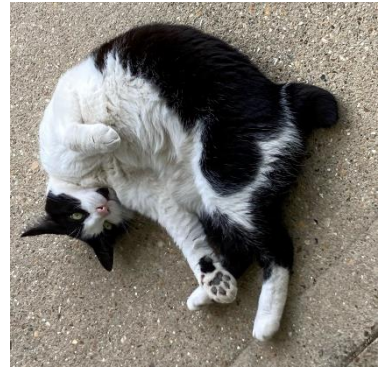


Marley's Tales

Summer 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.



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Planting Tomatoes

We went to ask Richard Manning what goes on when he is planting tomatoes.

He said that they planted the tomato seeds on 2/02/22 into pots at first.



They are then transplanted into the ground when they are a certain size.

Strings are hung to support the tomato plants as they grow.



We were told that they are Sungold tomatoes which are sweet and tasty. Richard said that they will be ready to pick in the middle of June.

He loves planting tomatoes out because the weather is much warmer and it is a nice job.

By Phill

Marley the cat interview.

We interviewed Marley the cat.

(With the help of Phill 'the cat whisperer'.)

How did you lose

It was an

Andrew Hek and
talk about it! No,
fork through it
patch. No, no,

when using the



your tail?

accident involving
an axe. I don't like to
I was joking. Eric put a
while digging the veg
Danny Norton cut it off
sit on lawn mower. No,

that wasn't it. Richard ran over it with the minibus. Actually, I think I was simply born with no tail.

How long have you lived at the Apuldram Centre?

I don't understand time. Long enough to know where the best mice are!

You used to live with your sister, Mitten. Where did she go?

It was a very sad story, she was killed by a car. I try to be very careful around cars.

Tell us about the things you catch locally.

I caught a bus last week! (Ha, ha, ha!). Only joking. I get a lot of mice from the hedgerows. Rabbit, I get mostly from Tesco and the field next door. I get the odd shrew from next door's

garden. Moles are tricky, my paws get very dirty and sore if I try to get one, and they have a very 'earthy' taste.

What do you think of everybody at the Centre?

I am very confused by all of the people working here. They never catch mice or moles, like I do, and it puzzles me. There are always cars coming into the place, which I have to dodge and they smell funny. People are always digging things up with tools, why don't they use their paws like I do? Where has that lady gone who used to feed me? I thought she was purrrfect!

Do you know any jokes?

What did the cat say when someone trod on his paw?

Mi ooouuu!

If a cat loses its tail, where does it go?

The retail store!

What's a cat's favourite movie?

The Sound of Mewsic!

Thanks , Marley. You have been very interesting and entertaining.

Marley filmed for a competition

Last week Marley was filmed for a competition. It is for the Cats Protection National Cat Awards. He is in the cat colleague category. All the trainees like Marley because he is friendly and likes the trainees.







Volunteers' Week

Volunteers' Week celebrates the fantastic contribution that volunteers make all over the country. It is from 1st to 7th June. To mark this we have interviewed some of the wonderful volunteers we have at Apuldram.

Volunteers Questionnaire – Debbie Brady

What hobbies and interests do you have?

I love current affairs and politics. I dabble in a bit of gardening and I have just planted up my front and back garden with trailing fuscias a.



What job experience have you had?

How do your previous experiences benefit your volunteering skills?

I have previously worked in industrial relations within the trade union call ASLE & F (Associated Society of Locomotive Engineers and Fireman). I have also worked for the national charity called Home-start which looked after families and children. Latterly I was in Secondary Education from which I have retired.

Do you volunteer anywhere else?

Currently, I don't.

Why did you choose to volunteer at the Apuldram Centre?

Since I moved down to Bracklesham Bay, I have visited the café numerous times and got to know what Apuldram does within the community. When it came to my retirement, I obviously had much more spare time and immediately thought of Apuldram. After completing the application process, here I am!

