

# Marley's Tales

Summer 2023



Take it easy,  
Marley!

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 with some support from the staff.

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## Interview with Rory

Rory has just started at the centre as the Chief Operating Officer. We thought that it would be interesting to interview him in our usual style with one sensible, one silly question.



Rory, and his dog Bruce, with the interview team.

Q- How did you hear about the job?

A- A recruitment agency contacted me about the job.

Q- If you could be an animal, which animal would you be and why?

A- A dog because they are always happy.

Q- What jobs have you done in the past?

A- Previously I worked for Age UK in Portsmouth. I have also sold insurance.

Q- Which Ninja turtle would you like to be?

A-Michelangelo. I also like pizza!

Q- What are your hobbies and interests?

A-I like watching sport on TV especially rugby. I like live music. I am a fan of Blink 182

Q- Do you know any knock, knock jokes?

A-Knock, knock.

Who's there?

Interrupting cow

Interrupting cow wh...

Moo!!!!

Q- What is your favourite book?

A-I enjoy reading the Harry Potter books to my son.

Q- What super powers would you like to have?

A-To be able to fly, to maybe Canada or New Zealand.

Q- Where were you born?

A-Portsmouth

Q-If you could go back in time, what age would you go back to?

A-Back to when I was 16, before "life" happened!



## Interview with Larry

Larry has just started at the centre, supporting activities. We thought that it would be interesting to interview him in our usual style with one sensible, one silly question.



Larry and the interview team.

Q- How did you hear about the job?

A- I was told about it (from Debbie!)

Q- If you could be an animal, which animal would you be and why?

A- I would like to be a cheetah, because they are very fast.

Q- What jobs have you done in the past?

A- I have been a taxi driver, I used to work in a shop. I worked as a care manager in Portsmouth.

Q- Which Ninja turtle would you like to be?

A- Michelangelo because he is daft and silly.

Q- What are your hobbies and interests?

A- Walks in the countryside, I also like writing poems and limericks. (This is one of Larry's poems about Jaffa cakes!)

### The Jaffa Cake Rap

I've an easy to open wrapper,  
Take a cake, you know jaffa,  
Stuff another, make you fatter.  
Try to fool yourself, it don't matter,  
Orangey bit in the middle,  
Low in fat, it's a fiddle.  
Mcvitie man take the piddle,  
You still wobble when you giggle.  
Total eclipse when it passes your lips,  
But still it hits your hips.

Q- Do you know any knock, knock jokes?

A- Not at the moment.

Q- What is your favourite book?

A- Stig of the dump by Clive King.

Q- What super powers would you like to have?

A- Just the physical energy to get out of bed in the morning!

Q- Where were you born?

A- In Leigh Park, Havant in the front bedroom of the house we lived in.

Q- If you could go back in time, what age would you go back to?

A- I would go back to the age of 19 to have more energy! If back to another time, I would go back to the Victorian era.

## The Coronation

The coronation of King Charles III is on Saturday 6<sup>th</sup> May. We asked people how they felt about this. We got lots of different responses!



Samba: "Yes! I will be watching on TV"

Eric: "I do care about the King and the coronation, but I will be too busy to watch."

Richard: "I'll watch the highlights on the news. If it's a nice day, I'll be gardening."

Jess W. simply said: "Can't wait to go to the pub! I'll be there all day!" – We are not sure if she will watch it on the TV at the pub!

Martin was: "Not that fussed."

Caroline, a visitor at the Centre who was walking her dog said: "I'm a bit mixed about it. I am not keen on the royal family at the moment, but I do support them otherwise. I will watch it a bit on TV."

Olivia: "I will be watching Emmerdale!" – Surely she can catch both!

Volunteer Julie: "It will be great entertainment. I will be watching it with a scone!"

Jess V: "It's going to be great fun. I will be going to street party."

Julie: "I'm very happy about it. I will watch it on the TV with a union jack!"



Tracy: "I won't be watching it on the day because I will be working. I will catch up and watch bits later."

Debbie (V) : "It is a bit like Marmite. Some like it and some don't! I will make some Coronation chicken!"

