



Apuldrum News

February 2018

Published by The Apuldrum Centre, Common Farm, Appledram Lane, CHICHESTER, PO20 7PR

Edited by Paul Reed

Dear Apuldrum Supporters,

Another selection of things that I think/hope you will find interesting including - as suggested by the picture on the right - about some of the many inventive things that have come from our Art Room and Woodworking fusion.

Elsewhere is a schedule of coming events in the Apuldrum firmament, together with more detailed information on those events that are more imminent. There's a list of the winners in February's 100 Club draw - let me know if you'd like to join.

Lucy and Miles will run the Brighton Half-Marathon on 25 February in support of Apuldrum; please encourage them by sponsoring Lucy [here](#) and Miles [here](#). Thanks

Oh, and I nearly forgot - it's the Valentine's Day French lunch next week; bon appétit!

Paul



How I see it

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

Over the past six months we have been talking to our shop customers and have monitored the numbers visiting our shop, their purchases and spending habits. If you're a regular shop customer you may have noticed some small changes we've made following customer feedback, such as only stocking a very limited number of products that have not been produced on site.

We will be extending our weekday opening hours which will now be from 9am to 4.15pm, enabling us to better serve those customers collecting trainees and also end of school-day visitors. After careful consideration we have taken the decision to cease Saturday trading with immediate effect. Customer visits are sporadic, often varying with the weather. In making this decision we want to harness the success of the Selsey Pop-Up Shop and Chichester Farmers' Markets. We have therefore applied to be a regular contributor to the seasonal Farmers' Markets, commencing in April. This will have the added benefits of enabling the trainees to be part of a community-based activity, showcasing their talents through the sale of our home-produced goods, engaging with the public (both resident and visitors to Chichester) and generating income for the centre.

Our **themed lunches** remain extremely popular with diners and trainees, who get to experience restaurant style preparation and take part in service; these will continue throughout 2018; see our [Events Calendar](#) for further details.

This year we have timed our partnership with the **National Garden Scheme** (NGS) to coincide with the readiness of our bedding plants, to maximise plant and teashop sales from visiting NGS members.

Participating in community activities is an essential element in ensuring that Apuldrum is known and understood locally; over 25 volunteers (including staff volunteers) supported us to raise **£790** at Bunnings Sausage Sizzle. If you've not experienced a sausage sizzler you can join us at the end of September when we return to the store.

The members of Wittering Quilters kindly donated a cheque for £500 following their annual fundraising efforts. Significantly, we received a donation from Tennyson Insurance of £6,000 and a further £900 from a company who used their meeting room facilities. We are also grateful to the Gerald Micklem Trust for their donation of £5,000 to re-equip the Common Room later in the year.



**“frog-kissing
'optional'”**

We have now taken delivery of our outdoor gym equipment (Tesco Bags Of Help grant) and once the weather improves it will be fitted close to the main field soft fruit cage, so everyone can have fun, get fit and be fabulous!

- Trainees and staff volunteers will be strutting their funky moves at the upcoming **Valentine's Disco**, along with correctly matching celebrity couples and optional **KISSING THE** (cardboard) **FROG**.



The Apuldrum Centre 100 Club

Winners February 2018

First prize - £100 - Owen Tunnell;

2 @ £50 - Ken Lyons, Mr & Mrs Mitchell;

5 @ £25 - Barry Pearce, Buster Barton, Jane Johnson, Rosemary Riddell and Louise Jones

CONGRATULATIONS TO ALL WINNERS!

Your help needed

Now	Arts & Crafts are seeking clean unwanted denim items, jeans, etc.
For the Cream Tea in May	Julie Sandalls is asking for prizes to be raffled, please; she knows it's a little bit early but wants you to start thinking about it now.



