

Marley's Tales

Spring 2024

Are you and I
just intergalactic
warriors of the
cosmic soup?



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.

Contents

1. What's going on in Apuldram?
2. Blue Monday.
3. Where there's a wig there's a way!
4. Interview with Kelly Shaw.
5. Remembering Paul Reed.
6. Ten British History Questions.
7. Valentine's day.
8. The Chinese New Year.
9. The Apuldram Dog Park.
10. Swearing!!!!!!!
11. International Women's Day.
12. What goes on at the Hub?
13. What were your favourite TV programmes as a child?

14. Why do we celebrate Easter?

What is going on in Apuldram?

We thought it would be interesting to take a snapshot of what everybody was up on a cold Wednesday morning at Apuldram. Some people are working, some are playing and some are getting things made! Our team of journalists took the photos and annotated them.



Marley enjoying sunbathing, until we put him in the shade! – Josh.



Olivia drawing a picture –
Danny



Julie enjoying doing her art and looking happy! – Elizabeth



Julie and Chrissie are drawing pictures in the shed. – Elizabeth.



Eric, Chris and Justin working in the shed. – Emma



Larry, Zack, Alka and Ed playing volleyball. – Emma.



This is Samba taking cheese scones to the shop so that they can be sold. – Anthony.



This is Maria taking boxes to the kitchen and unpacking them – Anthony.



Andrew and Frank making gingerbread. – Josh.



Samba making marmalade in the kitchen. – Josh.



Richard the chef in the kitchen with his baps! – Phill.



Danni in the kitchen making chocolate cookies. – Phil



Sarah going out with her mum and dad. – Josh.



Corrina making coffee for customers. – Josh.



Rory on his computer. – Josh.



Rachel working hard on her computer. – Phill.



Lady Brady sitting in the Common Room, drawing a picture of a cat. – Phill.



Nick standing outside looking silly with a cup of tea! – Phil.

Blue Monday

The second Monday in January is meant to be the most depressing day of the year. This is because we are in the middle of winter and the days are short, the weather is cold, pay day is still a long way off and the fun of Christmas is now a distant memory. Just after this day, we asked everybody if they could think of a thing that they were looking forward to or that made them happy. This is what they said:



Dancing in Bournemouth, this weekend.



A long weekend in York.



Holidays and warmer weather!



Concerts, theatre and holibobs!



Having holidays!



Looking forward to driving steam trains.

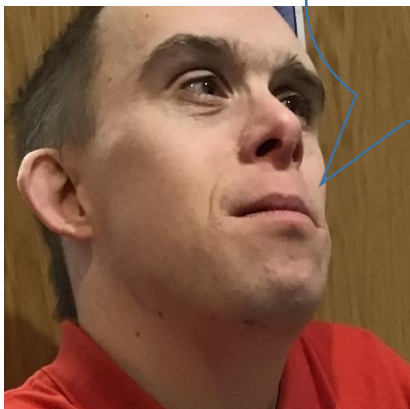
The sun coming out so that I can grow stuff!



Nothing!
(That's what he said!)



Doing sports!



Going away at the end of the month.





Playing with my dog Snoopy!



Looking forward to getting some snow.



I'm happy that I am working at Apuldram now!



It's my birthday, today!



My birthday which is 8th Feb!

Hopefully, these positive, happy messages have cheered you up a little!

Where there's a wig there's a way!

In the interest of scientific research, we wanted to see what people looked like in a long ginger wig. Can you guess who they are?

A)



B)



C)



D)



E)



F)



G)



Answers
A) Justin
B) Joel
C) Zac
D) Elizabeth
E) Greg
F) Nick
G) Eric

Interview with Kelly Shaw

Kelly has just started working at the Centre. We interviewed her with our traditional mix of eight questions consisting of one sensible and one silly question. Our “silly” questions were taken from Debbie’s book on “Would you rather” type questions. These are hypothetical questions that get you to make a choice between two, usually impossible, situations. Sometimes the choice is between two good things and sometimes between two unpleasant things.



Here are her answers:

Q-What jobs have you done before you joined us?

