

Marley's Tales

Spring 2023



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

Marley's Tales is a seasonal publication produced by the trainees at the Apuldrum Centre. We have named the publication after the Apuldrum 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 Apuldrum trainees with some support from the staff.

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What are our New Year's Resolutions?

We have been asking people at Apuldram what their New Year's Resolutions are. We have had some strange and interesting answers!

Name	Resolution
Kevin	Stop passing wind!
Emma	Stop burping
Chris	Stop shouting
Richard Manning	Stop working at weekends
Debbie	I'm giving up nothing I'm perfect
Rachel	Get a bit fitter. 49 weeks to go! Never give up!
Tracie	Give up resolutions
Richard	Move
Frank	More holidays
Maria	Eat more healthily
Paul	No new year resolutions
Rachel	More time for my book
Josh	To try to keep fit
Tanja	To not make any resolutions.
Nick	How can you improve perfection?

Justin	Work hard
Joel	Eat more party food
Eric	Going to care more, be more friendly. (You have already achieved this).
Julie	Not to eat chocolate for the year
Corina	Don't know
Lisa	Learn to play the shakers
Jess V	Stop eating cheese in bed
Julie H	Learn to play the trombone
Warsha	To learn to be more independent
Ed	Don't know
Lisa	To eat less chocolate
Jess	To save money
Zak	Meet UB40
Anthony	Drink less beer, 1 pint a day
Phil	To be more healthy, less Malibu and milk

Money, money, money, aint it fuunny?

Some of us have been working to improve our skills and understanding with money.



We were investigating different ways to count how much money you have.

We're digging it!



Greg, Rick and Justin have been preparing a bed behind the Life Skills room for some flowers.



The team who look after the allotment (Tim, Sam and Alex) have been preparing the raised beds for spring.

What is the best country that you have visited?

Person/Favourite Country?	Why? What did you like?
Isobelle India	The animals (elephants)
Josh Cyprus	The weather and the swimming pools
Tracey Barbados	The people/sunshine/beaches/everything!
Caroline USA (Disneyland)	The rides/ The fun!
Lisa Germany	So much cleaner than the UK
Jess Cyprus	Friendly people.
Tyrone America (Disneyland)	Swimming in the sea.
Angela Australia	The sun!
Matthew England	Visiting my mum in Suffolk
Eric England	No language barrier

Person/Favourite Country?	Why? What did you like?
Marie Cyprus	Friendly people
Richard Tobago	Laid back attitude/ nature/ beaches/ warm seas.
Samba Thailand (Phuket)	Weather and food.
Joel Corfu and Cyprus	The Weather-swimming- Food (BBQ!)
Danny USA (Florida)	Disneyland!
Tanja India	Interesting culture
Richard M Scotland	The scenery
Sam Australia	Interesting towns.
Emma France	The ferry journey
Ed USA (Florida)	Enjoyed Disneyland
Lisa USA (Disneyland)	The rides at Disney.

Person/Favourite Country?	Why? What did you like?
Daniel France	The weather
Barry USA	The burgers!
Debbie Italy (Venice)	The Lakes/ Art/ Pompeii
Ruth The IOW	Wine and ice cream
Jason Greece	Swimming pools and the statues
Justin Majorca	The food and the walking.
Nick Vietnam	The food, the people and the different culture.
Anne Brighton (UK)	The Doughnut (1360)
Daniel Cornwall (UK)	The birds of prey- The walks – The pasties.

Valentine's Day Card Making

We have been making Valentine's Day cards this year.



A visit to Mitchmere Farm

We visited a farm in Stoughton, which allows people to visit to see their snowdrops.





There were also lots of crocuses.





We were given some snowdrops to plant back at the Centre.





Marley watched us plant them!



We had a great morning!

Richard Watson Interview

We decided to ask Richard for an interview to see what had brought him to Apuldram.

Phill, Anthony and Josh wrote and asked the questions.

We caught him in a “flipping” good mood!



Do you enjoy your job?

I Love it. I especially like working with the trainees.

How long have you been cooking?

For 39 years from the age of 16. I walked past the Army careers office in Sunderland and immediately signed up. I

wanted to travel. I was sent straight to Aldershot for training, but later went to Cyprus and Kenya. I also worked in Scotland and Wales.

What is your favourite thing to cook?

I love making a shepherd's pie. Generally I enjoy preparing traditional English dishes.

What do you do in your spare time?

I enjoy gardening and socialising.

Do you cook at home?

Yes I do, but my wife tends to do most of the cooking.

What job would you have done if you were not a chef?

I really wanted to be an optician as a younger man!

What are you doing this morning at Apuldram?

We spent some time walking around the centre asking the simple question “What are you doing this morning?”



Kevin, Emma, Sam, Alka and Chris were tidying up in the greenhouse. They were going to pot up some seedlings later.



