



# Apuldram News

## Autumn 2013

The Apuldram Centre - Horticultural and Craft Training for People with Learning Disabilities  
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I had real hopes of including photographs of the newly-refurbished kitchen in this edition of the Newsletter; I even had real hopes of publishing this in October but the kitchen didn't progress as rapidly as we had all hoped. However... with fingers crossed:

**The Kitchen should be open and fully-functioning on Monday 25<sup>th</sup> November, with cakes appearing in the shop, both for eating there or taking away. Hooray!!**



In the meantime, I've included a picture of Chris and Danny painting the kitchen walls and ceiling early in the refit. I can assure you that it looks a lot different now! The kitchen is central to life at the Centre and I think that has been really evident in the past weeks; as one of the volunteers who works alongside trainees making cheese scones, cakes, savouries, jams and all the other wonderful goodies that issue forth from its steaming ovens (forgive the floribundant language but thinking of the cheese scones makes my mouth water!), I am so looking forward to getting back there again.

On our website - [www.apuldram.org](http://www.apuldram.org) - there are some photos of Apuldram's team winning this year's **It's A Knockout** series of games in

Bognor, involving a number of centres for adults with learning disability, which included basketball, football dribble, table for ten, duck pond and balloon chair burst; do



take a moment to visit the site and have a look - it was obviously great fun for all and Mike Norris, who took the photos, reports that the noise levels threatened to lift the roof off! Apuldram's team showed great skill from the very beginning including hand/eye co-ordination, speed and working well as a team. When the results were read out, Apuldram's team and their supporters went wild as Apuldram **won the event for the very first time!**

Mike has also suggested that readers of the Newsletter might like to send it on to ten of their friends, thus widening the reading circle. Those friends could then contact me and be added to the mailing list for future Newsletters. That sounds like a good idea!

**Apuldram's 100 Club** has been running for over a year now; we currently have 92 members and are always looking to add more; £3,180 has been paid out in prizes during that time, with a similar amount donated to Apuldram. Each month there are prizes of £100, £50, £25 and £10. November's £100 winner was Oliver James; other winners this month included Pam Littlechild, Penny Clack and Joyce Pearson.

If you're not yet in the 100 Club, don't you think it's time you joined? email me for info: [paulreed@apuldram.org](mailto:paulreed@apuldram.org).

*Paul*

It's now very simple to make a donation to Apuldram; just follow this link:  
[www.apuldram.org/support-us/](http://www.apuldram.org/support-us/).



## Life and Lily



Since the last Apuldram Newsletter I have been to see my sister, Amanda, and her baby who is now about two years and is walking everywhere and into everything; she is sweet, so lovely. I am volunteering in a Chichester old peoples day centre where I go every week for a half day. I really enjoy

going there; I make soup for the lunches as well as tea and coffee, which I then take around to everyone. I also go swimming weekly as well as to my art group. I am also learning street dance in my weekly group as well as going to as many discos as possible. Now and again I go to the cinema as well as the theatre to see musicals. In August I went on holiday with some of the other girls from Apuldram. We went to a hotel in Devon where we did lots of sports as well having art and craft and archery lessons. There was a lovely indoor swimming pool with a water slide, which I used a lot.

Lily was in conversation with Alan Doick

## We have a new potting shed! [and a 'new' craft room]



Richard and Eric now have somewhere warm and quite glamorous to hang out with their teams; the



second photo is of Giles Bailey working in the 'shed'; the lower picture is of the craft team, busy



making Christmas cards and other items in their 'new' room - the old potting shed, which the seemingly indefatigable Sally Milligan has made more comfortable!

## A day in the life of...

Another in our regular slot which looks at a typical working day of one of our staff. As told to Sue Gilson:

### Chris Robinson, 50, Bracklesham Bay Apuldram's woodwork instructor

*Chris came to Apuldram six years ago with a wealth of experience from 17 (!) jobs including carpentry, building conservation, double glazing and general maintenance. He learned how to use traditional hand tools from the age of nine from his grandfather who was a local builder and carpenter. He is also a wiz on the keyboards, is in a couple of bands, and he dreams of reindeer at this time of year!*



**8.15am:** I get in to work and wait for everyone to turn up! Then we get into groups and I set up sanding of wood which produces lots of ears for the wooden reindeer we make in the run up to Christmas. They are very popular and sell really well. We produce about 50 very large ones and goodness knows how many smaller ones. It is a juggling game because I am trying to produce something we can sell to make money for the centre, but also trying to keep the trainees happy and using their skills. We work out what their strengths are and then they feel part of the job, whether that's sweeping up and making cups of tea, or sanding and sawing.

