

## Lots of bits and pieces for you:

- **Cream Tea** - this is just 3½ weeks away and **we really need prizes** for the Tombola and the Raffle; if you have anything - a good guide is the kind of thing *you'd* like to win - please pop it into the Centre. Ta!
- **Our next date for the Chichester Farmers' Market is Friday 4th May**
- **We've been offered a stall** at the Boxgrove Carnival on **Sunday 22nd July**, noon 'til 5. It sounds like a great afternoon for a visit, with Vintage Vehicles, free inflatables for children (and adults if they want), children's games, toddlers' play area, cash bar and food **but we especially need volunteers to run the stall; if you can help, ring the office on 01243 783370. Thanks**



- **Our recent CQC inspection** resulted in a 'Good' rating, which is, well, good; we're very pleased.
- **Last weekend's Sausage Sizzle** at Bunnings raised a fantastic £411 for Apuldram. Many thanks to **Kiwi Recruitment Agency**, who supported us on this.
- **Once again we'll be taking part** in the **National Garden Scheme** in May and June - see poster on the right.
- **Our Barn Dance** is coming up in July and tickets are now on sale. Contact the office - 01243 783370 or pop in. This promises to be a barnstormer...
- **Our themed lunches** continue to be well supported, with **The Best Of British** lunch being the most recent; there's a photo below of Richard Watson with Danny, both just about to take the main course into the café.
- **On page 2** is a piece by one of our amazing team of support workers, giving a real picture of what her working days is like.

Looks like Spring has finally arrived - enjoy it! **Paul**



Open Garden at  
The Apuldram Centre

Thursdays from 17<sup>th</sup> May  
until 14<sup>th</sup> June  
from 11am until 3pm

Admission £4, children free  
Light refreshments available





**BARN DANCE**

**20TH JULY**  
**7:30 TO 10:30PM**

Dancing to Sussex Barn Dance band Tight Squeeze plus caller

No experience necessary, just the will and ability to  
**HAVE A GOOD TIME!**

**£15**  
**INCLUDES PLOUGHMAN'S SUPPER**  
**LICENSED CASH BAR + RAFFLE**  
**BOOK NOW - 01243 783370**

Apuldram Centre, Common Farm, Appledram Lane South,  
CHICHESTER, PO20 7PE

# A Day in the life of Support Worker Karen Valler

I'm Karen and I am a support worker for the Apuldram Centre. I work with people with a learning disability in their homes, in order to help them to live the lives that they want. I work with people in different types of accommodation, ranging from shared housing with or without sleep-in cover, to self-contained accommodation.

At Apuldram we encourage people to be as independent as possible, but we understand that they might need some help to achieve this. My job involves lots of different things that together help people towards achieving their goals.

If I have done a sleep in, my day will begin from 7am. Most people are already beginning to get up at that time, but if not I will knock on their door and have a chat with them about the day ahead. I might need to prompt people to take a shower, or brush their teeth. Depending on the weather I might need to help people to choose the right clothes to wear for the day although most tenants are able to do this independently.

If tenants have medication to take, I will make sure that they have taken it as they should. I will need to sign medication sheets to confirm that I have seen them take their tablets.

I will be with tenants at breakfast, where I might need to help them to prepare their breakfast, or just be around for a chat.

Depending on their daytime activities, I will need to ensure that tenants are ready for their transport, and that they have everything that they need for the day ahead, such as a packed lunch or money.

During the shift, I will also have ensured that I have completed support plans and daily logs, along with any routine checks required.

Most of our tenants attend day services on weekdays. They will also have regular 1:1 support sessions of between 3 and 4 hours per week, in which they will undertake food shopping, do household chores, and where possible attend any appointments, such as GP or dentist. If I am their key-worker, I will provide their 1:1 support.

Evening support commences around 4pm. Once tenants return from their day



service activities I will support them to participate in any household tasks whether it be their turn to cook, set the table, or do the washing up.

I will work alongside tenants to help them cook an evening meal. I may need to ensure that they are using the correct temperatures and timings, that food safety rules are being followed and that individuals are safe in the kitchen.

Later in the evening I'll be prompting tenants to ensure that they have everything ready for the following day, before encouraging them to shower and brushing their teeth before bed time. I will sometimes accompany tenants to evening activities in the community.

If tenants have medication to take, I will make sure that they have taken it as they should. I will need to sign medication sheets to confirm that I have seen them take their tablets.

During the shift, I will also have ensured that I have completed support plans and daily logs, along with any routine checks required.

At the start of the shift I will complete daily logs and conduct routine daily or weekly tasks, such as testing tenants smoke alarms and daily financial checks.

My shift will normally finish at around 9.00pm, unless I am doing a sleep in.

*[Wow! That sounds like a 36-hour day, Karen! Paul]*