



Apuldram News

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Edited by Paul Reed

Dear Apuldram Supporters:

Well, it's been a busy time for us all- you and us, I'm sure - and it looks set to continue in that way for the foreseeable future; I'll try to bring you up to speed on what's been happening and what's in the offing, so to speak:

On the right is a photo of Caroline Goodey who, like Alistair in the item below, I've known for around 35 years; I was delighted to get this photo because for the ten years or so that I was volunteering in the kitchen, Caroline would almost only ever work there if she could be tidying the drawers which, in a kitchen used by so many people were often in a state of chaos, especially the cutlery drawers; she found some quiet satisfaction in putting them in order; this photo, with Caroline smilingly showing off a lovely cake that she had made is, therefore, quite a treat for me; the cake looks good too.

In September we'll have an Italian lunch, one of our International Lunch series, on the 13th; a Harvest Supper on the 28th and on the 30th Jane Finch will be running a Saturday Cooking School with the emphasis very much on planning ahead for Christmas. Watch your email box for the full info



Paul

Good To Meet You

Paul Reed talks with

ALISTAIR RIDDELL, 47, Chichester

Q What makes you happy?

A Doing art at home - I do oils and it's quiet there; I have my own space, too. And being at Apuldram.

Q What are your hobbies?

A Painting and golf; I used to play with my brother at Hunston and am looking for another golf buddy so that I can get back into it.

Q How do you spend your evenings?

A Watch telly, doing my ironing (tonight).

Q What do you do at weekends?

A Often I go shopping, sometimes with Caz (Caroline Knight), who looked after my fish when I was away; I have five tropical fish at the moment but plan to get more next year.

Q Favourite tv programme/film?

A I like any wildlife programmes - I've been watching the Alaska Live programmes on BBC. I watch Police Interceptors on Fridays and I like some of the cooking programmes, I get inspired by them. Favourite films? I've seen Dunkirk and it's really brilliant. I like all the old Christmas films, especially the musical ones.

Q Favourite singer/band?

A I like Boyzone and a bit of jazz, blues. I don't particularly like pop music.

Q What do you like doing best at Apuldram?

A Art in the art-room; I get on well with the staff. In fact, I like it all and never want to leave.

Q Describe your family/pets

A My tropical fish; I wouldn't want a pet that I would have to leave every day, like a dog or a cat.

Q Favourite meal?

A Chinese meal in a restaurant, anything with prawns in but I'm not a fussy eater.

Q Three words to describe yourself

A I enjoy life (plus smiley)



Alistair with some of his murals; see them dotted around the site



How I see it

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

The weather has been a major feature in all our lives this summer but, come rain or shine, Apuldram continues to be busy, whether that's work you observe taking place across the site, or supporting people at other locations or work behind the scenes.

One of the 'behind the scenes' activities taking place is the development of a new responsive website, funded in part by a £1,000 grant award from Chichester District Council. We are working towards launching during the autumn and the plan is that the new website will:

- ✿ be dynamic and provide an interactive experience for the range of users who visit the site;
- ✿ portray Apuldram's key messages, providing information

about our services, the people who are supported by us, who volunteer or work for us, plus our current and future plans,

✿ and it will have a large media gallery to capture in picture and film the work that we do and the differences that we make.

Summer is also a time when many sporting activities take place outdoors and our trainees have participated in two cricket-based events, one at the home of Sussex cricket and the other at Arundel. Throughout the summer further enriching events are planned, in addition to Thursday afternoon's boot camp/games and sailing on the Solent.

Following the sport and as part of a well-balanced lifestyle, we've enjoyed pizza! Much fun was had by staff and trainees as we once again battled it out in the 'live-on-air' lunchtime quiz on Spirit FM, with success in becoming the week's champions and winning the ultimate prize: **pizza!**

This year we partnered with the NGS (National Garden Scheme), opening our sensory garden, veg plot, art house and shop/café each Wednesday throughout June/July. The trainees have thoroughly enjoyed acting as hosts and showing off the centre and we welcomed a total of 80 visitors.

As many of you will know from other updates, our recent fundraising and partnership events have been successful, most recently the Priory Park Music Festival [see below] and Fishbourne Flat Five. Fundraising is a continuous part of the work of the charity to enable us to reach our ambition of redeveloping the site, in particular the barn. I'm delighted to tell you that the Bassil Shippam and Alsford Trust have generously donated £10,000 to this campaign.

Just as the seasons change so do some of the staff faces at Apuldram and we are delighted to welcome Richard Watson to his new role as Head of Kitchen. [see article elsewhere in the Newsletter. P]



This was the point in the Festival when we got to tell the assembled multitudes (more than you can see in the photo) what we were about and, yes, that *is* me and I am wearing wings



Apuldram's stall and the Wishing Wheel



These photos were taken at the Priory Park Music Festival in July; Apuldram was one of two local charities chosen by the organisers; this gave us a platform to spread the news about who we are and what we do, and included a stall with a Wheel of Dreams made in our workshop and a lot of publicity about Apuldram. A number of trainees, volunteers and tenants came along and were very good at shaking collecting buckets; we raised over £700 as well as enjoying the music and ambience. With a bit of luck we'll be invited back next year!

Meet Richard Watson, our new Head of Kitchen, in conversation with Paul Reed

Richard is just into his second week at Apuldrum and looks as if he is settling in well. He trained as a chef in the Army Catering Corps, and stayed with them for the next five years, travelling to such exotic places as Cyprus, Kenya and, most exotic of all, Aldershot.

After leaving the army Richard stayed in the south, working initially as a publican for around four years, before moving into police stations, or those very few that had canteens left. Richard's last catering job was as head chef at Pallant House Gallery for two years, after which his wife, Elly - who worked at Tozer House (a residential unit for 15 adults with learning disability in Chichester) for 16 years - persuaded him to try working with people for a change.

