



Hi, all you Apuldram supporters, and welcome to the Spring edition. Lots to tell: things are moving on the building/rebuilding front (see Rachel's comment below); the **Sensory Garden** is a little under siege at the moment, in the aftermath of the Water Company's invasive work in the area which, itself, was the result of inaccurate official documents placing the water-main for the Manhood Peninsular in the wrong area. Apuldram's responsibilities for maintaining the system means that the willow which we had planted in the Sensory Garden would pose a real risk to the pipework so, sad though it is, we (I say we, but it's actually Andy Pearson and the Horticulture team, plus Mike, Eric, Chris and Richard who are doing the work; I'm just reporting....) have had the task, ongoing, of digging it up. It'll take some time and, over the next 18 months, there will be a slow transformation of the Garden area, returning it to its award-winning, albeit different, state.

**John Callaway** has joined Apuldram, and there's an item about him further on.

**Tennyson Insurance** (Chichester) have chosen us as their Charity of the Year so we look forward to receiving a donation together with an offer of IT and other support (see item on page 5).

Best wishes to you all!

*Paul*



### APULDRAM'S INTERNATIONAL LUNCH Series

Wednesday 15th March, 12-2pm  
To Celebrate **St Patrick's Day**

**Starter:**

Prawn Cocktail

**Main:**

Vegetarian Irish Stew + Colcannon

**Pud:**

Baileys cheesecake

Coffee + Irish Fudge

£12.50 per ticket

Book now - limited seating



Rachel Aslet-Clark and Daniel Burford preparing to make a presentation to Emsworth Methodist Guild about the work of Apuldram. Guild members made a £30 donation and purchased shop 'goodies'.



The 'tree of hands' montage in the new Art & Craft room





## How I see it

the view from

**Rachel Aslet-Clark,**  
Apuldram's General Manager:

I'm sure some of you will recall that "Any Way The Wind Blows" was a song performed by Doris Day, an apt anecdote as I write this and Storm Doris is rattling against my office window.

With all the motivation of healthy resolution following the New Year, I seem to be constantly involved in all things chocolate! We have entered an online people's vote hosted by Galaxy to be in with a chance of winning a donation of £300 and next week we will be hosting a chocolate-tasting evening, with a chocolate hamper raffle in the shop as we run up to Easter. Each one of these opportunities supports our strategic aims of increasing the visibility of our organisation and raising donations that will enable us to enrich the opportunities for Apuldram's users.

Operationally, this is the time of year when the Board and Managers are busy reviewing the achievements of the last year and setting out the vision, priorities and budget for the year ahead. From this reflection it is worthy to note some key points; we (Apuldram), reach over 100 adults and their families, 65 adults attend our day service each week and many more enjoy our outreach facility at Hub Club. We deliver over 650 hours of support each week to enable 27 tenants to live independently in their own homes. We have over 55 local volunteers who promote the work we do in their communities and support us to deliver services and run events. We have invested £150,000 and built a new art and craft facility (and wet room) at the day centre that enables us to offer a more

diverse range of art and craft activities. We have undertaken essential preventative and remedial works at our supported living landlord properties and day centre to the value of £18,000.

Two of our key priorities for this year are, rightly, about the people we support: continuing to put them at the centre of what we do (Customer-centric) and the promotion of Enablement. Our ambition is to enable our trainees and tenants to maximise their independence, recognising their individual strengths and building upon them. In an ever more restricted funding world we need to be able not just to provide evidence that we support our customers but also to clearly demonstrate tangible outcomes. We must challenge our previous thinking and of course meet the biggest challenge facing all charities and social care providers: *do more, with less*. I believe that Apuldram is well-placed to respond to the changing social care climate and not only maintain a satisfactory level of service delivery but exceed the expectations that we set ourselves.

One of the main parts of my role though is not just to look at today, but to ensure that Apuldram is well-placed for its future tomorrows - next day, next week and longer term. The most exciting current piece of work is Phase 1 of the redevelopment programme involving the Common Room and Barn. Our goal is to start the work this year; we are currently nearing the completion of the tender stage, from which we will know a price and just how much funding we will need to source.

Without wishing to confuse you all, as I sign off for now, I want to also say "Welcome", or point you in the direction of our "Welcome to Apuldram" sign and group photo in the main office: take a look, you'll spot lots of familiar faces.

