Basin visit.

We had a visit to the Chichester Canal Basin to try and find out what the Chichester Canal did and why it was built. We started with a walk around the basin and along a short stretch of the canal. We also looked in the Heritage Centre, which showed some of the history of the canal.



This old map shows the canal going close to Apuldram.



We had a photo outside the café.







The canal goes under the A27 bridge.



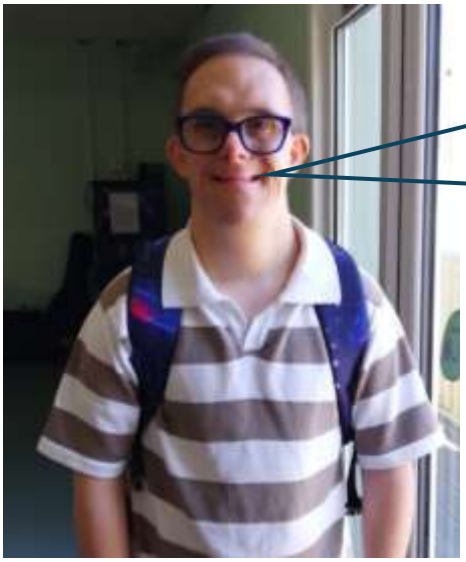
There were a family of swans.

We have written down ten facts about the Chichester Canal that we have found out:

- The canal was opened in 1822 and designed by John Rennie.
- It was used to transport goods to and from the sea.
- The canal was also used to transport human and animal waste to be spread on the fields surrounding Chichester.
- The canal was dug out by hand because there were no mechanical diggers in 1822.
- The canal eventually went bust and was put out of use by the railways.
- The Chichester canal was part of a system that joined Portsmouth to London.
- It is now used by fishermen and has stocks of carp, roach, rudd, bream, pike and tench.
- The canal is now used for leisure boating and there is a cycle lane running along the towpath.
- There is plenty of wildlife on the pond, including ducks, swans, moorhen and coots.
- One of the original swing bridges (Poyntz Bridge) has been moved from Hunston to the canal basin.

Your predictions for the World Cup semi final

On the day of the England V Argentina World Cup semi-final, we asked every body for their prediction. This is what they said:



England, 3 nil!

Argentina will win.




England 2 nil!


England to win, 2 nil!



One, one and then England to win on penalties!

England one, nil!





England to win 3-0!

10, nil to Argentina.





England to win 2-0!

I think England will win 2-1.





2-1 to England.



2-0 England!



It'll be a tight, fight on the night! 1-0 to England!

One, nil to England!





2 – 1 to England!



2 – 1 to England!

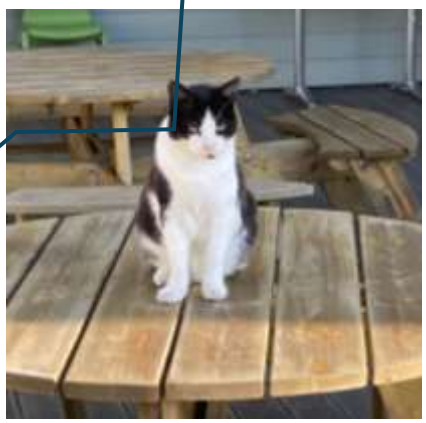
Ah, the England versus Argentina semi-final. Humans always think football is about passion. Nonsense. It's about territory—rather like deciding who owns the sunny patch on the carpet.

I expect England to begin with controlled possession, looking to pin Argentina back through patient circulation and overlapping full-backs. They'll want to stretch the pitch horizontally, forcing Argentina's midfield to shuffle and opening half-spaces for runners between the lines. The danger, however, is overcommitting. If England lose the ball with both full-backs high, Argentina will pounce faster than I would on an unattended slice of salmon.

Argentina's greatest strength isn't simply individual flair—it's their ability to accelerate transitions. They often invite pressure before suddenly finding vertical passes into attacking midfielders or wide forwards making diagonal runs behind the defensive line. England's holding midfielder will need impeccable positioning to disrupt those passing lanes before the counterattack gathers momentum.

I predict a tense, tactical contest with long spells where neither side creates clear chances. Set pieces and substitutions could prove decisive as fatigue opens spaces late on. If England dominate possession without converting early, Argentina's efficiency in transition may ultimately tip the balance.