Joel: "Yes, I will be watching. I am pleased for Charles."

Phill: "I don't care about the Coronation."

Julie Herman: "I care about the Coronation. I will be watching it on TV."

Josh: "I am looking forward to the coronation. I like the royal family."

Andrew M: Yes, I will be watching it."

Terri: "I do care about the coronation. I will be watching it."

Rachel: “ Yes, I’ll be enjoying a cream tea on Saturday afternoon, I may have ordered too much food...one scone or two? Jam or cream first? Always jam first for me.

I like all of the ceremonial parts of historic events, I’ll probably know a few people taking part in the military parade. I’ve never seen a coronation before, but will watch the highlights later on TV.

I’ve travelled all over the world with work and on holiday, it always surprises me how excited people are when they find out you’re from the UK. Not all countries have castles and kings and queens, the Royal family are very popular overseas. I know people in New Zealand who are having a much bigger party than I am. I’ve sent them a coronation tea-towel!

Becky (A visitor to the Centre): “I am not the biggest fan of royalty, but I am generally supportive. It is a once in a life time event.”

Larry: “Im a bit neutral about it. It will be a historic event and I will probably watch it.”

Elizabeth: “I might watch it on TV or I might go out somewhere.”

*Maria: "It will be good. I will be watching. I am generally supportive of the royal family."*

*Joel: I will be watching on TV. I am looking forward to it a little bit."*

*Greg: "Yeah! I will watch it all day on TV."*



*Nearly all of the responses were positive!*

## The Eurovision Song Contest

The final of the Eurovision Song Contest was on Saturday 13<sup>th</sup> May. We asked everybody who was in the Centre on the Wednesday before, what their favourite winning song was. The results were not that surprising!



1. Waterloo by Abba – 19 votes
2. Puppet on a string by Sandie Shaw – 9 votes
3. Boom Bang a Bang by Lulu – 3 votes
4. Making Your Mind Up by Bucks Fizz 3 votes
5. Zitti e Buoni by Maneskin – 2 votes
6. Love Shine a Light by Katrin and the Waves – 2 votes
7. Stefania by Kalush Orchestra – 2 votes
8. All Kinds of Everything by Dana – 1 vote
9. Save Your Kisses for Me by The Brotherhood of Man – 1 vote
10. What's Another Year by Johnny Logan – 1 vote
11. Hold me Now by Johnny Logan – 1 vote

12. Diva by Dana International – 1 vote

13. Hard Rock Hallelujah by Lordi 1 vote

14. Fly on the Wings of Love by Olsen Brothers – 1 vote



*Abba still seem to be as popular as ever!*

## Cockney Rhyming Slang

Phill (a Londoner) loves a bit of cockney rhyming slang. This is a type of language used in London in which a common word is replaced with a phrase of two or more words, the last of which rhymes with the original word.

A popular one is apples and pears for stairs. Sometimes the rhyming word is not used at all, like saying “butcher’s” for “look” which uses the phrase, “butcher’s hook”. We thought of some of our favourite cockney rhyming slang words and asked people in the Centre for theirs.

Pete Tong (wrong)

Daisy Roots (boots)

Old Joanna (piano)

Hank Marvin (starving)

Adam and Eve it (believe it)

Mince pies (eyes)

Frank Bough (scoff)

Jam jar (car)

Gravel and grit (sh1t!)



Skin and blister (sister)  
Bacon and eggs (legs)  
Sky rocket (pocket)  
Lady Godiva (fiver)  
Bees and honey (money)  
Dog and bone (phone)  
Bottle and stopper (copper- policeman)  
China plate (mate)  
Jimmy Chews (shoes)  
Bottle and glass (a\*se!)  
Dicky dirt (shirt)  
Cane and Able (table)  
Rosie Lee (tea)  
Ball of chalk (walk)  
Pony and trap (cr\*p!)  
Plates of meat (feet)  
New Delhi (belly)  
Gregory Peck (neck)  
Saucepan lids (kids)

Whistle and flute (suit)

Trouble and strife (wife)

Rub a dub, dub (pub)

Pigs ear (beer)

Frog and toad (road)

Haywards Heath (teeth)

Apple and pears (stairs)

## A Visit to Goodwood Organic Farm

A group of us had a visit to the organic farm on the Goodwood estate. We had a fantastic time!