RAC, February 2017



**John Miles** (son of Apuldram's co-founder, Mavis, brother of the late Robert, husband of our previous Chair of Trustees, Pamela, and all-round top bloke) will be running the Brighton Marathon on Apuldram's behalf on 9<sup>th</sup> April; it's not the first time that he's run this distance but he's decided that it will be the last so, support John, support Apuldram. Please sponsor his run; click [here](#) to go to the sponsor page. And **thanks** from all at Apuldram







## John Callaway's Notice Board



aka J-Cal



John is our recently-appointed Registered Manager and heads the Supported Living team. He lives in Portsmouth and has a son and a daughter who has three children aged eight, five and eight weeks.

John's hobbies include:

- ★ supporting Coventry City FC, who he watches "most weeks... but it's a labour of love because we're rubbish at the moment!". John had played rugby for Pompey, as an open-side flanker/wing-forward\*, into his mid-40s (he's now 57) when a 'fairly serious' knee injury brought that to a halt; the injury also put paid to his marathon-running.
- ★ John joined Portsmouth Action Field Gun in 2001 - PAFG was started by some ex Navy Field Gun trainers after the event was dropped from the Royal Tournament; John was part of the squad but is now a trainer.
- ★ He likes to play the guitar but admits it's not very good - "my career as a rock god disappeared".
- ★ John keeps fit by going to the gym most days, lifting weights.

John gained a degree in Economics and Politics and joined IBM, in management and personnel, although he quickly "...realised that it wasn't for [him]." However, during that time he went on an Outward Bound and City Challenge course and, via a circuitous route, he met a manager of Social Services who suggested he should try

working in residential care. John followed this up with Social Work training in Portsmouth Polytechnic in 1985 and he has been in this field ever since. His immediate past job was with Hampshire County Council Learning Disabilities Commissioning team, reviewing offerings from organisations like Apuldrum.

John has a good sense of humour and is prepared to make a fool of himself in order to learn things; he described working in Nepal as a management advisor four years ago, and learning the language, much to the amusement of others.

John likes: **Film:** a big De Niro fan (Taxi Driver era), Harvey Keitel, The Big Lebowski, which he watches repeatedly, and Trainspotting, which he has just re-watched in preparation for seeing the sequel; he said that the script is important to him and cited Glengarry Glen Ross as an example of good word-play. **TV:** Endeavour, Westworld, detective fiction; **Food:** a good, decently hot, curry - strictly vegetarian.

John has two cats, 'moggies', Rufus and Lenny, that he got from a friend. He also has chickens, "for the eggs".

**Welcome to Apuldrum, John**

John was in conversation with Paul Reed

\*don't ask me; I just write it!

## Life and Lily

Hello:

I'm going on holiday later this year with Dan, my boyfriend [see right], to Disneyland Paris, probably in October; the idea came from the Holiday Fair at Apuldrum in January [a number of companies offering specialist holidays were invited to 'pitch their wares' in the new Crafts block].

I'm still going to Brownies and I have a very busy week: Fridays at Apuldrum; Monday and Wednesday Hub Club; in Boys Club on Tuesday helping MIND for the day; Art at Pallant House on Thursday.

I share a house with Emily and we get on well.

On Valentine's Day I went for a meal with Dan to Frankie & Bennies'.

I've talked about my niece before, well she's one year old and she's walking now.



Lily was talking with Paul Reed

# Who'd be a volunteer?

Well, fortunately for us, quite a lot of people; here's one, in conversation with **Paul Reed**:



**Meet Sue Barton:** Sue has been a volunteer at Apuldram for four years; she's always been on the Horticulture squad and, occasionally, Arts and Crafts. Sue's daughter Sam, 27, has been at Apuldram for around seven years. Sue has two sons, Craig 31 and Adam, 23; both live and work in the Brighton area. Buster, Sue's husband, recently retired from Smith & Jewell where he'd been a sheet metal worker for 43 years.

Sue qualified as a State Enrolled Nurse at St Richard's and is a qualified nursery nurse; she has also run a playgroup.

Sue was made redundant from her most recent job as a learning support assistant in Nyewood Infants' School, Bognor, and that gave her the opportunity to come here as a volunteer.

Sue's father was in the RAF so the family moved around a lot. He came to Thorney Island in 1970 and the family settled there and this is the longest she's ever lived anywhere. Sue and the family have been in the same house for 21 years, also a record.