Chris was also enjoying himself!



Nicolle was making chicken and mango rolls!



Danni was making rock cakes for the shop.



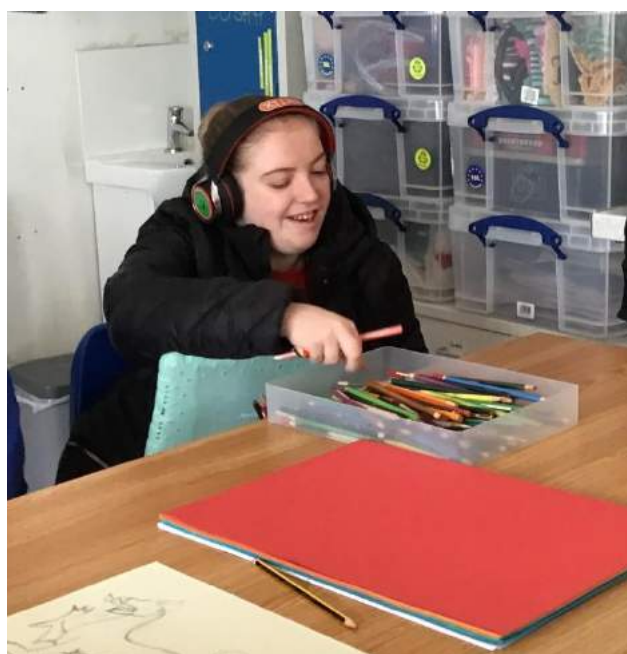
Andrew was making cheese scones in the kitchen.



Justin was sawing up an old bed in the barn with Eric.



We caught up with Corrina in the shop. She was putting cakes in the display cabinet. She was looking forward to serving customers.



Ellie was creating artwork to celebrate St David's Day. She was really happy.



Julie,



Joel



*and Olivia were making
dragons for St David's Day.*

Henry, Julie and Lisa were making leeks, daffodils, dragons and sheep to celebrate St David's Day.



Interview with Eric



Eric has worked at the Centre for quite a few years. He seems to know everything and is involved in everything. We thought it would be interesting to ask him a few questions. We know that he is involved with horticulture, that he keeps bees and that he particularly likes a bit of “banter” especially with Anthony! His interview team were Phill, Anthony, Greg, Josh, Elizabeth and Zak.

1. How long have you worked at Apuldram?

I have worked at Apuldram for 18 years. I really enjoy it here.

2. What work did you do before Apuldram?

Previously I worked in landscaping and in tool making where I had to handle large machinery. I enjoy using machinery, but can't work a mobile phone!

3. What are your favourite things to grow?

I like growing all sorts of things, but I especially enjoy growing fruit. I like growing complicated things that need a bit of work.

4. Do you enjoy working at Apuldram?

Yes, I enjoy working at Apuldram, it is full of nice people and great trainees.

5. What can you tell us about your beekeeping?

Make sure you wear a bee suit! I have a couple of hives. The bees are fascinating to watch, but I have been stung a few times. It's no fun unless you're stung!

6. Would you like to take up bell ringing? (This question was asked by Anthony who gets a great deal of "stick" from Eric about his bell ringing!)

The sound of church bells is like the listening to cutlery being smashed!

7. What do you do when you have particular trouble with someone or something?

(Eric made no verbal response to this question but simply glared across at Anthony—we're sure they like each other, really!)

8. Do you have any other interests apart from growing vegetables and beekeeping?

I enjoy doing loads of things like beer making, sausage making and fishing.

Some pictures of us gardening (and preparing to garden!)

Some of us are going to be looking after growing vegetables in our own raised beds, so we paid a visit to Hillier's garden centre to buy seeds.







We took the seeds back to the centre and immediately planted some of them up!



At the allotment we have been sowing potatoes and parsnips.

Facial Expressions

You can normally tell what mood someone is in or what they are thinking, by their facial expression.

We had a think about all of the emotions and feelings that you can show using your face. We came up with these:

Happiness, sadness, anger, looking impressed, looking drunk, depression, surprise, ecstasy, shock, boredom, sarcasm, frustration, exasperation.

There are probably lots more than this and we also talked about if people had a different expression for similar feelings like depression and sadness or anger and frustration.

We realised that sometimes you might look at a person's whole body language to work out their mood, like when someone is sad, their whole body seems to go limp.

We asked some staff and trainees to try and show the faces they would have for different emotions. Do you agree with the labels?



