



# Apuldram News

## Summer 2015

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

Editor: Paul Reed



## UMMER

Well, it's been a busy few months and it hasn't finished yet! I'd hoped to get this Newsletter out sooner but things got in the way.

Alan Doick has been busy, too, as you will see throughout this edition. I'd also like to thank him for bringing to my attention a piece about Gavin Harding that he'd spotted in The Independent. I've reproduced the Guardian article about Gavin and you'll find it on page 4.

There will be a special Newsletter in August to celebrate the enormous contributions that Jane Kilby and Alan Doick have made over many years, and to mark their retirements.

The next few months will see changes in the leadership of Apuldram, but not the underlying ethos. The Autumn Newsletter will introduce you to the new line-up, including someone to replace David Barty, who has been our Finance Manager for the past six months. Exciting times ahead!

Best wishes to you all!

*Paul*



## LAURA'S LOOM BAND WORKSHOP



ON SALE IN THE SHOP AND  
AT APULSTOCK

**PRICES:**

Bracelets £1  
Necklaces £1.50

Made at the Apuldram Centre by Laura Herniman

2011
5th Anniversary
2012

**IRON TYGER**

**SHORTS & FLIP FLOPS**

**FINNEGANS WAKE**

**BABA**

**ZUMBA**

**MIKE HOBSON**

**HERBIE**

**TALLER THAN JANE**

**BEATROOT**

**JOEL PETER**

**LEOWEN MANN**

**TARDIS**

**CRAZEE BALDHEAD**

**WALKING DYNAMITE**

**SIRENS OF TITAN**

**MAYA WOLF**

**& TYPE 40 TOYS**

**Apulstock 2015**

**SATURDAY 18TH OF JULY**  
**11 AM - 10 PM @**

The original music festival for people with learning disabilities celebrates its 5th birthday at The Apuldram Centre. With Live Music, Games, Activities, a Sensory Garden, Dr Who & Cake!

**TICKETS AVAILABLE IN ADVANCE**

ADULTS = £10 (OLDER THAN 13)

CHILDREN = £10 (YOUNGER THAN 13)

FAMILY = £25 (2 ADULTS, 2 CHILDREN)

Available now from The Apuldram Centre & online from Monday 11th of May - [www.apuldram.org/apulstock-tickets](http://www.apuldram.org/apulstock-tickets)

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# Good To Meet You

**Jenny Seymour, Chichester**  
in conversation with Julie Sandalls

**Q What makes you happy?**

A Being healthy; when people understand me.

**Q What are your hobbies?**

A Knitting; pop groups; theatre; amen\*; going away for short breaks to Warner camps.

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

A In Common Lodge knitting, winding the staff up, and telling Julie what to do, ha ha!

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

A Family are very important to me; i like to go out for pub lunch on Sundays.

**Q Favourite tv programme/film?**

A War/Battle movies, blood and guts.

**Q Favourite singer/band?**

A The Osmonds, especially Marie; Cliff Richard - Bachelor Boy; The New Seekers - All My Life's A Circle.

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

A I was brought up to work indoors so I like making cakes.

**Q Describe your family/pets**

A My sister Jane has a dog called Freya; my brother David used to have a cat.

**Q Favourite meal?**

A Pasta bake; lasagne; I also love cheesecake and crumble with custard.

**Q Three words to describe yourself**

A Committed, friendly, exciting.

\* Julie explains: Amen means Jen likes going to church on a Sunday at Earnley, and she also goes to Alan Doick's Sunshine Club, once a month



Donny & Marie

## GARDEN TIPS FROM ALAN DOICK - JULY 2015

- ❖ Make war on your weeds - hoe, hand-pull, mulch or if really necessary use weed killer.
- ❖ If lawns look thin and yellow give a liquid lawn food.
- ❖ Over this period you can take cuttings of many shrubs; make sure that you take from new growth, which is firm, but not woody.
- ❖ Check roses for mildew, blackspot and greenfly; spray as necessary.
- ❖ Layer border carnations as growth allows.
- ❖ Prune summer flowering shrubs as they finish flowering.
- ❖ If blanket weed is a problem in your pond then get some barley straw, put it in a net bag and leave in the pond for the summer. Try to have as much of the surface area as possible covered by your aquatic plants, this cuts down the amount of sunlight hitting the water.
- ❖ Strawberries are not long-lived so now is a good time to root runners but only as long as they look healthy.
- ❖ Lift autumn-planted onions; spread them out in the sun to dry.
- ❖ Sow spinach for late summer/autumn cropping.
- ❖ Make successional vegetable sowings as space allows.
- ❖ Tie in blackberry and raspberry new shoots; these will be fruiting next year.
- ❖ Be sure to 'side shoot' tomatoes as necessary so that all goodness goes into producing fruit and not unnecessary growth. Also check for green and whitefly infestations.
- ❖ Check on and pick any fruit regularly.
- ❖ Keep all plants well watered as necessary, especially newly-planted ones.