What do you feel you have gained from volunteering at Apuldram.

My initial experiences of Apuldram was of a friendly and very caring environment. Having a sense of humour is very important to me and welcome the sense of fun that everyone has here.

Volunteers Questionnaire -Jacqui Seaton

What hobbies and interests do you have?

I enjoy art and I go to a life drawing class. I also enjoy sailing, and go racing from Bosham Sailing Club. I like growing my own vegetables. Richard and Eric have taught me a lot. We spend a lot of time in our campervan and we are off to France, tomorrow.



What job experience have you had?

I was a clinical psychologist for nearly thirty years. This meant helping people with their mental health needs. I was a reporter for the Evening Argus for six years, before I trained as a psychologist. I enjoyed the psychology more than the journalism.

How do your previous experiences benefit your volunteering skills?

I have been used to working and listening to a wide range of people. I have worked with people with learning difficulties.

Do you volunteer anywhere else?

I only volunteer here at Apuldram.

Why did you choose to volunteer at the Apuldram Centre?

I have a friend who has worked here, Jan Colgate. I also know other people from Bosham who have worked here.

What do you feel you have gained from volunteering at Apuldram.

I have gained a huge amount. I always feel happy when I am here because it is such a lively place and everyone is so friendly. I enjoy doing lots of different activities and working with the trainees.

Volunteers Questionnaire – Julie Ellen

What hobbies and interests do you have?

I enjoy dancing the Tango, cycling and 'Mini worlds'. Mini worlds is based on the story of the Borrowers. It is making models of tiny worlds. I am about to make a miniature green house and a miniature library, complete with books. I will them in when I complete them.



What job experience have you had?

Oh my Lord, how long have you got? I was a nurse for six weeks and it ended badly! Then I worked in offices, which was really boring. Then when I was thirty I became a teacher which was definitely not boring.

How do your previous experiences benefit your volunteering skills?

I have no idea! In fact I have realised what my skills bring. Many years ago a child that I taught, drew a picture of me laughing with a large open mouth. I like to share humour and see the lighter side of life (at this point she sang 'Always look on the bright side of life' by Eric Idle.)



Do you volunteer anywhere else?

No, this is enough!

Why did you choose to volunteer at the Apuldram Centre?

Because my friend Steve Porter said how wonderful and interesting the place is. He was wrong! Sorry, I'm only joking.

What do you feel you have gained from volunteering at Apuldram?

A head ache! No I'm joking again. I love being in such a happy place. It is the highlight of my week.

Volunteers Questionnaire – Paul Reed

What hobbies and interests do you have?

- I cycle, 'do' Pilates, play short tennis and racketball, read; my favourite 'hobby' now is doing things for Apuldram – posters, flyers, mailings, etc. (sad man!)

What job experience have you had?

- I was a travel agent for 17 years and then undertook a Social Work course at Portsmouth and was a Probation Officer for the next 26 years; both jobs were very satisfying.

How do your previous experiences benefit your volunteering skills?

- When I came to Apuldram I volunteered in the kitchen, which was totally different to my work experiences but very rewarding. I like to think that my being involved with people – and enjoying it; mostly – was my biggest strength. I've been a

Trustee/Director for many years and that, I think, drew on a number of my strengths from the past.

Do you volunteer anywhere else?

- No. I'd rather give as much time as I can to Apuldram, in whatever way I can.

Why did you choose to volunteer at the Apuldram Centre?

- I set up and then ran the Chichester Gateway Club (for adults with learning disability) in 1981 for five years; when I retired from work in 2005, I was driving past the Centre (which I already knew) and there was a sign at the gate asking for kitchen volunteers, so I arranged an appointment and, when I arrived and walked from the car, I was met by so many of the Gateway Club people, who greeted me 'Hello, Paul', as if it hadn't been umpteen years since we had seen each other. I knew that I was back in my comfortable place!

What do you feel you have gained from volunteering at Apuldram.

