



# Apuldram News

## Autumn 2014

The Apuldram Centre - Horticultural & Craft Training for People with Learning Disabilities  
Common Farm, Appledram Lane South, CHICHESTER, PO20 7PE; ☎ 01243 783370

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sometimes gets a bad press as it's seen as a full stop to the summer - whatever the summer has been like - and the outrider for the winter yet to come; however, seen in its own light, what a glorious light that is! The colours are simply astounding from pale yellow through green to gold, various shades of orange and brown, reddish hues - there's no other season quite like it. It's also the time when fruits burgeon and the days start to shorten.

In this issue of the newsletter there is plenty to remind you of the goodness that the season brings, not least the fantastic range of fruits, vegetables and flowers that are featured below and, of course, in the shop. Working with Sally Milligan, I'll try to keep you up-to-date with the latest pickings, flowerings and other such things; sorry for those who aren't near enough to enjoy them; I'll do so on your behalf!

We have a lot on our Facebook page - Mike Norris updates it with many of the activities involving the Centre, its trainees and tenants - see page 5 for a potted overview. It's well worth the time visiting the website - [www.facebook.com/Apuldram](http://www.facebook.com/Apuldram), and click on the photo tab.

2014 is Apuldram's 25<sup>th</sup> Anniversary; I've been scouring all of the most likely (and some of the most unlikely) places to find pictures and they're a bit thin on the ground. George Seth has written a piece about his own time as manager and I'll add the photos that I've found - two of them are in this Newsletter - and publish a separate special edition in a few weeks' time.

Best wishes to you all!

*Paul*

## Enjoy the Abundance of Autumn

Still celebrating the autumn harvest: our shop is looking like a proper farm shop, full of our fruit and veg, freshly-picked and pesticide-free.

**Aubergines, spinach, apples** and now **picking pears. Butternut squash** are also ready now and **pumpkins** coming soon.

**Pansies** are on sale and **polyanthus** will be available shortly.

Far right: In the kitchen they're making **blackcurrant cordial** from our supply of blackcurrants; you can buy a bottle from the shop.

**Keep a bug warm this winter:** in keeping with the Apuldram ethos of supporting our environment, the woodwork department have been making bug boxes to help insect life over-winter. They are an asset to any garden and a great present for keen gardeners or for a friend who is eager to support the nature around them; so, come and support the Apuldram Centre and give a bug a home this winter!





# Good To Meet You

Sue Gilson talks with  
**Chlöe White, 22, Chichester**

**Q What makes you happy?**

**A** Working in the shop at Apuldram! I like making the tea and coffee and serving fruit and vegetables to the customers.

**Q What are your hobbies?**

**A** Singing, dancing, maths, science. And I like learning French and Spanish words. I love swimming. I go to the pool at Bognor Regis and I do about 30 lengths.

**Q How do you spend your evenings?**

**A** I help cook the meal and I sometimes go out, to a restaurant like Wetherspoons, or to the cinema.

**Q What do you do at weekends?**

**A** On Saturday and Sunday I am at home. I go to a disco at Bognor once a week. I help walk our dog Kiesha, a German Shepherd.

**Q Favourite tv programme/film?**

**A** I love watching 'Killer Karaoke' on Challenge TV. A black woman sang Preacher Man really well one week. I like Dracula films. And Annie The Musical is a marvellous musical!

**Q Favourite singer/band?**

**A** I like OneRepublic's new song\*. And my favourite singer is Cheryl Cole. She was a judge on X-Factor and she sings her own songs now. I follow her dance routines at home.

**Q What do you like doing best at Apuldram?**

**A** As well as being in the shop I like working in the kitchen, baking cakes. My favourite thing to make is macarons. I look forward to coming to Apuldram.

**Q Describe your family/pets**

**A** There is my mum Bryony, step-dad Karl, and two brothers, Connor, who is 20 and George who is two months. There is also my sister Freya who is four years old. I like playing with her and cuddling her and taking her out. There are also nine chickens, two black cats called Ronnie and Cocoa, and our dog Kiesha. It can be pretty noisy in our house!



