

# Marley's Tales

Spring 2022

Tales from The Apuldram Centre, from the cat with no tail!



Marley's Tales is a seasonal publication produced by the trainees at the Apuldram Centre. We have named the publication after the Apuldram cat, Marley – The cat with no tail! We want to share with you some of the things we get up to and talk about. It is produced by the Apuldram trainees, Anthony, Phill, Justin, Abs, Tom, Andrew, Stuart, Ed and Louise, with some support from the staff.



## Contents

Section 1 - What goes on in the office?

We wondered what everyone in the office got up to.  
We see them working but wanted to know what they actually do.

Section 2 - How do we feel about the war in Ukraine?

Section 3 - Our Favourite Activities at Apuldram.

Section 4 - Fruit trees in bloom!

Section 5 - A winter walk.

Section 6 - Have you had Covid?

Section 7 - Our day at the centre.

Section 8 - These are a few of my favourite things

Section 9 - What makes you laugh?

## What goes on in the office?



Today I discovered what Maria does in the office. Maria says she does admin work. Admin is taking phone calls, sending emails and shopping for stationary. Maria has also said she passes messages on to the staff. She loves all of her job.

By Abs



Martin manages Supported Living. This means he manages the support workers who work in the houses where people live. He has just started in this role. This means he meets with the team leaders to sort out problems and to make sure that everyone is happy and safe in their homes.

*Sarah is the Chief Operating Officer. This means that she is involved in the day to day running of the Centre. She also looks after human resources, which means that she makes sure that all of the staff are happy in their work and that they are paid properly and on time. She has had a lot of work to do with Covid, making sure that the staff have enough PPE and that they have Covid tests.*



*Anthony and Andrew spoke to Tiffany.*

*She said she deals with HR (Human Resources or people!) and payroll, which means that she makes sure that staff get paid. She also makes sure that staff are happy in their job. She has been in her job three months. Sometimes she helps out with the reception and takes phone calls. She works closely with Sarah, the Chief Operating Officer.*





*John Callaway is the Activity Support Manager. He also used to manage Supported Living, but now Martin Tull has started doing that. He tries to make sure that trainees in the Centre and out in the community get the best possible service. He has to have lots conversations on the phone and meetings with other staff. At the moment he is preparing paperwork for the CQC inspection. The CQC make sure that places like Apuldram are doing a good job for the people in their service.*



*Rachel is the Chief Executive Officer at Apuldram which means she is the manager of the whole centre. She does all sorts of jobs but on the day we spoke to her she had been looking for an allotment for people who work from the Hub in Chichester to use. She had also been inspecting the new toilet block with the builders. She often has to speak to solicitors about legal matters (the law) and how this affects Apuldram. She has to speak to staff online, because of Covid. Even now she is planning how things will go next Christmas. Another thing she does is to deal with guidance from the government about how the centre should be run. There has been a lot of this with Covid.*

Karen is the Finance Manager. She looks after all of the money in the Centre. As part of this she sets the budget, which means she works out how much money we have and decides how we spend it. She counts all of the money from the shop and takes it to the bank. She also orders things for us to use in the Centre and for the Hub in Chichester.





Paul is the Business Analyst. He organises staff training and looks after IT (computers). He does project work for Apuldram which means he looks after specific jobs that need doing, like installing cameras at the Centre. He is an administrator, which means he looks after and organises information on the computers and paper records and documents. On Mondays he does some work on the reception, like answering the phone.



How do we feel about the war in The Ukraine?

We asked a few people at the centre what they thought of the war that is going on in Ukraine. This is what they said.

Phill: "I have seen the war on the news and it upsets me. I hope that it does not escalate."

A Trainee (anon): "It is good to send money for their food, drink and clothes. We are very lucky because we have things, but they don't. They cannot wash and they don't have toilets. They don't have tables and chairs."

Abs: "I don't like to watch the news, it is disturbing. I would like to help people."

Julie: "I am sad, there are lots, of people fighting in Russia. Loads of children dying".

Zak: "Very sad about the war".

Danny: "I fell distressed. I think it should stop".

Julie: "Feel very sad about the war".

Lisa: "It upsets me all the fighting".

Paula: "Very distressed why this evil man is doing this".

Joel: "Very upset very distressed. Putin is an evil man. All the shooting upsets me".