- A sense of being of value beyond my former rôle as an employee; lots of friends; experience in a range of different things; an immense respect for the staff – right across the board – and the amazing job they do, regardless of the difficulties; somewhere that makes wonderful cheese scones; and so much more!



Volunteers Questionnaire – Geoff Tite

What hobbies and interests do you have?

I like football, walking (I play walking football) and geocaching which is using coordinates to search for 'treasure' which takes you to interesting places. I also play the ukulele.



What job experience have you had?

I had a variety of jobs before I trained to be a teacher. I taught in England before going to Brunei for three years to teach English. I then taught English in a university in Australia. From there I worked with apprentices and trainees also in Australia.

How do your previous experiences benefit your volunteering skills?

It has allowed me to work with different people from a variety of backgrounds in different age ranges.

Do you volunteer anywhere else?

I also volunteer with 4 Sight as a guide for walks with people who have reduced vision.

Why did you choose to volunteer at the Apuldram Centre?

When I visited it seemed like a pleasant place with lots of smiling people.

What do you feel you have gained from volunteering at Apuldram.

I have enjoyed meeting new people and learning a few new skills.

Volunteers Questionnaire – Rick Thornton

What hobbies and interests do you have?

Golf, Beekeeping, Gardening, Winemaking, reading history.

What job experience have you had?

Water industry (scientist), training provider (quality manager), local government (emergency planning manager).

How do your previous experiences benefit your volunteering skills?

Very little. I bring my gardening skills and a long experience of living with someone with complex physical and learning disabilities in the family.

Do you volunteer anywhere else?

No



Why did you choose to volunteer at the Apuldram Centre?

My family have long supported a charity in Oxfordshire that is exactly like Apuldram. I can't go to Oxfordshire twice a week, so Apuldram is the perfect alternative.

What do you feel you have gained from volunteering at Apuldram.

Blisters! Seriously, it's just very satisfying; the trainees are fun to be with, staff are friendly, fresh air and plenty of exercise.

Expressions and Catchphrases at the Apuldram Centre

Everyone at the Centre seems to have their own expression or catch phrase. Some of these sayings probably need a little explanation. Perhaps you can ask the person to explain, when you next see them!

Phil and Alka: "I'm alright, it's all the others"

Tracey: "Fly my pretties!"

"Oh, hello."

John: "To cut a long story short".

Zak: "Will there be girls there?"

Carrina: "Can I paint?"

Olivia: "Can we use the headphones this afternoon?"

Danny: "Hello baldy!" – Mostly to Nick.

Tyrone: "Want a brew?"

Nick: "Can we walk this afternoon?"

Joel: "Free Willy"

Emma: "How's yer cats?"

Nicolle: "What?"

Julie: "Laughing!!!"

Jon: "Oh, hello."

Paula: "Ty!!!!!!!"

Lisa: "Yay!"

Henry: "Is it break time, yet?"

Eric: "Numpty!"

Julie: "I like music."

Andrew H.: "Baldy!"

Chris: "Alright, old man?"

Danni: "Sorted."

Samba: "Oh my god!"

Richard W.: Bosham, ya!"

Richard M.: "Strewth!"

Jason: "Would'ja do it?"

Justin: "Sorry."

Rachel: "The plan is..."

Jenna: "Hello, my lovely."

Enjoying the Sensory Garden







The Queen's Platinum Jubilee

To celebrate the Queen's Platinum Jubilee, some of us have made crowns!



How are you celebrating the Queen's Platinum Jubilee?

We asked everybody at the centre how they would be celebrating the jubilee. We got quite a variety of (humorous but possibly honest) answers!

Trainee (Anon): I am going to a picnic party with party food and lots of drinks, crisps, cake, garlic bread, pizza, burgers and BBQ.

Julie E: I am going to two street parties.

Debbie J: I have made bunting and crowns for everyone

Zak: I will be at next weeks party. I hope UB40 will be playing.