A_The same job, as a registered manager.

Q- Would you rather have to sing everything you say or dance every time you walk?

A- Dance every time I walk.

Q- What job will you be doing at Apuldram?

A- Supported Living – Looking after the trainees that live in the Apuldram houses.

Q- Would you rather meet someone famous from history or your favourite character from TV?

A- I would prefer to meet my favourite TV character, Julia Roberts.

Q- What do you do in your spare time?

A- I have two children so we do lots of family stuff. We like walking in the woods.

Q- Would you rather have a pause button or a rewind button on your life?

A - A rewind button. I would like to travel the world!

Q- Have you got any pets? If not, why not?

A- No pets, I haven't got time!

Q- Would you rather be able to take back anything you say or be able to hear any conversations about you?

A- Take something back.

Remembering Paul Reed

Sadly, Paul Reed passed away on Sunday 21st January. For many years he had been an enthusiastic volunteer at Apuldram and the chairman of our trustees, the voluntary body who oversee the running of the Apuldram Centre. In addition he produced and sent out the monthly newsletter about the centre. He was well loved and very much respected and was a familiar sight at the centre, cycling in to attend to business and always stopping for a friendly chat with trainees, volunteers



and staff. We wanted to mark his passing by speaking to people and giving them an opportunity to express their condolences and their appreciation for all that he has done and for him as a person.

We spoke to Rachel Aslett- Clark, our previous CEO about Paul, to find out some of the history of his involvement with the Apuldram Centre.

She had many dealings with Paul as a trustee, but also regarded him as a personal friend as well as a colleague. She said that he had always been very supportive of her and was completely dedicated to the centre. He was Apuldram's "stick of rock" because he had "The Apuldram Centre" written all the way through him!

He had started by running the Gateway Club on a Wednesday evening and also volunteering in the kitchen. In around 2007 he had become a trustee, and later the chairman of the trustees. He led many important initiatives like the 100

Club, which raises a great deal of money every month. He used his experience as a travel agent and working for the probationary service, to benefit the centre.

Paul really loved the centre and wanted it to “thrive beyond a lifetime”. He was a person who took an interest in people and was skilled in developing relationships, both within the centre, and with outside bodies and individuals, who could offer assistance or resources to further the cause.

Rachel also remembered his keen “attention to detail”, noting that mistakes with grammar never got past him!

He was a lovely man who loved cycling, badminton, pilates and a cheese scone! Many people at the centre have commented on his enthusiasm for a cheese scone, so it must be true! He was also a great advocate for fairness and equality and he had a passion for sustainability and green issues.

Paul Reed was a lovely man who will be greatly missed.

We have collected some opinions and comments from trainees, volunteers and staff at the centre.

Lisa: I am very thankful for all; that he has done at Apuldram.

Maria: He was a very happy and friendly person.

Izzy: He loved a cheese scone!

Debbie: I enjoyed reading his newsletter.

Rachel: He was welcoming and friendly.

Julie Hurst: Paul was a nice man.

Claire: He was always really devoted to Apuldram and always had fun with his fundraising. He cared about the organisation and the people we support.

Tracey: He loved a cheese scone and a hot chocolate!

Andrew M. I worked with Paul, doing cooking with him. He was a nice person.

Richard: He had great positivity. He always came in here for his frozen bread!

Alec: He was a very nice gentleman. I always got on well with him.

James: He was a really friendly man. I will remember him on his bike!

Corrina: It's very sad. He was a nice man. Very friendly.

Phill: He was always happy.

Josh He was friendly and happy.

Emma: I miss him.

Elizabeth: He was a very friendly man. Very sociable and polite.

Debbie (Volunteer): I first met him in the café. He was a lovely man. He thanked me for volunteering.

Nick: He was always really helpful and friendly in all my dealings with him. He cared about Apuldram. I read the "In Memoriam" section of the local paper last week. There was an entry for Paul. It asks for donations in his honour to go to Apuldram. I thought that even after passing, he is still looking after us all!