Eric: "The UK isn't doing anything. I am very annoyed!"

Henry: "Don't like it, all the families dying it isn't nice. I feel sorry for them I cry. "

Debbie: "It's not something we would expect to see in our lifetime. Where would we go if Chichester was bombed? I feel sorry for the innocent people".

Anthony: "It is a pity that people have to shelter without homes. Some people haven't got much food."

People are obviously shocked and upset. Some want to do something to help the people suffering. What do you think?

## Our favourite Activities at Apuldram



This is Dan by the compost heap. He loves making compost. He also loves making up the bonfire.



Elli and Joel love playing games. Some of Ellie's figures are watching the game!



Tom loves picking apples and selling them at the market. Tom is picking tennis balls because there are no apples in winter!



*Zac enjoys digging in the vegetable patch.*



*Ed likes to make paper chains. He is making them for his brother's wedding.*



*Joel is an artist. He loves to paint.*



*Carrina is cutting and sticking tissue paper to make a picture of a chicken pie.*



Andrew loves cutting grass on the sit on lawn mower.  
Watch your toes!



Jonathan enjoys doing puzzles, along with lots of other things.



*Henry enjoys cardio drumming. He loves drumming to Amy Winehouse.*



*Julie loves to draw.*



## Fruit Trees in Blossom

Tom, Justin, Louise and Stuart took some pictures of the blossom on the fruit trees.



## A Winter Walk from the Centre



We left the Centre to walk along the path.

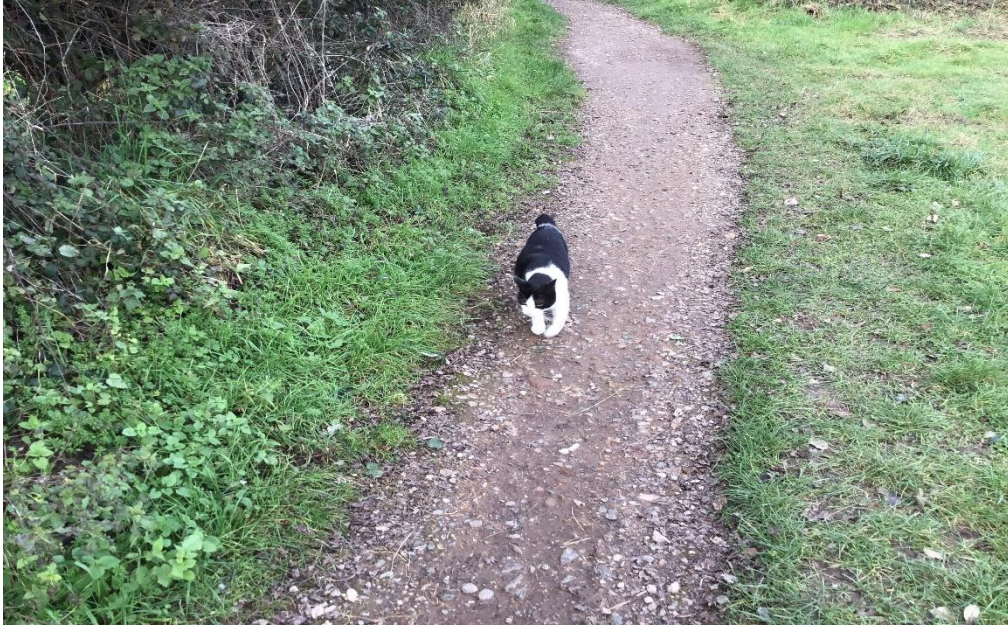


We bumped into Johnny and

*Stuart, walking the other way.*



*We stopped next to the electric fence, but did not touch it!*



*We looked back and realised that Marley was following us!*



*Jon and Zac had to dodge a bike!*



*There were great views of Chichester Cathedral.*



*We passed the orchard.*



*We reached the end of the path.*



*There were lovely view of the Downs on the way back.*

## Have you had Covid?

Most people dread having Covid, but what is it really like? We have spoken to trainees and staff at Apuldram about their experiences. This is what they said:

Trainee 1 said “I was really ill and in bed for ten days. I felt rough. I felt better after the ten days and now feel fine.”



Staff Eric said: “I had no symptoms. I felt fine.”