Sue has three brothers and one sister; she is the fourth child of the family. Her mother lives in Chichester and Sue visits her a lot.

Sue has done a lot of walking in the past and has learned a lot about the area. She is a Trustee of the Chichester Down's Syndrome Support Group.

**Favourite films:** Long Walk To Freedom (2004); It's A Wonderful Life (1946) - Buster hasn't seen it but Sue will push him to do so - and Brooklyn (2005).

**Music:** classical (popular) and particularly 70s and 80s music; Sue has to listen to Sam's music, whether she wants to or not.... Emily Sandé is another favourite.

**Reading:** light-hearted sometimes but Sue is also really interested in biographies and history of WW1: she had an uncle who died in the war.

**TV:** - Sue tends to watch dramas mostly.

**Dislikes:** gammon! smoked haddock (from when she was small)! rats and mice.

**Likes:** sewing; giraffes.



with Siân, see below, who insisted on getting in on the photo!

## Good To Meet You

Paul Reed talks with

**Siân Holden, 27, Chichester**

**Q What makes you happy?**

**A** My friends and my iPad... I play games and look at cars [on it]

**Q What are your hobbies?**

**A** I don't have any real hobbies but I enjoy doing art at Apuldram.

**Q How do you spend your evenings?**

**A** I play with my iPad, watch telly, cook when it's my turn. I like cooking lasagne most, or a roast dinner

**Q What do you do at weekends?**

**A** I stay in with my iPad; sometimes I get bored but the same as anyone else.

**Q Favourite tv programme/film?**

**A** Eastenders - Jack Branning in particular. I also watch Emmerdale and Coronation Street.

**Q Favourite singer/band?**

**A** Billy Joel; *definitely not* The Spice Girls - I hate them!

**Q What do you like doing best at Apuldram?**

**A** Contract gardening, with Andy, I like grass-mowing. I don't like being in the kitchen, I prefer to be outside.

**Q Describe your family/pets**

**A** My mum, Linda, lives in Bognor; my dad passed away in 2009. I have three brothers - Jake, Kevin and Glen, all older than me. Glen's at home, Kevin is in Brighton with his partner and Jake lives in Bognor. We have two cats: Miaow and Doody

**Q Favourite meal?**

**A** Spaghetti Bolognese is my favourite at the moment.

**Q Three words to describe yourself**

**A** Friendly, caring, loving





A group from **Tennyson Insurance** (Chichester branch) who were mentioned in the preamble as having chosen Apuldram as their charity of the year, visited Apuldram on 1<sup>st</sup> March; after their visit they sent us a collage of some of the photos that they had taken. During the year the office staff will fund-raise between them and give us the proceeds. They will also advise us on optimising our IT infrastructure.

P



## Garden Tips - March 2017

from Alan Doick



- This is the best time to sow bedding plants. The weather is warmer, the sun is stronger and there is time for most species to make healthy growth ready for planting out in the garden in late May or early June. Sow the seeds thinly, in two directions across the tray so as to be sure of spreading them more thinly. Some seeds need light to germinate so should not be covered with compost. Cover the tray with glass or plastic to retain humidity. Turn the glass daily to prevent condensation dripping onto the seedlings. Remove it when the seedlings appear before pricking off into seed- or cell-trays.
- **Divide herbaceous plants and save money:** Use two forks back to back to split the roots, gently lever the clump apart at a suitable point. Strong-rooted plants like *sedum*, *hosta*, *hemerocallis* and peonies cannot be divided successfully unless lifted beforehand.
- **Prune your shrubs for better displays.** Roses are one of those that need their pruning now. Some we prune to stimulate strong, new growth, or larger flower heads such as *hydrangea paniculata* and *buddleia*, or to encourage large attractive leaves as with *eucalyptus gunnii*. The beauty of trees like *prunus serrula* and *acer griseum* is their attractive bark. Cut off small shoots from the main trunk while they are small to avoid the unsightly scars that would result if you cut them off later.
- Repot fuchsias and prune them back to the main framework of branches to encourage bushy growth.
- Cut down your autumn-fruiting raspberry varieties now.
- Buy tubers of dahlia and take cuttings from tubers which you may already have under glass.
- Sow hardy annuals now in soil with a fine tilth. [I think that 'tilth' will be my word of the month! P]
- Prune late flowering clematis and layer long shoots to propagate new plants.

**ENJOY YOUR GARDEN!**