So, my feline verdict? Argentina by a single goal.



Gosh! It turns that Marley got it about right!

A trip up the Trundle

We had a walk up the Trundle to see what things we recognise and to look at the wonderful view.





We could see the cathedral and the Graylingwell housing estate.



It was a bit hazy, but we thought this was Goodwood Airfield.



It was a bit of a walk to get to the top!

We worked out that we could see (from west to east):

Bognor Regis, Goodwood House, Goodwood airfield, Graylingwell housing estate, Chichester Cathedral, Fishbourne Creek, The Isle of Wight, Portsmouth, The Spinnaker Tower, Stoke Clump and Kingley Vale.

The World Cup Sweepstake

We held a World Cup sweepstake at the beginning of the World Cup, and all drew different teams out of the hat. In the end the 48 teams were whittled down to just one, and Sam Burnhams was the lucky person who drew out Spain and won the coveted jar of apple and banana jam!



Well done, Sam!

Ready Steady Cook!

After seven months of Life Skills cooking, confidence building, and plenty of practice in the Apuldram kitchen, our trainees were ready for a new challenge, and what better way to celebrate their progress than with our very own version of Ready Steady Cook.

The idea was simple: fill the table with fresh produce grown and picked from the Apuldram garden, add a few extra staples, and let the trainees choose their own ingredients to create a meal from scratch. What happened next was nothing short of inspiring.

The table looked incredible, a colourful spread of potatoes, French beans, courgettes, onions, tomatoes, cucumber, and crisp lettuce, all harvested by our gardening team. Alongside these were eggs, noodles, pasta, and a handful of store-cupboard essentials. With minimal help and just a few guiding ideas, each trainee set to work designing and cooking their own lunch.

What unfolded was a true celebration of independence, creativity, and skill.



Louise created a delicious stuffed omelette with a fresh side salad.

Zak R produced a vibrant mixed-vegetable stir fry with noodles and a crisp salad.





James SD made a hearty vegetable frittata accompanied by a side salad.

Joel cooked gluten-free pasta with beautifully roasted vegetables and salad.





Jason prepared a colourful stir fry with noodles and a side salad.

Every dish was thoughtful, well cooked, and full of flavour, meals that any chef would be proud to serve. More importantly, each trainee

worked with confidence, ownership, and genuine enthusiasm. The room was buzzing with teamwork, laughter, and the wonderful smells of fresh garden produce being transformed into something special.

It was a huge accomplishment, and a moment that truly showed how far they've come. All the hard work, patience, and practice paid off. I felt incredibly proud watching them take charge of their cooking, make their own choices, and enjoy the results of their efforts.

Ready Steady Cook was a triumph and a reminder of just how capable, creative, and brilliant our trainees are when given the chance to shine.

The Apuldram Bees

Volunteer and trustee, Ric, looks after the Apuldram bees. We have three hives in the sensory garden:



He was with his wife, Jill, harvesting the honey and he invited a gardening group in to watch how he did it.



First, he needed to collect the frames with the honeycomb in them, from the hives. A tricky business, according to Ric!





Jill used a special tool to scrape off the top of the honeycomb, to get at the honey!



Ric then put four of the cone frames into the spinner which rotates them at speed and draws out the honey using centrifugal force.

We all had a go at rotating the honeycomb in the spinner.











This is the wax that is left after the honey has been removed.

The honey is poured out of the spinner and filtered to take out and "bits".





The honey is then poured into the jars.

... and here is the final product!



A Visit from Jess Brown-Fuller

We were really pleased to welcome Jess Brown-Fuller, our local member of parliament, to Apuldram to answer our questions. She was also shown around the centre by Rory and had a tea and cake in the Life Skills room.



We asked her a series of questions about her job as an MP and some more light-hearted questions about her hobbies and interests.





She met Jane's art group and was really impressed with the work she saw.



We took this picture of the whole group.



She had tea and cake with the group.





Justin presented her with a huge tomato from our polytunnel!



Josh also presented her with some Apuldram jams and chutneys.



Ethen, Jess's assistant, was also given a large tomato and some Apuldram bread!

We asked her a series of hard-hitting questions! One sensible, one daft!