Olivia: My cousin is coming.

Julie H: I will watch the Queen on TV with my mum.

Debbie: I am having friends around and I am making Coronation Chicken and golden rice. I am making myself a crown.

Julie Hus: I will be dancing and watching the parade on TV with my MUM.

Corrina: I am going to wear my crown and have a party with Mum and Dad. We will put up some bunting.

Maria: I will be having a street party with music near the pier in Bognor.

Samba: I don't think I am doing anything but I am in the kitchen for the party next Wednesday.

Josh: I am going out somewhere and I will be here for the party on Wednesday.

Rick: I am having a party at the Tower of London. Then, as I am a Republican, I will be mounting a revolution. I will involve Father Christmas, the Tooth Fairy and the Little Mermaid.

Phill: I don't give a monkey. We get 2 days off! That's a Brucey bonus.

Jonathan: I shall be having a beer.

Chris: I will be with friends. We will have some beer, some food and a lazy day.

Richard: I haven't the foggiest idea what I will be doing, probably a chilled out day, putting my feet up, singing 'God Save the Queen' (maybe not).

Emma: I will be at my sisters.

Danny: It's rubbish.

Tracey: I will be enjoying my day off possibly with some bubbles.

Ty: Celebrating with a glass of wine.

Paula: I have nothing planned.

Lisa: I will be dancing.

Tracey: I have no plans, maybe an extra cup of tea.

Zac: I will be relaxing and spending time with my Mum, Dad, sister and Nan.

Eric: I'm going to crack on as normal, it's a normal day.

Purang: I am putting the tables out for a street party with my neighbours.

Richard: I am going up to Manchester to celebrate with family and friends.

Ed: I will be at home, just a normal day.

Andrew M: I will be with my parents having a quiet day.

Frank: I am going to Birmingham. Going fishing and hoping to have chips.

John: I won't be celebrating. I will be as far away from the TV as possible!

Hour by hour on an Apuldram Morning

9 O'clock – Everyone arrives.



Corrina : My shoe lace is undone.

Eric: I can't do shoelaces, I can only dig holes.



Henry: What are you looking at?

Ty: Can I have brew?



Phill: It wasn't me, it was the others!

Josh: Don't mention the FA cup!



All tied up for the day!

Debbie: Reporting for duty, sir!



Eric: Can you dig holes?

Debbie: How deep and what shape would you like, sir?

10 O'clock – Cracking on!



Alka: Is this enough
spinach for the
soup?

Ty: Still waiting for
my brew!





Andrew: Stop laughing, Ellie!



Julie: Do you think the Queen would like this crown?



Her Majesty: I prefer this hat!



Lisa: Just chillin'.

Eric: Where's
Debbie? I think she
has fallen down a
hole!



11 O'clock – Break Time



Tracey: Two cans of coke and a packet of crisps!



Phill: Aint I good looking?



Nick: Look into my eyes, not around the eyes.



All: We've arrived in time for the 12 o'clock dance.

*Abs: For goodness sake, get me
a Mars bar!*



Zac: Cheese!



Phill: This time next year, we'll all be millionaires.