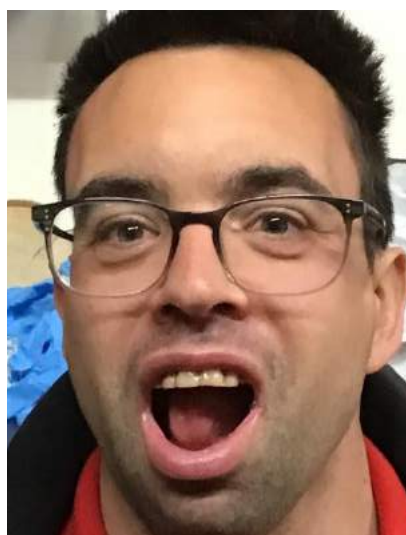
Sarcasm



Thoughtful



Surprised



Surprised



Interested



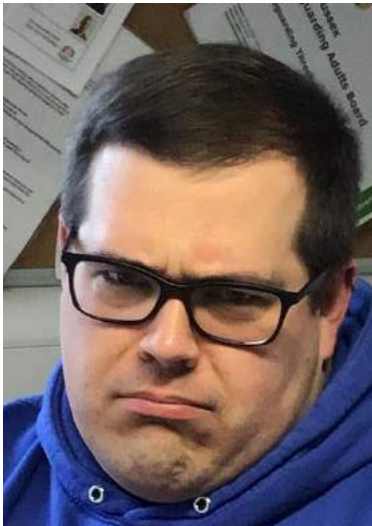
Happy



Surprised



Disgusted



Cross



Ecstatic



Happy



Smug



Concentrating



Cheerful



Happy



Hysterical

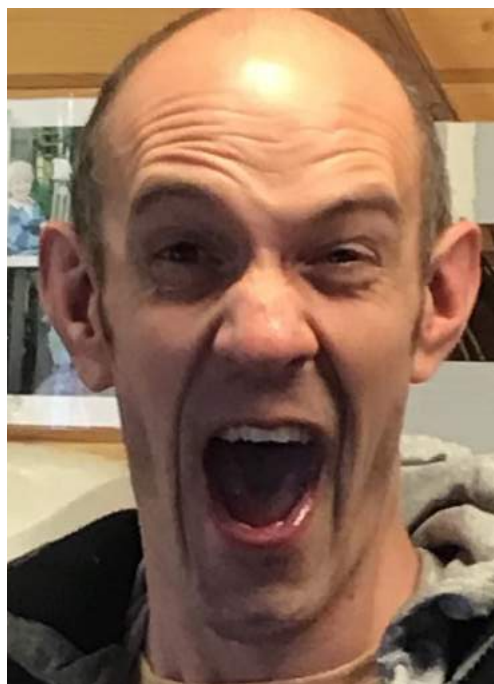
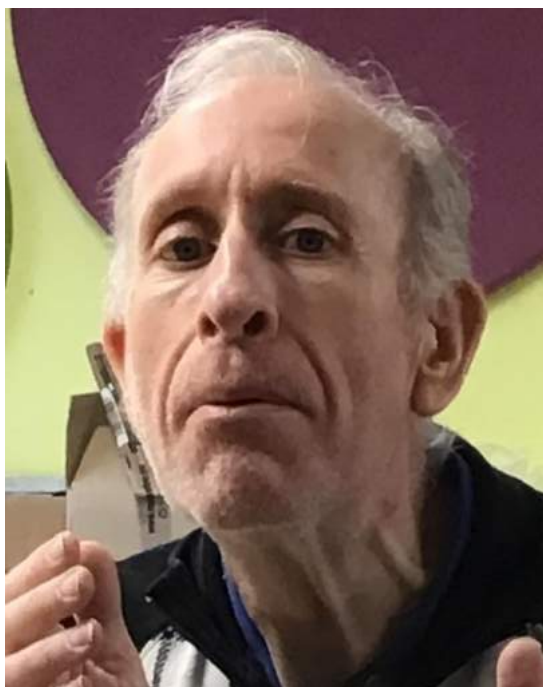


Confused



Proud

What do you think of these? You decide on the thought or emotion.





What is Johnny thinking?



A Tour of Common Lodge

We have been talking about where people live and different types of homes. We were invited to go “through the key hole” at Common Lodge

We knocked on the door and spoke to Maggie who works there. We found out that it is a house in two parts, it was an old farmhouse which has been extended to accommodate five separate residential units with all the new bedrooms having ensuite bathrooms. The old part of the house has the staff office and staff bedroom, the kitchen and community living room, dining room and laundry.

The people who live there were happy for us to take photos of the spaces they share, but we did not go into anyone's bedroom because those are private spaces. However, we do have photos of an empty bedroom and the adjoining bathroom.



There is a kitchen...



...and dining area.



There is a living room...



...and a laundry.



We did manage to get a picture of one of the bedrooms and the en-suite bathroom because it was empty!



There is also a garden.



News from the Hub

Mark, Anna and Sian who go to the Hub at the Boy's Club, had a walk around Chichester to visit their favourite places.



Anna really likes the city walls.



Mark and Sian love visiting the CEX shop to buy computer games and videos.



We all like the Market Cross and the Cathedral.