Trainee 2 said: "I had Covid, it started on a Friday. I had a bad cold and cough at the weekend. I felt better by Monday, the cough continued for a week."

A staff member said, about his son: "He had a head ache for a few days. That was all."

Staff Nick said: "I felt absolutely fine. It was no more than a bit of a 'sniffle' for a couple of days. I would have come to work had I not known it was Covid."

Staff Jenna said: "I had Covid twice and it was not that bad, just a bit of a cold."





*Staff Samba said: "It was not too bad, a mild cold. I felt a bit tired."*

*It seems that most people have found that Covid was not too bad, they only had mild symptoms. However, it is better that we all stay safe and defeat this virus. As far as we know all of these people were vaccinated and this seems to have helped.*

## Our Day at the Centre

Justin, Tom, Sam and Ben wanted to share some of the things they enjoy doing when they come to the Centre.



They enjoy mowing the grass.



In the winter they make kindling to light fires.



Sam and Ben are holding two parts of a wheelbarrow that they have made.



Sam enjoys delivering village magazines. Here he is delivering them in Southbourne with David.



Everybody likes to draw and colour in  
sometimes.



They put on headphones and take part in  
cardio drumming.



*They love playing games and doing puzzles.*

These are a few of my favourite things



Name: Sacha

Meal: Sausage and chips

Film: Mamma Mia

Drink: Ice cream sundae

Music Act: One Direction

Superhero: Wonder woman

Sport: Rounders



Name: Jonathan

Meal: Fish and chips

Film: James Bond

Drink: Coffee

Music Act: Abba

Superhero: Superman

Sport: Cricket



Name: Sam

Meal: Sausage and chips

Film: Grease

Drink: Squash

Music Act: Robbie Williams

Superhero: Spiderman

Sport: Football



Name: Justin

Meal: Pie and mash

Film: Batman

Drink: Lemonade

Music Act: Kaiser Chiefs

Superhero: Spiderman

Sport: Running



Name: Ben

Meal: Sausage and chips

Film: James Bond

Drink: Coke

Music Act: Queen

Superhero: Spiderman

Sport: Football



Name: Andrew

Meal: Lamb roast

Film: Glee

Drink: Cider

Music Act: Meatloaf

Superhero: Ironman

Sport: Football





Name: Andrew

Meal: Fish and chips

Film: James Bond

Drink: Coke

Music Act: Spice Girls

Superhero: Superman

Sport: Football



Name: David

Meal: McDonald's

Film: Grease

Drink: Diet coke

Music Act: Queen

Superhero: Spiderman

Sport: Cricket



Name: Danny

Meal: Mcdonalds

Film: John Wick

Drink: Cider

Music Act: Katy Perry

Superhero: Spiderman/Hulk

Sport: Banger racing



Name: Olivia

Meal: Mcdonalds

Film: Shrek

Drink: Coke

Music Act: Kylie Minogue

Superhero: James Bond

Sport: Basketball



Name: Ella

Meal: Mcdonald's

Drink: Coke

Superhero: Spiderman

Film: The Greatest Showman

Music act: Justin Bieber

Sport: Football



Name: Carrina

Meal: Fish and chips

Film: James Bond

Drink: Seven up

Music act: Jerry lee lewis

superhero: Dr. Who

sport: Skiing



Name: Phil

Meal: Roast poodle

Music act: Michael Bolton

Film: Hard Way/ Showdown in Little Tokyo

Superhero: Me!

Drink: Tea

Sport: Snooker.



Name: Anthony

Meal: Chilli con Carne

Music act: Simply Red

Film: James Bond

Superhero: Stupid man

Drink: Coffee

Sport: Cricket

## What makes you Laugh?

We asked everyone at Apuldram what was their favourite television or film comedy. This is what they said:

Fawlty Towers - Andrew

Only Fools and Horses - Claire, Justin and Tyrone

Dad's Army - Richard M

Home alone - Tom

Miranda - Tracey and Paula

Steptoe and son - Eric

The Simpsons - Joel

Benidorm - Richard

Mr Bean - Danny and Jason

Alo alo - Daniel S.

Some Mothers do 'ave 'em - Tom

Still Game - Rachel

Big Bang Theory - Karen

Bottom - Tom

Superstore - Debbie

Mock the week - Jenna and Nick

One Foot in the Grave - Ed