We saw cows...



... and some calves.

We saw some piglets.





*We visited the milking parlour*



*We made a bonfire and toasted marshmallows!*









We hugged a few trees (We don't know why!)





We also saw some lambs.



*We had a great day!*





## The Grass Cutting team

We went to watch the grass cutting group at Donnington Village Hall to see what they do.



They start by loading up the equipment.



Then they unloaded at the hall





*They cut the front and back grass*



*Sam emptied the grass box.*





*Richard strimmed all of the edges.*



*They put the cuttings into a green bin.*

*“Where’s yer bin?” Answer : “I’ve been cutting grass”*





*Danny used the blower to clear the clippings off the path.*



*They cleared the car park and then set off back to the Centre!*



## Football Programmes

Debbie brought in some old football programmes! We had an interesting chat while we were looking at them.



We found out that Zak and Josh are Chelsea supporters



Debbie gave us a football quiz.



Danny supports West Ham.



There were all sorts of old programmes.





We had an interesting time  
and learned a lot.

Anthony got “out of order”  
and needed a red card!



## Building a Bug Hotel

The Education officer from Brent Lodge Animal Hospital came to visit us to help us build a bug hotel. Her name was Alex.



She also explained to us about the work that they do at Brent Lodge to look after poorly animals.





*We had to gather some old pallets...*



*...and some bricks.*





*We had to cut up bamboo canes for insects to lay eggs in.*



*We built the pallets up on top of each other using the bricks.*





*Once we had built up the pallets,*



*We started to stuff in twigs, leaves and the bamboo canes.*





*We had to gather stick and leaves.*



*We put some bigger sticks on the top.*





*We were very pleased with our finished bug hotel. It will encourage bugs of all sorts to live in it and lay their eggs.*

### What are your eating habits?

Do you have a healthy diet? Do you enjoy the odd “naughty” treat? Most of us know what is healthy and not healthy, but do we always stick to healthy food? Do you think that life would be too boring without the occasional treat? We spoke to everyone at Apuldram, on a Wednesday morning, about their eating habits. We asked them “Can you tell us a healthy food habit you have and an unhealthy one?” This is what we found:

Tracy: Healthy: salad Unhealthy: butter

Paul: Healthy: muesli Unhealthy: cheese scones

Maria: Healthy: sald and fruit Unhealthy: crisps

Karen: Healthy: fruit smoothies Unhealthy: chocolate

Jess W: Healthy: salad Unhealthy: ice cream

Andrew: Healthy: apples Unhealthy: beef burgers

Kevin: Healthy: Fruit Unhealthy: Diet Coke and crisps

Nick: Healthy: fruit Unhealthy: chocolate and red wine

Danny: Healthy: bananas and oranges Unhealthy: pizza

Jess V: Healthy: salad and fish Unhealthy: Mcdonald's breakfast



Julie Hurman: Healthy: fish, tomatoes and cucumber Unhealthy: KFC

Julie Hurst: Healthy: fish and salad Unhealthy: burgers

Elli: Healthy salad, mash pots, carrots, broccoli Unhealthy: Smarties, jelly, marshmallows

Bryony: Healthy: Hummus Unhealthy: chocolate

Justin: Healthy: bananas Unhealthy: Cadbury's Twirls



Olivia: Healthy: oranges Unhealthy: Diet Coke

Phill: Healthy: bananas Unhealthy: McDonald's, Bailey's

Anthony: Healthy: apples Unhealthy: fish and chips

Joel: Healthy: fruit salad Unhealthy: sweets

Alka: Healthy: oranges Unhealthy: chocolate

Julie: Healthy: nuts Unhealthy: ice cream



Elizabeth: Healthy: Bran flakes Unhealthy: chocolate

Lisa: Healthy: salad Unhealthy: pizza

Debbie: Healthy: fish Unhealthy: cheesecake

Zak E: Healthy: strawberries Unhealthy: cake



Warsha: Healthy: potatoes Unhealthy: chocolate

Larry: Healthy: fruit Unhealthy: doughnuts

Eric: Healthy: fruit and veg Unhealthy: fried foods



Most people seemed to say that their healthy options are fruit and salad.  
Chocolate is a very popular unhealthy treat. Cakes and crisps were also popular.  
Not many people seemed to mention alcohol as a treat!