Ten British History Questions

We thought that it would be interesting to ask people at the centre what they knew about British history. First we had to research the subject and discuss what we knew about British history. We collected a list of famous British people and also thought that we should ask about the Second World War and about recent prime ministers. We really enjoyed doing the research and discussing what type of questions we should ask. We learned a lot!

Here are the questions we created:

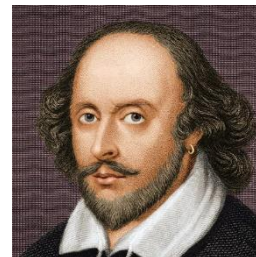
1. Why do we celebrate Guy Fawkes Night?

A- Because Guy Fawkes tried to blow up the Houses of Parliament.



2. Where were most of William Shakespeare's plays performed in London?

A- The Globe Theatre.



3. What was Florence Nightingale famous for?

A- She was a nurse in the Crimean War (1853-56).

She was the "Lady with the lamp".



4. How many prime ministers served during Queen Elizabeth 2nd's reign?

A- 15

5. How many children did Queen Victoria have?

A-9



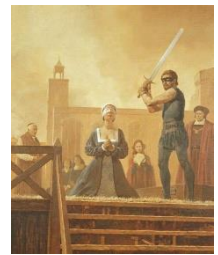
6. Which famous song, sung once a year, did Robbie Burns write?

A- Auld Lang Syne.



7. How many wives did Henry 8th have beheaded?

A-2 (Anne Boleyn and Catherine Howard)



8. Which of these books were not written by Charles Dickens? Great Expectations, Sense and Sensibility and Oliver Twist

A- Sense and Sensibility (by Jane Austen)

9. Why did World War Two start?

A-Germany invaded Poland.



10. Can you name the four prime ministers before Rishi Sunak, in order?

A-Liz Truss, Boris Johnson, Teresa May, David Cameron.

What did we know and not know?

Most people could answer at least some of the questions. However, not many knew how many prime ministers there had been in Elizabeth's reign and not many knew how many children Victoria had, even though they knew it was quite a lot! Not everyone knew that Henry 8th beheaded two of his wives. They need to remember "Divorced, beheaded and died. Divorced, beheaded, survived," which most children are taught in school!

We had fun researching the facts and asking the questions!

Valentine's Day

For a bit of fun, we asked everybody at the centre,

“Which celebrity would you like to have a Valentine’s day romantic meal with, and why?”

This caused much discussion and laughter!



Name	Celebrity	Why?
Tracey	Tom Hardy	“Because he’s a hunk!”
Andrew M	Jasper Carrot (!)	“Because he makes me laugh”
Eric	Vinnie Jones	“He’s interesting”
Debbie	Robbie Williams	“I like his music.”
Julie Herman	Ronan Keating	“Because I like him. We could go for a Pizza Hut!”
Ed	Danny Dyer (!)	“He’s a good man.”
Laura	Martin Fowler (From Eastenders)	“He’s a nice man.”
Terri	Shane Richie	“He would make me laugh!”
Nick	Sinitta	“Her impressive intellect”
Richard	Mini Driver	“She’s into her horses and she is ‘Well fit!’”
Frank	Gina Lollobrigida	“Very beautiful!”
Joel	Holly Willoughby	“I love her!”
Warsha	Phillip Schofield	“He’s famous”
Isabel	Harry Styles	“He’s handsome!”

Name	Celebrity	Why?
Karen	Jason Statham	"He's a stunner!"
Dan F	Gemma Atkinson	"She's beautiful"
Danny N	Katy Perry	"She's stunning!"
Zac R	Avril Lavigne	"She's gorgeous!"
Elizabeth	Noel Edmonds	"He's nice (and beautiful!)"
Phil	Eliza Taylor-Potter	"Very pretty."
Anthony	Sarah Lancashire	"She's lovely!"
Josh	Kyle Minogue	"She's a good singer."
Debbie (Vol.)	Peter Kay	"I'd have a right good laugh!"
Corrina	My mum!	"Because I love her!"
Ellie	Buzz Lightyear	"He makes me happy. We could go out for a KFC!"
Olivia	Charlie Buckton	"Because she is attractive."