Apuldrum's Event Year, 2018



January	Saturday/Sunday 13th & 14th Bunnings BBQ; SUCCESS! £790 RAISED		
February		14th - French three-course lunch to celebrate St Valentine's Day	
March			24th: Fishbourne Literary Festival.
April		11th - Best of British three-course Lunch	
May		13th, Cream Tea, 11am until 2pm	 National Garden Scheme Open Garden, Thursdays 17 May to 14 June
June	 National Garden Scheme Open Garden, Thursdays 17 May to 14 June	8th, Queen Elizabeth Country Park, picnic, woodland walk, BBQ, 6pm to 9pm	
July		20th, Barn Dance, 7:30 to 10:30pm	25th, Australian BBQ lunch
August	10th, Skittle Evening, Barley Mow pub		
September			Sat/Sun 29th/30th Bunnings BBQ; volunteers needed
October		31st, Brazilian three-course lunch to celebrate Hallowe'en (Dia del Muerto)	31st - Spooktacular - 6:30 - 8:30pm; trainees/tenants.
November			
December	1st: Apuldrum Christmas Fair, 11am to 2pm		

French lunch
to celebrate
St Valentine's Day
14th February, 12:30 - 2pm

Menu

Entrée

French Onion Soup with a Gruyère Croute

Plat Principal

Warm Goat's Cheese with a roasted vegetable salad on a black olive tapenade crostini

Dessert

Crème Brûlée with a Normandy butter shortbread

Tea/coffee

£16 Book early!

Call 01243 783370



Apuldrum Centre

Support on offer for carers:



Carers Support West Sussex
for family and friend carers

Dove Lodge, 49 Beach Road, Littlehampton, West Sussex BN17 5JG

0300 028 8888

www.carerssupport.org.uk

info@carerssupport.org.uk



Think Carer

My name is Cathy Burnard,

I am The Learning Disability Carer Wellbeing worker in your area.

I wanted to take this opportunity to introduce myself and explain briefly what Carers Support can offer you as Carers.

We support Carers by providing practical information, guidance and emotional support. As a specialist worker for Learning Disability Carers I can offer information and support to help you in your caring role.

Our services include

Local Support groups for Carers of people with learning disability.

Chichester : New Park Centre (1st Tuesday of each month 10.30am -12 noon)

Bognor: William Hardwick Pub (Last Tuesday of each month: 10.00am-11.30am) Please email

cathy.burnard@carerssupport.org.uk or

ring 0300 028 8888 for more information

Carer Wellbeing workers

Wellbeing workers provide individual support to people caring for somebody with a Learning

Disability. We listen to what is important to you and look at what support can be available. This includes access to our Carer Wellbeing Fund, and equipment to promote independent living. We support all Carers who are looking after someone who could not manage without their help across West Sussex.

Carer Response and information line

0300 028 8888

At Carers Support we understand that at times your caring role can present some challenges. Our friendly team will register you and offer a personal plan of support to help you look after your own wellbeing.

Please visit our website

www.carerssupport.org.uk for more information on our service, events and activities.

I look forward to hearing from you.

Cathy Burnard (Learning disability Carer well-being Support Worker)



Carers Support West Sussex

Charity No 1123359 Company No 6418743



@CarersWSussex

**Fishbourne's 3rd
Literary Festival**



FISHBOURNE LOVES BOOKS

Saturday March 24th 2018

10am – 5pm

Talks by authors (in Fishbourne Church)

Isabel Ashdown

Béatrice Crawford

Margaret Drabble

Adam Mars-Jones

**Plus Book Sales, Book Talks, Book Grab,
Refreshments and Ploughman's Lunch**



A day long festival from 10.00am - 5.00pm featuring massive book sale, all-day catering by one of Chichester's top restaurateurs, Nik Westacott from The Old Greenhouse, with side events including a panel discussion by authors about the difficulties of getting published. All the aforementioned FREE, with day tickets for 4 authors' talks at £20 available from the festival website.