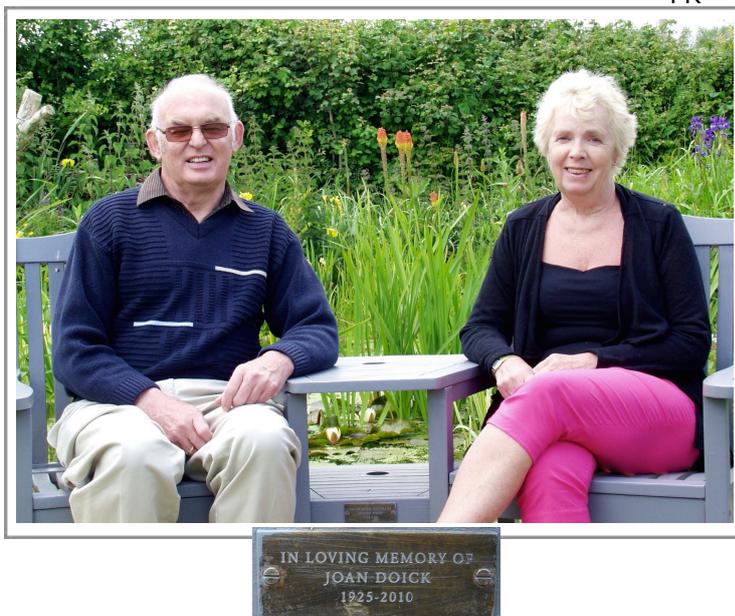


The Sensory Garden viewed through wild flowers. PR

# Remember me when I am gone away...

Christina Rossetti; 1830-1894

Alex Fryer recently sent me a photo of Peter Rice standing next to the bench that he had a hand in making in memory of his late father, Maurice. A little later on, I had the opportunity of photographing Alan and Anne-Marie Doick in the Sensory Garden; I know the seats very well but I hadn't realised that Alan had presented them to Apuldram to commemorate his late mother.



PR

## Life and Lily



Hi!

I have just started volunteering at Rainbows, which girls go to before they go to

Brownies. We play

various games, read stories and do various other things in our time together, which is 4.30 till 5.45.

Now and again I bake cakes at home; this weekend I made banana and choc-chip muffins.

I went to the X Factor with a friend and one of our staff; we saw it in Brighton. This was those who had been on the X Factor on TV and who were on tour. I really enjoyed it and so did the others.

I came to the Cream Tea, which was held at Apuldram on the Bank Holiday Sunday; I had a lovely plain scone with strawberry jam & fresh cream.

Lily was in conversation with Alan Doick at the end of May

www.apuldram.org  
The Apuldram Centre  
Registered Charity Number: 807088

# Coffee Morning

In support of  
The Apuldram Centre

**APULDRAM FUNDRAISER**

Ros Buckland invites you to a fund-raising  
**Coffee Morning**

**DATE: WEDNESDAY, 5 AUGUST 2015**

**WHERE:** 7 Seacourt Close, Aldwick,  
PO21 4RD; 01243 265045

**TIME:** 10am until 1pm  
Tombola, Cake stall

# 'It's a great honour' · Selby appoints UK's first mayor with learning disabilities

Councillor Gavin Harding MBE takes up the mayoralty in his home town of Selby.

Gavin Harding has been appointed as mayor for Selby, North Yorkshire, making him the UK's first mayor with learning disabilities.

Harding, who was previously deputy mayor, is starting his second term as a Labour town councillor for Selby Northward, having increased his number of votes from 590 to 1,039. He was nominated as mayor by a fellow member of council, and then approved by the council as a whole. It is thought he is also the first UK councillor with learning disabilities.

He told the Guardian of his appointment: "I had to keep pinching myself, saying is this real ... it's a great honour being mayor of Selby, my home town. It's a big town in North Yorkshire with a great community and great people in it."

Harding said that when he went into mainstream school in 1986 – one of only six people with learning disabilities to do so – it would have been "totally impossible" for someone with a learning disability to become mayor. He credited Valuing People, Labour's 2001 strategy for people with learning disabilities, for turning things around.

Selby has a population of 14,350, and Harding will work on behalf of the residents, chair meetings of the town council and attend local functions. He said he wants to "make sure as chair of town council meetings that we act in the best interests of the public as much as we can and serve the community". He says his priorities for the coming year are better policing, stopping police cuts and the relocation of the police station to council offices, attracting a different range of shops into Selby and having more facilities for young people.

Harding is also a prominent expert by experience in the social care sector, having



worked with the Care Quality Commission and co-chaired the Winterbourne View transforming care board with former care minister Norman Lamb. In June 2014, he was made an MBE for his work representing people with learning disabilities.

When asked if he thought his achievements would inspire more people with learning disabilities to become councillors and mayors, Harding said "There is nothing stopping people with learning disabilities". He said that experience of self-advocacy gives useful experience in representing people "but you're not just representing people with learning disabilities, you're representing everyone in [the] community".

Stephen Shaw-Wright, who will serve as deputy mayor under Harding, said: "Gavin is a shining example of what can be achieved with the right support and encouragement. I hope more people can see that playing an active part in society should not be dictated to by what you are told you can do but by what you can achieve."

One of Harding's first engagements as mayor will be opening the Selby beer festival on 25 July. He hopes to achieve his lifelong dream of pulling a pint of beer, "something [I've] always fancied doing".