1. Why did you want to become an MP?

A- I didn't want to be an MP, I wanted to run a fish and chip shop, but I loved acting and singing and studied this at Chi University. It wasn't till 5 years ago I wanted to make a difference to people's lives and decide to try and become an MP. I represent around 110,000 constituents.

2. What is your favourite take away food?

A- My favourite Chinese take away is Chinese. I love pineapple fried rice and Chicken balls.

3. Which politicians, past or present, do you admire?

A- Some of my favourite politicians are not necessarily from my own party. For example, Angela Rayner had a tough time when she was younger being a carer, she had had an incredible journey. The leader of our Party Sir Ed Davey is also to be admired as he has a disabled son and poorly wife, who he looks after.

4. What do you do when you are not working? Do you have any hobbies?

A- I have 2 children Oliver & Bethany who I spend all my spare time with. Bethany loves Minecraft and my son belongs to the Chi youth theatre. I go to the gym, love singing and music from Wicked and Les Mis.

5. What is it like working in the Houses of Parliament?

A- The Houses of Parliament have 1,000 rooms, 500 staircases and 10 miles of corridors. It is a very busy place. Often, I will arrive early in the morning and leave late at night. That is why sometimes they call it the 'Westminster Bubble''.

6. What is your tipple of choice?

A- I don't drink because I am far too busy and don't like hangovers, however, I do like elderberry and sparkling water or a fizzy orange.

7. Are you recognised when you are out and about?

A- I am recognised around Chichester. The other day I met some teenagers who wanted a selfie with me, which was nice. I recently went to a music festival in Dorset, and nobody knew me there!

8. Do you have any pets?

A- We have two pets one a labrador called Mellow and a rabbit called Pickle, who is very fluffy and loves kale.

Jane also asked if she would like to be prime minister some time.

A- Currently I would not like to be Prime minister as I have two young children, and they are my first commitment. If I ever reached a ministerial position, I would like education or culture, media and sport.

Phil Judd designed the Thank You card that we sent to Jess.



Do you like mangle worzel?

Mangle wurzel is a root vegetable that is related to beetroot and sugar beet. It produces a massive, mangled root which is edible, but not very well known. We have grown some this year at the centre, and decided to see what it tasted like!





It needed peeling, which was a bit tricky!



It needed to be completely peeled...

...and chopped!





It had a rather interesting pattern inside.
A bit like a beetroot.



We cut it up into bite sized pieces and roasted it covered in a little vegetable oil.
We seasoned it with salt and pepper.

We offered it round. This is what people thought:



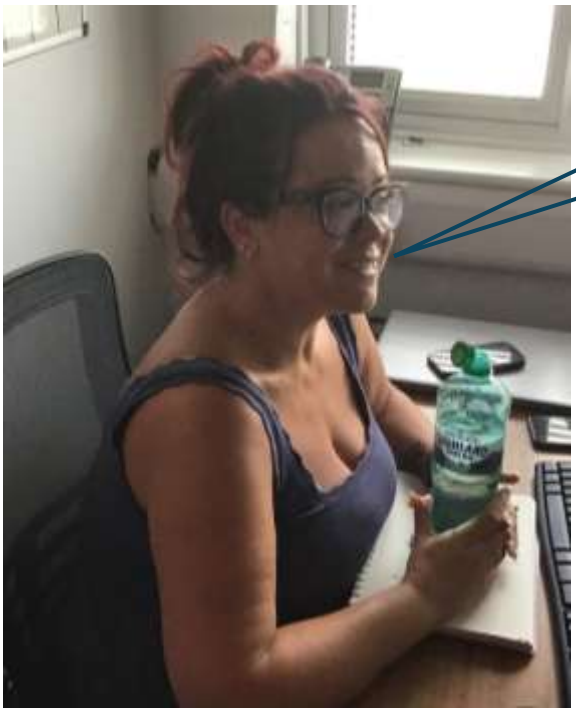
Very delicious!

I like it!





Really nice! Can you mash it?



Delicious!

I blooming loved it and have told my family and friends about it.