The Chinese New Year

Saturday 10th February was the Chinese New Year. Each year, in the Chinese calendar is assigned an animal character. We are now in the year of the dragon. Some people believe that different personality traits are associated with the year that you are born in. Here are the years associated with each animal character:

	Snake	1941 1953 1965 1977 1989 2001 2013
	Horse	1942 1954 1966 1978 1990 2002 2014
	Goat	1943 1955 1967 1979 1991 2003 2015
	Monkey	1944 1956 1968 1980 1992 2004 2016
	Rooster	1945 1957 1969 1981 1993 2005 2017
	Dog	1946 1958 1970 1982 1994 2006 2018
	Pig	1947 1959 1971 1983 1995 2007 2019
	Rat	1948 1960 1972 1984 1996 2008 2020
	Ox	1949 1961 1973 1985 1997 2009 2021
	Tiger	1950 1962 1974 1986 1998 2010 2022
	Rabbit	1951 1963 1975 1987 1999 2011 2023
	Dragon	1952 1964 1976 1988 2000 2012 2024

Here are the personality traits that some people believe you acquire if you are born in that year:

Rat: Quick-witted, smart, charming, and persuasive.

Ox: Patient, kind, stubborn, and conservative.

Tiger: Authoritative, emotional, courageous, and intense.

Rabbit: Popular, compassionate, and sincere.

Dragon: Energetic, fearless, warm-hearted, and charismatic.

Snake: Charming, gregarious, introverted, generous, and smart.

Horse: Energetic, independent, impatient, and enjoy traveling.

Sheep/Goat: Mild-mannered, shy, kind, and peace-loving.

Monkey: Fun, energetic, and active.

Rooster: Independent, practical, hard-working, and observant.

Dog: Patient, diligent, generous, faithful, and kind.

Pig: Loving, tolerant, honest, and appreciative of luxury.

We asked people for their year of birth and worked out what their animal was.

Are their personality traits correct? What do you think?

Snake	Debbie,
Horse	Ellie, Samba.
Goat Sheep	Danni, Andrew M, Olivia.
Monkey	Lisa, Richard, Julie H.
Rooster	Terri.
Dog	Karen, Frank
Pig	.Larry.
Rat	Zac R.
Ox	Eric, Tasha, Henry.
Tiger	Tracey, Nick.
Rabbit	Elizabeth, Ed.
Dragon	

The Apuldram Dog Park

The dog park is under construction. Edward and Justin took the opportunity of having a look around it before it is opened.



There is a dog see-saw!



There is a dog ramp.



Justin could not be persuaded to climb through this!



*Most of the fencing is up.
It should open later in the year.*

Swearing

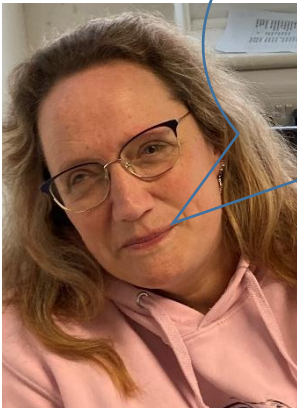
We were interested in the subject of swearing. All sorts of language is exchanged at the centre. Everyone who comes to the centre is an adult and they all bring with them a rich and varied vocabulary. There is also a lot of “banter” between different people which is usually good natured and funny. Sometimes people are picked up for swearing. We wanted to ask people what their opinions were on using swear words, so we asked:

“What is your opinion on swearing?”

And,

“Are there any times when using swear words is ok?”

We got some interesting and varied replies.



Swearing is ok if you hurt yourself or if nobody can hear.



Sometimes you need strong language in difficult situations!



I only swear when I ‘throw my toys out of the pram’!

It's ok if you
don't swear at
people.



There are better
words to use
than swear
words.



I'm going to try
and not swear
anymore!





