



Apuldram News

October/November 2017

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Edited by Paul Reed



Dear Apuldram Supporters

I started writing this opening piece whilst on holiday in Cornwall where the trees were turning those particular shades of brown and gold that signal their need to conserve sugars and shut down for the coming winter. It was a lovely few days but, all too soon, back into the thick of it!

In this edition there are many of the regular articles - interviews with staff, including **Carol O'Brennan** who will retire at Christmas, and trainees; plus an autumnal gardening guide from **Alan Doick**, and much more.

There are some observations from staff members - **Ben Applin** and **Andy Pearson** in this issue - whose jobs have changed in the recent past, about what those changes have meant to them and their working practices. Apuldram is a forward-looking and positive (yet, essentially, small and friendly) organisation, and that's something to be really celebrated!

Lucy Stares, who features more than once in this issue, has offered to run the Brighton Half-Marathon in February to raise funds for new signs for Apuldram's café; you can support Lucy/Apuldram by visiting her donation page [here](#); since Lucy made her intentions known, **Miles Redding**, our horticulture apprentice, has agreed to join her and you can sponsor him [here](#). *I will remind you of this on a least one more occasion.*

Richard Watson, our Head of Kitchen, is looking forward to preparing the Indian lunch, details further on. Richard has asked me to record his thanks to Ken Brown, restaurateur and Manager of the Lion Public House in Nyetimber Lane, Pagham, for his donation of kitchen equipment to Apuldram. The donation included utensils, serving dishes and, best of all in Richard's opinion, a sturdy jam pan. So, as requested: **Thanks, Ken!**

Paul



Good To Meet You

John Callaway talks with

PHILIP JUDD, 35

What makes you happy? Being with my family makes me happy. I'm happy when I'm playing snooker or pool.

What are your hobbies? I like playing snooker and pool. I play in Chichester at a snooker club. I like art. I watch TV and DVDs

How do you spend your evenings? I like to stay in most of the time watching TV or playing on my X-Box

What do you do at weekends? Nothing different really. I go out with my PA on a Sunday. We go and play snooker and then go on for a MacDonald's.

Favourite films? I like films with a good story. I like Titanic. It's a lovely story with a bit of a sad ending. I like films that are a bit emotional.

Favourite music? I like older music. I enjoy Michael Bolton and Michael Jackson. Salt 'N' Pepa's song 'Push It' is probably my favourite song.

What do you like doing best @ Apuldram? I love the Centre. I feel brilliant when I'm here. I've got lots of friends here. The staff are funny.

Family/pets? I live in a bungalow with my Mum and Dad who look after me. I have a Budgie called Georgie. My Mum and Dad have three dogs and four rabbits.

Favourite Meal? I like roast dinners - especially roast chicken. I also like going to MacDonald's.

Three words to describe yourself: Cheerful, hard-working, loveable.





How I see it - the view from
Rachel Aslet-Clark, Apuldram's
General Manager:

I've been deliberating about whether to reflect on recent events or write about future ones

and decided to do both:

In the past month we've received several donations that will add to the experiences of everyone attending the day centre. Our success in the **Tesco Bags of Help** scheme resulted in our receiving a £2,000 donation; as the theme of this project was 'Fun, Fit and Fabulous', we intend to buy three pieces of outdoor gym/fitness equipment that Trainees (and staff and volunteers) can use.

I recently attended the Chichester Lions Sight Club annual dinner where I accepted a donation of £500. The Lions lease an area of the Apuldram site, where they recycle spectacles from their clubs all round the country. In addition, local Lions groups organise an annual disability "It's A Knock Out" event every October, and this past week trainees from Apuldram took part in these wacky games and everyone received a medal for their efforts.

We are extremely fortunate to have so many local groups supporting us: other donations received were from Southbourne Ladies Dragons Group and West Wittering Soup Kitchen. We've also visited the Donnington-based NHS Retirement Fellowship to tell them what Apuldram is about.

This week trainees (if they dare) will enjoy a fun filled "Spooktacular" evening of apple-bobbing and other fangtastic gooey games. After that, our attention turns to the festive season and there is plenty to look forward to: **Christmas Fair, Christmas Parties and a Christmas Pop-up Shop:**

I believe that one of the significant strengths of Apuldram is its ability to be responsive, so I am pleased to announce an exciting new opportunity for us in Selsey. **From 16th November through to 22nd December we will operate a Pop-Up Shop from 129 High Street, Selsey, Thurs to Sat, 9.30am to 4.30pm.**

The aim is to sell goods made by Apuldram trainees from the day centre and Hub Club, to promote the work of the charity and its volunteering opportunities, and to give trainees an opportunity to work alongside volunteers in the shop.