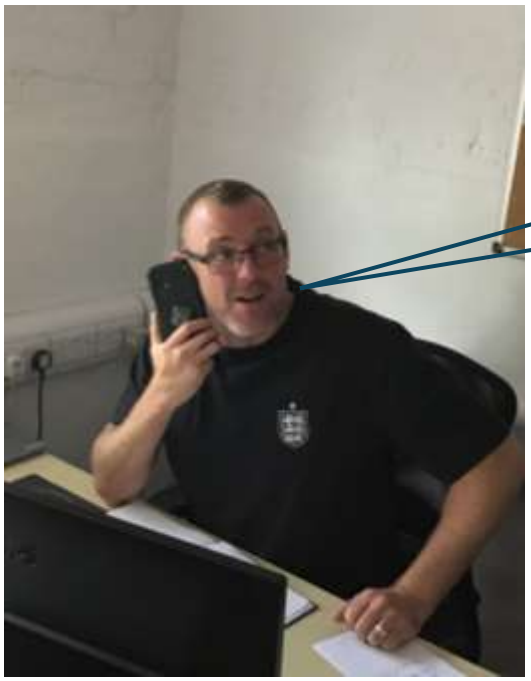


A bit swede like, but nice!

Yum, yum, yum, yum yum!



Yes, very nice.





Tracey's response was a complete refusal!



Scrummy!

Tasty!





I think it's quite nice to eat. It's big as well!

Yeah. Not bad!





I liked it. It tasted alright.

I've tasted it before. This tasted sweeter. It's difficult to peel.



We spoke to Lee, who was installing the new kitchen units in the Life Skills room.



Yeah, quite nice.

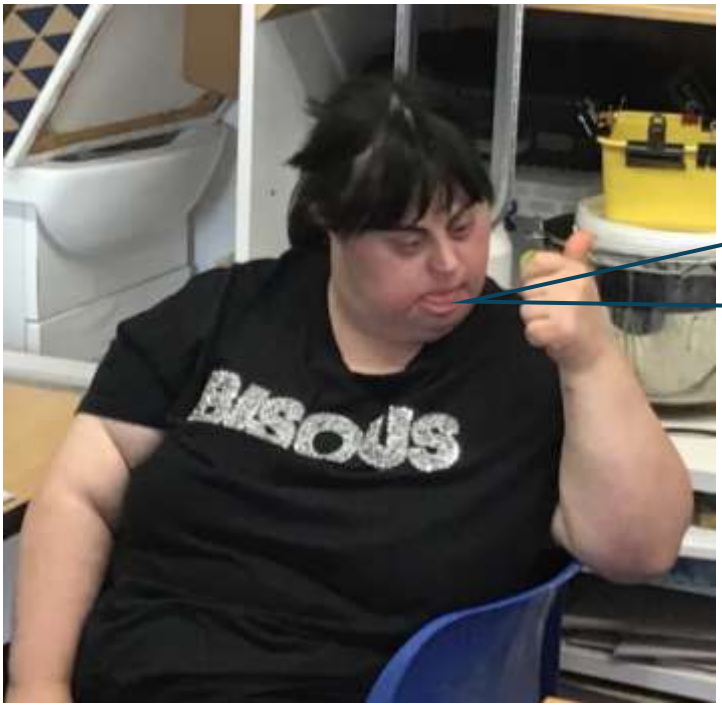
Unexpectedly nice!

Excellent!





It was good.



I loved it!

Summer Veg

At this time of year, the gardening group feel like the "Summer (vegetable) Father Christmases". They make sure that the kitchen and shop have veg to cook with and sell and then take produce to the Life Skills room for cooking. After that they give it out to anyone who wants it!



It all fitted in a large wheelbarrow.



Justin collected cucumbers and "scrumped" an apple!



Samba had some cucumbers and tomatoes for chutney!



Karen had her eye on a beefsteak tomato!

Interview with Jo Scott

Jo Scott is a new member of staff at the day centre. We gave her our standard interview of one sensible and one not so sensible question. We got some interesting answers!

1. What is your full name?

Joanna Elaine Scott

2. Who is your favourite Telly Tubby?

Tinky Winky

3. Do you have any hobbies?

I like paddle boarding and I play Pickleball. I am a member of a choir and I enjoy riding my E-bike. I also have four dogs called Dascha , Pixie, Roo and Thene (Athena)

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

A cat- they have nice life, doing their own thing – and sleeping and cuddling at will.