*I don't like it
when people
swear at me.*



*You shouldn't swear
in general
conversation, but
sometimes you need
a good swear word
to express feelings!*

*Yes, I swear,
but not at
people.*



*I don't like
swearing.
Very rude!*



*I like to swear,
but only at the
right times.*



*I feel that it is not
good, but
sometimes if
you've got to do it,
do it sparingly.*



Corrina: "No swearing!

Jeremy (A visitor in the café): I can't stand Gordon Ramsey. His swearing is unnecessary!

Izzy: I swear with friends, and at my dog!

Kevin: Yes, I swear.

Sam: No, I think it's very wrong.

Larry: Yes, I swear, but I don't swear at people.

Henry: Yes, but it's not ok to swear at people.

Julie Hurst: It's very bad!

Chrissy: I do swear if scared. I don't swear at people.

Ed: No, it's very rude to swear.

Kelly: Swearing is not a good way of communicating. Other words are better.

Tasha: Swearing is ok in certain circumstances. I don't swear a lot. Only when tired.

So we have all sorts of opinions on swearing. Most people seemed to say something about the situation you are in or the people you are with, having an important effect.

People, also saw a difference between swearing at people, which could be offensive, and swearing when you are frightened and when something has hurt you.

In discussion, we also thought that it is possible to offend people without swearing at them and that, in the right context, many people do not find swear words offensive.

What do you think?

International Women's Day

To mark international Women's Day we decided to ask everyone who the most important famous woman was in their life and which woman they knew was the most important to them. We had some interesting answers!

Name	Famous woman	Most important to me.
Josh	Kate Garroway	My mum.
Elizabeth	Cilla Black	My mum.
Greg	Cilla Black	My mum.
Joel	Hollie Willoughby	Tasha
Tasha	Pink	My Grandma
Warsha	Cher	Natalie (Niece)
Lisa (staff)	Amelia Earhart	Granny Bullen (She had 13 children!)
Larry	Kate Bush	My mum.
Debbie (staff)	Barbara Hepworth (sculptor)	Mrs Stamer (My first teacher)
Olivia	Amber (from Tracey Beaker)	Charlotte an old friend)
Julie	Dolly Parton	My mum.
Jason	Pamela Anderson	My mum.
Eric	Marie Curie	My mother.
Ed	Martina Navratilova	My mum.
Lucy	Leona Lewis	Sienna (my daughter)
Izzy	Taylor Swift	My mum, Liz.
Samba	Theresa May Good qualities and humble)	My Grandma (Good role model and mum)
Tracey	Dolly Parton	Leo (my daughter)
Maggie	Shania Twain	Sarah (My daughter who I admire)



In discussion the journalistic team came up with lots of names of important and significant women to them. These included: Celine Dion, Cilla Black, Debbie Harry, Ashley Judd, Toyah Wilcox, Queen Elizabeth I, Queen Elizabeth II, Queen Victoria, (Queen) Boudicca, Amelia Earhart, Camilla Windsor, Peggy Mitchell (a fictional character), Dusty Springfield and Marie Curie.



What goes on at the Hub?

Not many people who come the centre know that Apuldram also has a location out in the community at the Boys Club, in Chichester. It is called The Hub and offers activities and support to people who do not come in to the centre. We decided to go along and have a look so that we could report back what was going on there.



The Boys Club (Girls are also welcome!)