## Watercress Farm Visit

Elizabeth lives on a water cress farm which is run by her brother, Ed. They invited a group of us over for a tour.



There are lots of huge shallow beds that the watercress grow in.



Ed stood in one of the beds to show us how shallow they are.









*The water comes from natural springs and aquifers.*





There were big baths for  
washing the watercress,



and fridges to store  
it.





*At the end Elizabeth found us some watercress to take away.*



### What are the Lions Club doing with glasses?

At the Centre there is a shed in which people keep taking in large bags of old glasses. We wondered what they were up to, so we paid them a visit to find out.

It turns out that they are the Lions Club, a charitable society devoted to service, who collect unused glasses and recycle them for people in developing countries.



They let us try on some of the wackier sunglasses!

Some of the better quality frames are sold on in this country. All of the glasses are either sold on, sent abroad or the materials in them are recycled. The money that is made is given to sight related charities. It was interesting to find out what they do.



*The team who were working when we visited were Jackie, Bryan and Sue.*



*Most of the glasses arrive in packages like this.*



## Cricket at Arundel Castle



We all gathered at Arundel Castle for a day of cricket.



We played on their famous cricket pitch.



Here are some photos of us playing.





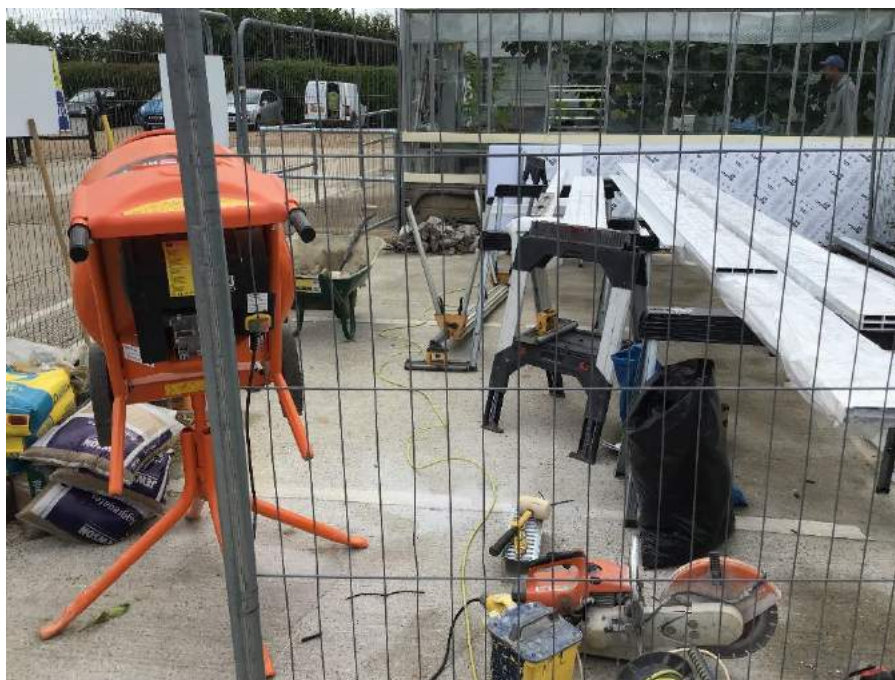


## Changes at the Apuldram Centre

There are builders on the site at the moment. They are cladding just below the kitchen roof so that they can build a canopy between the shop and the kitchen.



Before it goes up, the canopy is being stored by the greenhouse.





*The ramp into the kitchen will be extended.*



*They are also repairing the road and sorting out the drainage.*