**11am Coffee and 1pm:** Break for lunch

**2pm:** It's back in the workshop to do more of the same. We can make seven or eight large reindeer a day! We have collected a load of logs so we saw these up for the reindeer bodies (see pic). We also make bird boxes, bird tables, picnic tables and pot planters, refurbish garden furniture and do minor repairs. I did produce a dovecote too last year which was quite an involved piece of work. We have to be very careful about safety obviously and they know they have to be careful.

**4pm:** Clear up before home time. On a Friday afternoon I like to blitz the place, sweep up and clean for the next week. I really enjoy working with the guys here, it's a great atmosphere and we do play around a bit and have fun!

# Good To Meet You

Sue Gilson talks with

**Andrew Morgan** 46, Witterings



**Q What makes you happy?**

A I am happy if Birmingham City football club have a good win!

**Q What are your hobbies?**

A I support Birmingham City so I follow them. I have been supporting them since I was a boy. I have been to Bognor, Selsey and Pagham to watch football too. I usually go with my dad.

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

A I watch TV – Emmerdale, Coronation Street and all different types of things, especially in the winter. Coronation Street is my favourite soap. I like the characters and story.

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

A I do the Hoovering! I sometimes go to get the milk and papers. I take cake home I have made here to have at weekends.

**Q Favourite films?**

A I like all different kinds of films. I don't go to the cinema much though.

**Q Favourite singer/band?**

A Abba, The Carpenters. I have got all different CDs and I listen to them in my room and in the conservatory.

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

A I like the kitchen best. I like cooking and making cakes. I like going out with Andy too in the van to do the mowing and gardening.

**Q Describe your family/pets**

A My parents are Pauline and George and I have a younger brother Stephen who is a teacher in Barnsley. We have two dogs – Tara, a golden retriever, and Bruce, a Burmese mountain dog. I take them for walks in the afternoon and evening.

**Q Favourite meal?**

A I love Indian food and we go out to eat that or have a take away. I like fish and chips too. I go to work at Frame of Mind every Thursday and I take my own potato to bake, and beans.

**Q Three words to describe yourself**

A Football-loving, friendly, considerate

## Meet the Residents: Meet the Residents: Meet the Residents:



This photo, taken during one of the recent Pilates sessions at Apuldram by another Pilateer, shows the remaining of our non-feral cats - Marley - hogging the mat on which Sally Knight is planning to exercise; he likes to settle wherever takes his fancy, a practice which cat-lovers amongst you will immediately recognise.



Marley again, on what appears to be a purpose-made comfy bed in the new potting shed. He knows that training humans is simple...



One of Apuldram's geese; he gave me a very suspicious look as I was photographing him...

Paul



# ALAN'S AUTUMNAL ADVICE

Collect and compost autumn leaves.

Cut down dead border plants and clear away old leaves.

To prevent wind-rock damage to buddleias and lavatera, shorten their height by about half and then prune hard next spring.

Lift dahlias, trim down stem, turn upside down to drain any water out and store in frost-free place.

Cut down fruited raspberry stems. Finish picking apples and pears and remove any mummified fruit on plum trees to prevent brown rot next year.

Check watering of planted containers, look for signs of mildew and aphids (greenfly) on winter flowering pansies and spray if necessary.

If you have a light soil plant lilies now; otherwise wait until spring.

Aerate and scarify your lawn. If you have moss, use a lawn killer and when dead use a lawn rake to take out. A combined lawn feed/moss killer is ideally used now.

Be sure to collect fallen leaves from your pond to prevent them rotting in the water. Remove pump to prevent it being damaged by freezing.

Plant new trees, roses and shrubs in general whenever the soil is frost free and not covered by snow.

Now is the time to plant Amaryllis in pots for indoors.

Sow sweet peas in pots, but protect from mice and check regularly for watering. Place pots in a glasshouse or cold frame.

Rough dig any vacant soil and leave to over-winter.

Winter wash fruit trees to remove pests.

Provide food for birds during the cold weather.

Have machinery serviced.

Request seed catalogues and order seeds for next year.



*Happy Winter Gardening! Alan Doick*

## WEDDING BELLS!

Rosie Ehrenzeller joined Apuldram's staff in the early summer of 2010 and quickly proved to be a popular asset. In September she married Kevin Peskett at Crawley Registry Office.

The wedding night was spent at Amberley Castle in a room with its own battlements; the following morning started in an unexpected manner when the fire alarm went off at 6am and Rosie could be seen wandering the grounds of the castle sporting a lovely white hotel dressing gown!

Walberton Church was the venue for a beautiful wedding blessing where the bride and groom danced out of the church to the Beatles "All You Need Is Love".

Rosie and Kevin had a relaxing honeymoon in Morocco and now the new Mrs Peskett is back at work helping the clients of [My Network](#) deal with all the things everyday life throws their way.

Anybody who would like to find out more about Rosie's role of Network Co-ordinator will find her at the Boys Club in Little London on a Monday and Wednesday - she'd welcome your popping in for a coffee and will gladly show you the exciting activities which go on there.