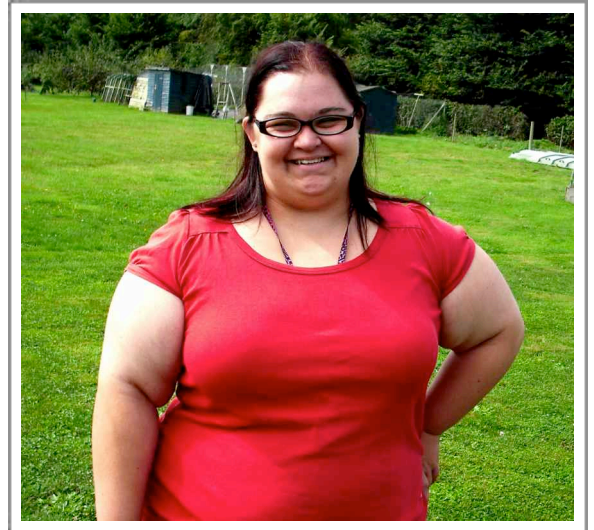
**Q Favourite meal?**

**A** I like Mexican food so fajitas with meat and salad and tortillas.

**Q Three words to describe yourself**

**A** Happy, excited, posh.

\* ['Love Runs Out', Ed]



**Laura is a star!!**

Laura Herniman (you may be able to pick her out in the photo, with supporters from the centre, l-r: Anna, Andrew, another Andrew, Justin, Jason and Penny) recently swam 50 lengths of the pool at Westgate Leisure for Cancer Research UK. In doing so she's raised at least **£115**. Well done, Laura!







## Life and Lily

Hi! I'm going to Tenerife in September with Grace my friend and Susan who is one of the support staff. I'm really looking forward to this, as I've never been there before. We will be staying in a hotel and what we are paying includes all food

and drink. I think there is also entertainment included. If there are dolphins there I'd like to be able to swim with them, this is something I'd really like to do. I have a new camera, which I've just bought and am looking forward to trying it out.

My Mum has a sheepdog puppy which is black and white and which I enjoy having cuddles with.

Grace and I went to Longleat with Joanne, another staff member. We had a great time there. Some of the monkeys were very naughty, they were jumping on the cars and pulling off the windscreen wipers!

On Tuesdays I go and play cricket. In the summer we play in Pagham outdoors and during the winter we go and play indoors at the Arundel cricket ground. Have a good autumn!

Lily was chatting with Alan Doick



A line-up from 1991 - many familiar faces

## Management trainees?

Jane recently invited Grace, Laura and Danny into her office and initiated them into some of the financial workings of Apuldram. She was pleased - but not surprised - at how well they picked it up and enjoyed the responsibility and the experience; Jane plans to repeat the exercise. What a great idea!



## Who'd be a volunteer?

Well, fortunately for us, quite a lot of people; here's one, in conversation with **Sue Gilson**:

**Meet Joyce Pearson**, who has been a volunteer at Apuldram for 11 years, and has always worked in the shop here. It was suggested to her by a friend when she retired that she might really enjoy it, and she does! Joyce had just given up her shop 'Orientations' selling ethnic goods, which she ran in Southsea for 15 years, and she was looking for something new to fill her time.

Born in Indonesia (where she was a Japanese prisoner of war for three years, but that's a whole other article), she has lived in various countries including Singapore, Hong Kong and China. "I have always been on the move," she says.

She also flew all over the world as a BOAC air stewardess for five years when her husband Andrew was away in the Navy. She is more than happy to be a regular Apuldram fixture on Fridays now though, and gets so much from the experience. When she first arrived it was a smaller concern, and she has seen it grow. Some of the same customers still come in from those days, to pick up their cakes, chutneys and produce from the garden and greenhouses. "It's a very faithful clientele. And people get hooked on a certain cake or cheesy biscuit. And the veg is always popular. It's all fresh and as organic as we can make it. The customers chat and are always very nice."

Joyce works one to one with a trainee and oversees them washing up, putting out produce and working the till, although some find that a challenge. "I try to do as much with them as I can."