Please do join us at our traditional **Christmas Fair** which will take place on Saturday 2nd December at the Apuldram Centre, 11am to 2pm.

Along with staff at the day centre I am looking forward to inviting **volunteers along for a festive natter, drink and a mince pie on Thursday 7th December 2.30pm to 4pm.**

You'll also find us (and our Reindeer) at the Chichester Farmers' Market on Friday 15th December, 9am to 2pm (we should be outside Sports Direct).

Trainees will be partying on Thursday 21st December, ahead of our Christmas closure and for the second consecutive year we will open our day centre and Hub Club services between Christmas and New Year, for those who wish to attend.

Please save the date for the weekend 13th & 14th January 2018, Bunnings DIY store (previously Homebase) in Chichester has invited us to partner them for a "Sausage Sizzle", with all proceeds from weekend BBQs going to Apuldram.

If you would like to be involved in any of these events please contact the office, either call in, telephone 01243 783 370 or email info@apuldram.org

Life and Lily



[The picture on the left, courtesy of Julie Sandalls, shows Lily receiving a certificate from Tyler Murphy. Tyler is a young man who lives in Barnham; at the age of 12 he was diagnosed with a brain tumour and since then he has undergone 17 operations and spent a lot of time in hospital. This inspired him to set up his own charity to help other young people in his situation but he himself needs funds to convert his living accommodation so Spirit FM and Chichester Observer have started an appeal. Lily, inspired in turn by this, organised a 10k walk across The Downs to raise money - Grace, Laura (also in the photo) and Alistair joined her, as did Richard Manning and Anne Downing. The Certificate is in recognition of Lily's walk and all those who took part received one.

The money raised from this event was added to the profits from a raffle that Grace ran at the East Meets West evening and then handed to Tyler. Outstanding efforts all round.]

Lily told me that she's been on holiday for a few days to Disneyland Paris with Daniel (who, you may remember, is Lily's boyfriend); it was their first time there and they went through one of the groups that specialise in these trips. Lily told me that everyone on the trip was "nice".

Lily is going to see Little Mix in London in November; her sister organised it as a present for last Christmas; looking forward to that. "Life", Lily told me, "is good."

PR.



Ben Applin, Hub Club Co-ordinator, writes about his rôle

Since the Hub Club reverted to running three days a week, my rôle has changed. I continue to work for Apuldram five days a week, with three at the Hub Club and two at the Day Centre. Working at both enables a two-way connection with the locations. At the Day Centre, I'm an additional resource to help and support activities there. This is a varied rôle where I can be leading an art or horticulture session or providing 1:1 support; I also help with care support administration and, occasionally, in the shop. Every day is different!

I've been asked to put together a winter activity programme that will enable trainees and Hub Club attendees to improve or learn new skills that will help them lead independent lives, focussing on reading (words, names, places, help signs), writing (shopping lists, letters, emails) and numeracy skills (budgeting and money skills). I'm passionate about this type of practical support as I see many of the people we support losing these skills, largely because others do it for them. This is sad because: (a) they enjoy it and (b) they are skills required for independence.

Back at Hub Club we have a lot of new and exciting classes: starting next Monday we will have a new Boccia session, together with our usual sports, drama, "Make Your Own Music", plus numeracy and literacy sessions.

Hub Club is as popular as it has ever been and I think that everyone who comes along enjoys it too!

[The photograph is of Ben working on the Hub Club bottle cap project with Justin and Isabelle]



Ben (at rear) with Isabelle and Justin

Say 'hello' to Lucy Stares



Lucy

Lucy started working in the shop/café at Apuldram at the beginning of August, coming via a recruitment agency, and was with us when the vacancy for shop supervisor was advertised. She was very happy to be here because her boyfriend, John Douglas, is the skipper of a catamaran that regularly takes a group of trainees out from Apuldram. In this way, Lucy got to know the ethos and sense of enjoyment that is part and parcel of being at Apuldram and she determined that if a job came up she would apply for it.

Although, at the time of being encouraged to apply for the post, she had little actual experience of Apuldram, Lucy brought with her a wealth of experience in the catering field, including being a waitress to help fund her university education and as the person employed and designated to open new restaurants in the Smith and Western chain.