Richard had "a couple of interviews then went to St Joseph's and St Cyriac's", both part of Stonepillow, applied for work at the Sanctuary, as a supported living project worker, and acting manager serving Woking and Reigate, then acting manager in Hove, as part of Brighton & Hove mental health transition provision. After nine years of doing that, "I felt that it was time for another change", Richard told me. He saw the advertisement for Head of Kitchen at Apuldrum and applied.

Richard's recreation activities include cycling, music - "I have sung with a few bands, everything from church choir, to blues, rock, the classic musicals; I haven't tried opera yet." He enjoys writing and said that he has a couple of novels that are waiting to be finished but may have to await his retirement!

Richard has two stepchildren, Sam and Hannah, 25 and 22 respectively; he also has a son in Sunderland, Andrew, aged 31, and a grandson in the United States, Drew, aged 11.

Richard and Elly haven't got any pets. He enjoys travelling too much and they believe that it would be unfair on a pet to be left so often. He and Elly would like to open an animal rescue centre when they retire; he told me, in strict confidence, because Elly is a modest person, that she is an excellent horse-woman and has won competitions in the past.



Welcome Richard; I'm sure that you'll like Apuldrum and its people as much as we do!

"I dream things that never were and I say 'Why not?'"
Remembering Charles Page,
who helped the Apuldrum dream become a reality.

I DREAM THINGS THAT NEVER
WERE AND I SAY "WHY NOT?"

REMEMBERING CHARLES PAGE
WHO HELPED THE APULDRAM
DREAM BECOME A REALITY



Charles Page

an edited extract of the piece written by George Seth for the Apuldrum@25 book, printed here to mark the installation in the Arthouse of a plaque to commemorate his involvement in the founding of Apuldrum, with additional information from Anne Page, Charles' daughter, who made a donation towards the Arthouse.

Charles was a great supporter of local Mencap. He was also a keen cyclist and would ride his Dawes bike from Bognor to the Committee meetings held in Chichester, summer and winter, wet or fine. He was a World War II veteran and served in Burma during the war, as a signaller in the army. He was the proud possessor of the Burma Star Medal and would always attend their reunion meetings.

After the war Charles worked with the Post Office, then British Telecom (BT), where he eventually led the technical aspects of the national telephone system changeover to STD dialling (late sixties and early seventies). He also worked at the Home Office for a number of years in the 1960s. He was very enthusiastic about the local branch of Mencap and, as a committee member, had a great input in the formation of Aldingbourne and, subsequently, Apuldrum.

Charles was the vice Chairman of the Society at the time that I joined Apuldrum (Ted Reynolds was the Chairman). It was Charles who organised the Mencap Team for the London to Brighton charity ride of 1992; he would take us out around the lanes of Chichester on training rides and he took part in the ride itself, together with me and other members of the Chichester and Bognor Mencap team; we all completed the 58 miles successfully.

Charles was most energetic, mentally and physically, and produced the Society's membership lists, which we still use today (with updates as necessary). In the 1980s and 90s Mencap was very active, with regular members evenings, barbecues at Aldingbourne, jumble sales etc.

I hope that these sketchy memories give some idea how Charles was a "behind the scenes" force in the formation of the Apuldrum Centre. GS



Life and Lily

Hello again: I've been working for Mind at their social club in Chichester; I help serve lunch and then spend the afternoon playing games with the members. Some of them are quite old and some have dementia, so I help out with them. I go there every Tuesday afternoon. I still go to Brownies on Thursday afternoons; we play games and make things with the younger ones; I'll be going with them to the Isle of Wight in September, which should be fun. I went to the IoW before but that was a while back; it was nice. Enjoy summer!

Over the Garden Fence with Alan Doick

- Plant herbs in pots for winter. Biennial herbs such as parsley and chervil can be sown now to give valuable leaves throughout winter. You can also sow annuals such as dill and coriander which will provide leaves until the worst winter weather is on us. Plant a strawberry pot now with herbs and you will have fresh growth through the autumn. Add crocuses at the same time to give colour in the spring. Keep the pot near the door for easy harvesting.
- Lilies, often bought as bulbs, eg, *L. regale* and *L. formosanum* can be grown from seed; check that the seedlings are virus-free.
- Keep grapes watered in dry spells to prevent fruit splitting. Remove excess leaves to allow air movement around the bunches, deterring mildew.
- Keep strawberry runners that are rooting into pots well-watered. When rooted sever from the parent by cutting the runner and trimming it back close to the crown.
- Remove seed-pods from fuchsias regularly to encourage continued flower production. Look for sign of rust disease and spray as needed,
- Sow Spring cabbage and spray other brassicas as necessary to control whitefly and caterpillars.
- Thin out oxygenating plants in your pond such as Canadian pondweed if growth has become too thick. Make sure the fountain is running in hot weather to aerate the water and keep your fish healthy.
- Sweetcorn cobs are ready to harvest when the 'silks' turn brown. Peel back the husks and press your thumbnail into the corn. The cob is ripe if the juice is milky.
- Keep dahlias watered and fed; pick flowers as they open.
- Sow spinach and and spinach beet and dig second early Potatoes now.

Enjoy your garden!

Phil Clark

It is with sadness that we report the recent death of Phil Clark who had for a number of years been a volunteer alongside the trainees in the woodwork section at Apuldrum. Alan Doick delivered the eulogy at his funeral and said "Phil was such a lovely man, kind, caring and certainly humble, one of the best. Nothing was ever too much trouble, he was always happy to be called on for advice and help even if he was in the middle of a job". Our thoughts are with his family.