Where? St. Peter's Place and Fishbourne Church at Fishbourne, Chichester, West Sussex PO19 3XT South of the A259, between Apuldrum Lane and the Woolpack pub, just off the Fishbourne roundabout on the A27 CHICHESTER by-pass

Full details and tickets:

www.fishbournelovesbooks.com

**Apuldrum and Fishbourne
Church are the two
beneficiaries of the
2018 Festival**

How an up-cycled pallet makes lolly (and ice-cream cone; and craft items; and allsorts)

BY ANDY PEARSON, DAY CENTRE TEAM LEADER

At Apuldram we are always looking to find new and creative ideas for our departments to be involved with. Old, up-cycled pallets can be transformed by our trainees into interesting objects that can be sold in our shop to help fund our charity. Here is an insight of a pallet's up-cycled journey.

1. First we have to source a pallet supplier; we have a couple of local companies who help us: Travis Perkins in Itchenor and HT Supplies in Chichester. We're really grateful for their support.
2. Then we collect them and stack them in the barn;
3. The next stage is for the woodwork department to disassemble the pallets;
4. After this the pallets are sanded and shaped to create craft items.
5. Next the pallets move over to the Art and Craft department.
6. Art and Craft then bring the items to life with their decorative ideas.
7. I am sure you will agree that these look absolutely Fab.

This is just one example. We also make up-cycled garden racking, storage boxes, bug houses, compost bins, litter bins, bird tables and wall and garden art. We have lots of further projects coming up, so keep a look out in the shop. You never know what will be coming next.



Good To Meet You

John Callaway talks with **Andy Francis**, who turned 40 a few days ago

Andy Francis has been a regular at the Apuldram Centre for many years. You wouldn't know it, but he's a bit of a dark horse when it comes to dancing.

He says he's pretty good, and tries to be cool like John Travolta in Grease.

Here he is, showing some of his moves at the Halloween do. →

Andy tells me that he enjoys working in the kitchen, and he's pretty good at making cheese scones. He can do the weighing and measuring on his own, and likes using the electric scales.



When at home he likes to relax with a bath, and then watch TV. His favourite film is **Star Wars**, and if he had the chance he'd like to be like Luke Skywalker.

Andy reckons he's a happy, smiley person... and who wouldn't be with such great dance moves... and a pet cat called Lola.

JC



Garden Notes, February 2018

• Plant onions and shallots. The usual way to grow shallots is to plant bulbs (sets) - this hardy vegetable can be planted before most others can be sown. Although 'sets' are more convenient, seeds are cheaper. If using seeds, onions and shallots can be sown in cell trays now, three or four seeds per cell. If you have a cool greenhouse, seedlings can be raised before planting them out in clumps in the Spring. If growing from 'sets' plant them directly in rows 10" (25cm) apart. If the soil is still too wet and cold, you can plant them in pots and plant out later.

• Pelargoniums which have been stored dry in pots, should be checked for rot now and cut back. Pot in

small pots of fresh compost and give a little water to stimulate growth.

- Check potatoes which are in trays to 'chit' (sprout) and remove any that are rotting. Keep them in good light to ensure sturdy shoots. Rub off any aphids (greenfly) which are on the shoots.
- Sow lettuce, spinach and radish in spare patches of soil in the greenhouse for tasty Spring treats.
- Keep ponds free of ice to allow gases to escape and fish to breathe.
- For early crops sow seed of broad beans in pots in a cold or cool greenhouse and plant out in March. Protect Autumn sown plants with cloches in very severe weather.
- Cymbidiums (orchids) in flower should be kept in a cool room in good light. Water with rain water. Do not allow them to dry out, but never allow them to stand in water.
- Parsley is best replaced every year as it will tend to run to seed in its second season. Sow in pots in gentle heat for early supplies of tasty leaves.
- Sow tomatoes now in a heated greenhouse for early crop.
- To prevent *mahonia japonica* from becoming 'leggy', cut off the rosettes of leaves after flowering. The 'sticks' will produce several shoots and make a lovely bushy plant.

Enjoy your garden!