5. What jobs have you done before Apuldram?

I used to be an actor and as you asked if I worked with any famous people - many years ago I worked with Tom Ellis at the Minerva

Theatre in Chichester. I also had a part in the children's TV show, Grange Hill, where I had to ride a Harley Davison motorbike (what a terrible task – not). Greta Scaachi on stage and Michael Jayston. Then Emily Blunt and Penelope Wilton on the radio. I have also worked as a temp whilst acting then as a medical secretary for the NHS. I have supported people with Dementia and I still work as a Funeral Celebrant.



This is Jo in 1992, in Grange Hill.

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

Fly!

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

I love Phil Collins. I also like a lot of classical music. I am partial to "Insomnia" by Faithless.

8. Would you rather have fame or wealth?

Wealth, because it enables you to do more.

9. What is your favourite television programme?

Goggle Box. I also love Silent Witness and a good thriller

10. Cheese or chocolate?

Cheese! I love strong cheddar (However, I do love chocolate!).



We all had a photo at the end!

Fire Service Visit

We had a visit from the fire service because we wanted to know how best to avoid fires in our houses. They brought along their fire engine, but because it was raining, they talked to us in the sports hall.



A huge fire engine was parked outside the Common Room.



Alex, Dan, Jamie and Luca from Blue Watch were welcomed into the sports hall to talk to us.



Dan demonstrated the protective equipment that is used in a fire.

Sam tried on one of the gloves!



They showed us the cord that is used to connect two fire fighters in a smoky building, so that they do not lose each other.





We looked at a device that can pick out hot spots in a smoke-filled room.



Dan demonstrated how he would make his way through a smoke-filled room.





After about an hour they got a call and had to dash off with sirens blaring!

We prepared these questions for Blue Watch. They all contributed answers:

1. What is the most common cause of fires in the home?

A- Fires caused by forgetting that pots are on the hob and problems with electrical equipment.

2. How should you put out a fire?

A- It is best not to try to put out a fire but to quickly leave the building and phone the Fire Brigade.

3. What should you do if you can't get down the stairs in a fire?

A- If you can't get down the stairs, put yourself in a room and close the door and maybe put some material at the bottom of the door to stop smoke coming in. You should be able to stay there for up to half an hour safely.

4. What is the most unusual cause of fires?

A- On one occasion, mice chewed through electrical cables which caused an electrical fire.

5, What is your advice about barbecues?

A- Just don't use them when it is really dry!

6. What are the golden rules to avoid domestic fires?

- Make sure your smoke alarm is regularly tested.
- Don't leave washing machines, clothes dryers, dishwashers or any type of charger on at night or if you are not in the house.
- Get electrical work done in the house by professionals.
- Don't put oily rags in tumble dryers.

- Be really careful when cooking on the hob.
- Don't smoke in bed.
- Be careful when charging vapes and phones. Use the recommended equipment.
- Charge electric bikes out of the house.

A worrying piece of information Blue Watch told us was that fire fighters all over the UK do not really have a strategy for tackling fires in electric cars. Apparently, because of the metals in them, they burn at a really hot temperature.

Taking Photos for the magazine

We all take photos of people to put in the magazine. Some of them are great and some of them not so good! We discussed how you take really good photos of staff and fellow trainees around the centre. We came up with this checklist:

- First ask, "Can I take your photo?"
- Make sure the person is looking at you.
- Ask them (if they can or want to) to smile.
- Wait until they are standing still.
- You might encourage them to stand or gesture in a certain way.
- Check the background. Do you want them standing in an untidy room?

We took these photos. What do you think?





We took these two pictures of Jason. In the first he is not really looking at the camera. We did a better job with the second one.

We like this picture of Stephen pretending to do kung fu (we think!). However, because he was moving his hand is a bit blurry and it is covering his face.





This is better. Stephen is standing still and smiling!



We are pleased with this photo. Maria is smiling, looking at the camera and it is not blurry at all.





Spot the difference? Tracey's eyes are closed in the first photo.



Gregory was pleased with this picture he took of Ayesha. She is smiling and looking at the camera.



We think this is a good one of Samba!





We liked these pictures of Micheal, because of his happy smile. However, we preferred the second one, because his eyes are open.