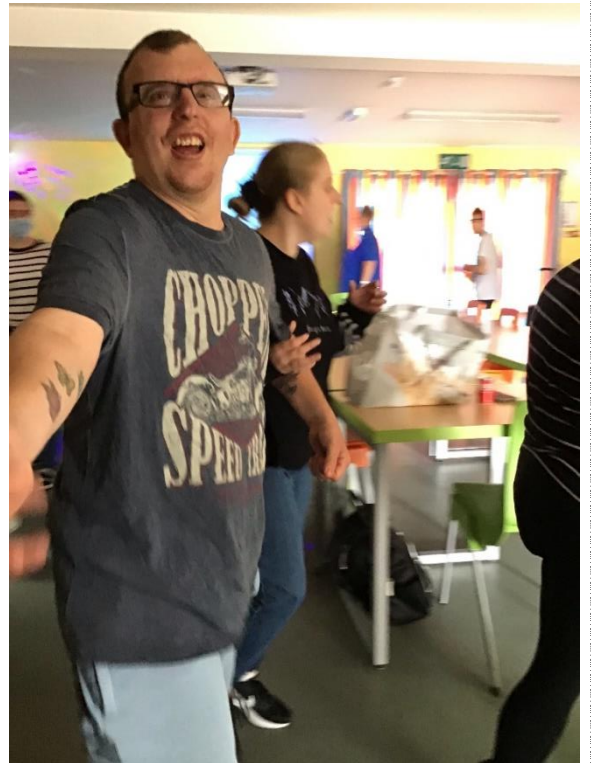
Elli: You said that this time last year.



Alka: I've got one left, who wants it?

12 O'clock – Dance Time!

Andrew: Gimme some skin!



Abs having a laugh!

1 O'clock, Lunchtime!



Celebrating the Platinum Jubilee

On Wednesday 1st June we had a picnic to celebrate the Queen's Platinum Jubilee. Everyone turned up, even the Queen herself!



Jubilee Pudding

Jemma's Lemon Swiss Roll and Amoretti Pudding has won the competition to become the official pudding for the Queen's Platinum Jubilee. We asked people at the Apuldram Centre which pudding they would like to serve to the Queen.



Phill: A Bakewell tart.

Corrina: White Chocolate.

Rick: Communist cheesecake. (Bought from Marx and Spencer!)

Tracey: Spotted dick and custard.

Paula: Frangipan (Whatever that is!)

Jonathan: "I'd give her a banana!"

Julie: Victoria sponge.

Lisa: Chocolate cake.

Tyrone: Ice cream sundae.

Chris: Apple pie and ice cream.

Alec: Sponge pudding and custard.

Richard: A raspberry pavlova.

Danny: (Something that is inedible and unprintable!)

Emma: Chocolate cake.

Zak: Death by chocolate.

Debbie: Profiteroles in the shape of a crown.

Julie: Sponge.

Olivia: Chocolate Roll

Nicole: Chocolate Chip Cake

Maria: Lemon Cheesecake

Karen: Chocolate Orange Roulade

John: A Humble Pie

Purang: Rhubarb Crumble and Custard

Julie E: Rhubarb and Ameretto Trifle

The Blooming Apuldram Centre

It is mid June and The Apuldram Centre seems to be blooming! Anthony and Phill took some photos of them.



Andrew found some poppies.



There are lots of flowers at the new toilet block.



The bees seem to love the lavender.



Even the elderflower is out.

Phill: Is the elder older than me?



The thistles, in the sensory garden, were not flowering, but they were so impressive, we wanted a picture of them. The lads found them a bit prickly. What sort of sensory experience did they get?

Abs and Juliette took a tour of the centre and sent us some of their favourite photos.



Setting up the Guinea pig area.

We had a chat with Tim who was setting up the guinea pig area next to the greenhouse.



He was putting up fences to keep them in.



The guinea pig houses are still waiting in the barn to be put into place.

Fruit Tasting



Louise and Elli picked some blackcurrants and raspberries to try.



Louise thought the blackcurrants were a bit “sharp”.

However, the raspberries were okay because Elli picked the ripe ones!



Jason also thought the blackcurrants were a bit sharp but the raspberries were 'bitter' – I don't believe him!



John and Ty stopped me to try some. John thought they were "nice, but sharp" and Ty loved them!



Ruth loved the raspberries.

Sandwich making day

We had a day to practice making sandwiches.



We used some of our own fruit and veg.



We also asked Richard in the kitchen for some ingredients.



We washed everything first.



We practiced cutting with sharp knives.



We practiced spreading margarine.



Some of our sandwiches.



The finished product.