Despite periods of being away from home, for example her studying in Oxford, Lucy has always lived on the Parklands estate in Chichester, the area she calls her 'real home'. She told me that her auntie, cousins and great-aunt all live within a stone's throw of her, which is something of a rarity these days, with families splitting up for work, among other things.

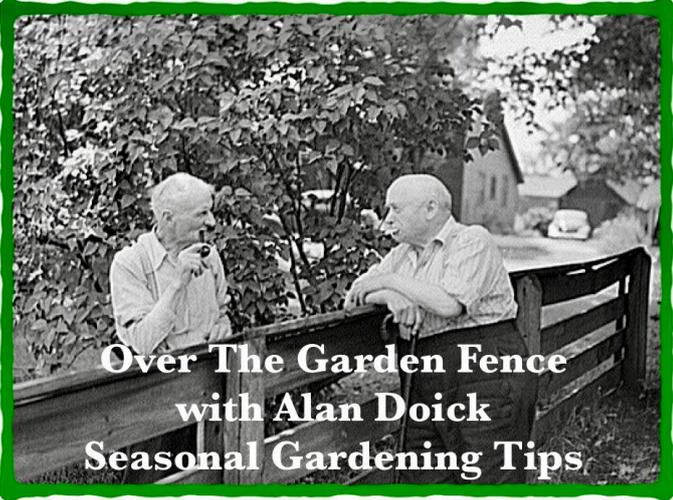
Lucy's father died suddenly and unexpectedly two years ago, as she and he were descending Ben Nevis, a climb that he had particularly wanted to do; he stumbled and fell, but it wasn't a trip, it was a heart attack. Lucy's first successful job in a hospital had left her with sufficient knowledge to keep him alive but he died shortly afterwards; it was this that led to Lucy deciding to make a change in her life-direction and this, in turn, led to her coming to Apuldram.

Lucy enjoys walking and climbing and has climbed Mt Kilimanjaro among others. She is a dedicated recycler and very much into a healthy lifestyle.

When I first planned to have a chat with Lucy she was otherwise engaged as a dancer at the Goodwood Revival, in full '40s outfit and make-up, having a wonderful time. I am sure that she brought the same enthusiasm to that event as she brings to working at Apuldram.

It is clear that Lucy loves both the work and being with the trainees, with whom she is very popular. I have no doubt that she will make a great success of her post and revitalise the shop and café.

Welcome to Apuldram, Lucy!



**Over The Garden Fence
with Alan Doick
Seasonal Gardening Tips**

November 2017

- Care for bulbs during the winter - check hyacinths in frames and remove any covering of bark or peat. If the shoots are about 3" high and you can see the flower spike has come through from the bulb neck, bring them into a cool, light room. Freesias in a cool greenhouse will need to be staked before they begin to make flower spikes, to prevent the spikes from becoming bent. They grow in winter and need liquid feed and good light to thrive.
- Remove pumps from ponds if they are not kept running and clean them thoroughly. Net the pond to prevent leaves falling into the water. Feed the fish occasionally in mild weather.
- Plant fruit trees and bushes providing the soil is not

too wet. Remove the netting from fruit cages to allow easy access for tidy up, pruning and mulching etc. Also birds will be able to eat overwintering insects and their eggs.

- Check sweet peas in cold frames to ensure they do not dry out. Protect them from mice.
- Begin to prune grapes as soon as the leaves have fallen. Plant new vines outside or in the greenhouse.
- Clear away fallen leaves from around heathers and prune back the summer flowering ones. Mulch with bark or compost now before under planted bulbs being to show through.
- Protect pot-grown bays from frost by wrapping the pot with plastic bubble wrap or fleece or by moving them close to the house. Pot up small clumps of chives and parsley and bring into the kitchen or greenhouse to provide leaves during the winter.
- Lift and divide rhubarb clumps if they are congested. Replant into soil which has been enriched with garden compost or well-rotted manure.
- Protect newly-planted evergreens from damaging winds with a screen of netting or fleece around them.

Above all, enjoy your garden!

**Andy Pearson, Day Care Team
Leader, writes about his new role**

You may know that I have been the Apuldram Contract Gardening Instructor for the past 14 years. A year ago, I was also appointed Day Care Team Leader.

The creation of this position has helped to introduce staff structure within daycare. The new role, alongside others, and the creation of staff development programmes, has provided a progression path, which will encourage new staff to see a structured career within the care sector.

The implementation of in-house training and externally-funded courses are helping to develop the skills of existing staff which are essential to ensure we can deliver good care and support.