She has known some of the trainees, like the two Carolines, Jenny, Lilian, Tim and Adam since she started, and is very gratified to see them gain new skills and confidence.

"It's a lovely atmosphere here and they are always so pleased to see you and always greet you. Many more of them are now living independently too, which is great to see."





The Apuldram Centre

Horticultural & Craft Training for Adults with Learning Disability, Common Farm Appledram Lane South Chichester West Sussex PO20 7PE

01243 783370 [www.apuldram.org](http://www.apuldram.org)



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Sat 11th October,  
for tea, coffee, cakes & fun  
in aid of MacMillan nurses.  
Pop in between 10 and 2.**



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## **AUTUMN GARDENING TIPS**

From Alan Doick



If you've not already done so, turn over the onion and shallot tops to help ripen the bulbs; when they are straw colour, lift the bulbs to dry further either outside or put straight in under cover.



Very shortly onion sets and shallots will be available to purchase for planting out for next year's crop.



Keep a regular check on ripening tree-fruit and pick as necessary to prevent bird and insect damage.



Spring-flowering bulbs are now available for planting.



Take a look at the garden and see whether any trees, shrubs or herbaceous plants need replacing, thinning or if there are any gaps which you wish to plant into. There is an amazing selection in garden centres now onwards.



Now is the time to prepare the lawn for winter. This involves using a moss killer; after a couple of weeks, when the moss is dead, it needs raking out and then an autumn lawn feed needs applying. Don't forget to regularly rake off any leaves as and when they fall.



With all the rain we've had & the mild conditions there will be a lot of slugs and snails around doing a lot of damage so keep a good look out and apply bird- and pet-friendly control.



If there are any plants lying on or leaning over the lawn be sure to either cut them off or stake upright or the lawn may be damaged.



Continue to cut off any dead flowers particularly from the summer bedding plants as this will encourage more flowers and prevent rotting and disease. **HAPPY GARDENING!**



**ALAN 1994**





**ON**



**HERE ARE SOME EVENTS THAT YOU MIGHT HAVE MISSED ON OUR FACEBOOK SITE; MANY PHOTOS FROM EACH; TAKE A LOOK!**

**CONGRATULATIONS TO DANIEL BURFORD, SIAN HOLDEN, RICHARD PADGHAM, JASON IRELAND, ANNA BRADLEY, ANDREW HEK, ANDREW MORGAN, EMMA HARRIS, ANDREW FRANCIS, LISA SLOANE, LAURA HERNIMAN, BOB HAINES AND BEN TROTSMAN FOR COMPLETING THEIR SPORTS LEADERSHIP COACHING COURSE WITH BRIGHTON FOOTBALL CLUB.**

**WHOSE IDEA OF FUN WAS THIS???**



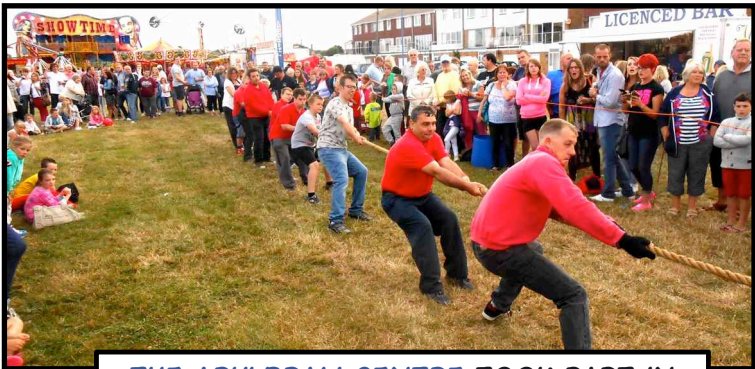
**GULLY WITH THE WINNERS**



**LAURA, SAM, RHONA, LILY, SIAN & GRACE AT THORPE PARK - SCARY!**



**RED WATCH VISITS THE APULDAM CENTRE**



**THE APULDAM CENTRE TOOK PART IN THE SELSEY LIFEBOAT TUG OF WAR**



**MANOR FARM & COUNTRY PARK**