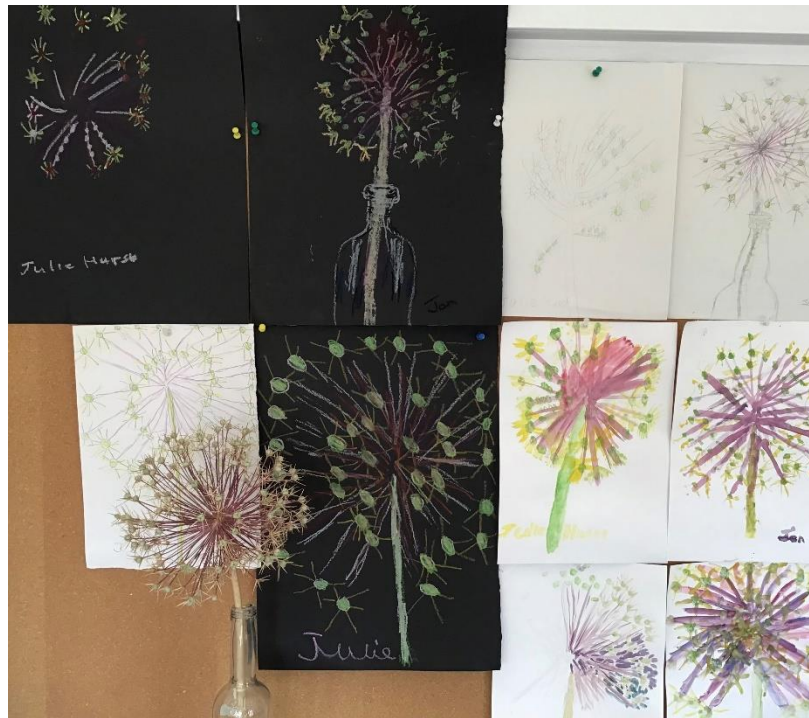


Anna, Ali and Lillian were doing art activities at the Hub.





Alison and Mike work at the Hub



There is lots of artwork on the walls.

We also looked at the rest of the Boy's Club facilities which can be used by the Hub. There are sports facilities.



There are lots of rooms for meeting and for other activities.



There is a music room.





The Boy's Club has a long history of membership going back many years.

What were your favourite TV programmes as a child?

We caused a lot of discussion and debate when we asked everybody this question, one Wednesday morning!

Tom and Jerry!

Grange Hill.

The Magic Roundabout.!

The Tweenies

The Magic Roundabout

Barney



Hong Kong Phooey!



Flaxton Boys,
The Banana Splits and
Worzel Gummidge!





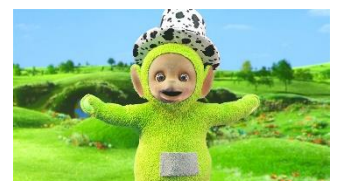
The Flower Pot Men,
Magic Roundabout,
Jackanory, Popeye
and Tom and Jerry!



Fireman Sam
and the
Gladiators!



The
Teletubbies.



Bananas in Pyjamas.



The Teletubbies.

Blue Peter and Magpie.





Scooby Doo.



My Parents
are Aliens and
Ninja Turtles.



Grange Hill.





Button
Moon.



The Muppets



The Animals
of Farthing
Wood.

Sam and Cat.





Postman Pat.



Teenage
Mutant Ninja
Turtles.



Chucklevision.





The Rugrats.



Why do we celebrate Easter?

A few days before Easter, we had a discussion about the meaning of Easter and why we celebrate it. We also wondered what other people in the Centre knew about Easter. We obviously all knew about Easter eggs and most of us love them! However, we wondered about the origins of Easter and why people celebrate it. We did some research:

Christians celebrate Easter in recognition of the resurrection of Jesus. This is a story about him being crucified (nailed to a wooden cross) but then coming back to life after being buried in a cave.



Easter, many historians think, started out as a spring celebration of rebirth and growth and involves Eostre, a Pagan goddess. Christians linked their celebrations to mark the resurrection of Jesus with the Pagan Easter festival.



Eggs have been traditionally exchanged at Easter as they are associated with pagan traditions around new life and birth. At one point some Christian churches banned the eating of eggs at Easter time, which encouraged followers to decorate the uneaten eggs.



We asked people at the Centre, two questions:

“Do you know why we celebrate Easter?”

And

“Do you know why we give eggs at Easter?”

Lots of people were a bit unsure about why we celebrate Easter, although Eric did mention “someone getting locked in a cave!”

There were lots of references to chocolate eggs, although Debbie did link them to Pagan fertility festivals and the goddess Oestra.

It seems that Easter is not very well understood by lots of people. Some seem to know that it has something to do with Jesus being crucified, but not many mentioned resurrection (coming back to life).

This is different to Christmas where it seems more likely that they know that it celebrates the birth of Jesus. This is probably because of the tradition of nativity plays that many people have seen or acted in, as a child.