Whilst Health and Safety-related tasks invariably take up a lot of my office time at present, it ensures that we comply with the statutory regulations; by doing this we are creating a safe working environment for all those who attend the Centre, including a volunteer induction programme in Woodwork and competency assessments

**"I am excited
and looking
forward to
contributing to
the future ...
of the Centre"**



to make sure that trainees working in Horticulture or Contract Gardening are safe.

In regular team meetings I can discuss with staff the areas that are working well and those that might be improved.

Essentially these meetings give us the opportunity to explore ways that departments at the day centre work together to support and develop the trainees to enable them to reach their full potential.

This new role is a challenge but an enjoyable one and I am excited and looking forward to contributing to the future development of the Centre and all who attend.

AP, October 2017

A selection of photos from our Facebook and apuldram.org websites



APULDRAM'S
INTERNATIONAL LUNCH



दोपहर का भोजन



Indian Lunch



Wednesday 15th November, 12:30pm

Starters

A selection of appetisers with dips:
(onion bhajis, vegetable pakoras, vegetable samosa)

Main Course

Apuldrum spinach and chickpea curry (medium); savoury
Basmati rice; Bombay potatoes; assorted home-made mini
naan breads

Dessert

Paal Payasam (sweet Indian rice pudding)



For Bookings Contact Lucy Stares on
01243 216848 or lucy@apuldrum.org

LIMITED SEATING - BOOK EARLY

This is an Alcohol-free event, but soft drinks and juices are available to purchase in the shop.



Carol O'Brennan

Carol is a support worker at the Hub Club, Apuldrum's city centre activity hub. This is not Carol's first incarnation in terms of Apuldrum staff, as she was a member of the supported living team for five years, then left for two years to help her sister set up her own

business and, when that faltered five years ago and Carol was at a loose end and unemployed, Jane Kilby phoned and asked her to consider coming back. Carol said that she "jumped at the chance... I really missed the guys."

Carol is now set to retire at Christmas and is "looking forward to it in many ways but will miss the guys again!"

Carol has always lived in Chichester although she was born in Egypt during the build-up to the Suez Crisis - her father was a serviceman - then came to England six weeks later and has lived here ever since.

Schooling was at Rumboldswyke Primary where her grandchildren went much later, followed by Central and Lancastrian School for Girls. Carol's jobs have been varied and included time at Boots, Estée Lauder, Smiths Industries, housekeeping at the hospital "but that was 12-hour shifts without a break - horrendous so I only

lasted 12 months and lost 1½ stones; they now have two people doing the job". Carol next worked in Midhurst and inspected replacement hip joints for two years; she applied for a job in Apuldrum's kitchen, was unsuccessful but offered a position in the Supported Living team instead and wished she'd come into this line of work many years previously.

Carol is one of five siblings; she has been married to John for 43 years and they have two children, Nathan and Rachael, and six grandchildren, ranging in age from five months to 16 years.

Carol enjoys walking and has recently got a dog again, now that she has more time to take it out: it's a Cockerpool, Ruby, who has been with Carol and John since she was eight weeks old; she is now nearly two.

Carol likes crafting, particularly card-making, and brings some of that to Hub Club. She also enjoys baking and cooking.

Carol and John have a cabin in Cochem, Germany, "in the middle of nowhere" and, when John retires, they plan to spend more time there and with the grandchildren.

Carol has "really really enjoyed working for Apuldrum" and has loved every minute of it: "I really really wish that I'd come into this line of work earlier."

Enjoy your retirement, Carol, and don't be a stranger!

PR



Cooking School with Jane Finch

Buffet Food for Christmas Entertaining

This is our last cookery course of 2017 and a good opportunity to get ahead of yourself for Christmas

The course will be held on
Saturday 25th November
from 9:30 am – 3:30 pm
at the Apuldram Centre



a light lunch plus tea and coffee throughout the day will be included in the price of **£75**, payable in advance

Everything on the course can be frozen; we will be cooking a variety of finger food, canapés and small plates, both savoury and sweet, which will be perfect for those unexpected guests.

An information pack will be given when you book, outlining what you will be cooking and the ingredients you will need to bring with you on the day, including dishes and containers to take your items home.

All cooking equipment will be provided.

Only six places available - early booking essential

Tutor – Jane Finch

Jane has been an instructor at Apuldram for 11 years and has over 30 years' experience of teaching cookery. She qualified as a professional cook at North East Surrey College of Technology before going on to do her teacher training.

Jane has previously run her own catering company and has held cookery demonstrations in Surrey and for the London Borough of Merton.