



Apuldram News

Spring 2015

The Apuldram Centre - Horticultural & Craft Training for People with Learning Disabilities
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Editor: Paul Reed

Spring

seems to be creeping up and peeping in but I won't put my umbrella away just yet! In fact, it's always within fairly easy reach, just in case. In an earlier life I travelled to a number of countries, some where it seemed that the sunshine was always present and, whilst it was lovely for a while and very healing, I'm sure, it was always with a sense of home-coming that I, well, came home. It's not just the

image of this part of the world from a plane, with its many green patches dotted around; no, it's even more specific than that for me: coming over the Sussex Downs and catching my first glimpse of Chichester Cathedral was something that I looked forward to. One of the things that makes it special is the variety that we have in our weather and yet it is rarely extreme, at least not in these parts.

Enough rambling: In this Newsletter there's a few items that are coming up and information on some that have already taken place. The shop is under new management and there's a bit about that later. There is information about at least two things where food will be served, so make notes in your diary and prepare for them!

A project that is just taking off will involve the 'upcycling' of unwanted furniture to make it 'wanted'; I've already sent out a request for any pieces you may wish to pass on to us (wood only, please); part of the project will be to really go to town at the front of the barn, turning that part into a studio/showroom/sales area; we'll be involving the trainees in all aspects so it won't just be a fundraising venture but a learning experience for us all.

Mike Norris, Administration and Activities Co-ordinator, has asked me to mention our Twitter account - @ApuldramCentre - and that our Facebook <https://www.facebook.com/Apuldram/timeline> site has news, stories and photos, including Fratton Park Tour, Zoolab visit and Arundel Cricket coaching sessions through the winter.

Finally, many thanks to Ava Kirby who kindly donated £5,000 (worth £6,250 with Gift Aid) to assist the fundraising team with storage and future projects.

Enjoy the spring!

Paul

FISH+CHIP SUPPER & QUIZ

Friday 24th of April
6pm - 9pm
Donnington Parish Hall

TICKETS £10

INCLUDES SUPPER AND ENTRY TO THE QUIZ
CHOICE OF: FISH & CHIPS, CHICKEN & CHIPS OR VEG PIE & CHIPS

TICKETS AVAILABLE FROM THE APULDAM CENTRE
TELEPHONE - 01243 783370

WITH
QUIZ MASTER
KERRY APPLIN

LOCAL
FISH & CHIPS

RAFFLE

BAR OPEN
6PM - 9PM



Raising funds for:  &  **Donnington Parish Hall**

Cream Tea

Apuldram's seemingly tireless fundraising team have organised a **cream tea** on Sunday 24th May from 11am until 3pm. They will have Finnegan's Wake playing and the choir - *Achoired Taste* - will be entertaining everyone between 1pm and 1.30pm. Mark it on your calendar!

There will be lots of stalls, and donations for the raffle would be greatly appreciated.



Apulstock ^{Saturday} 18th of July 2015

IRON TYGER

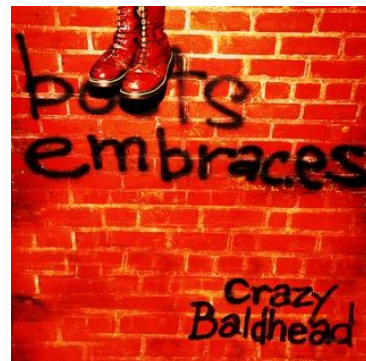
Apulstock is coming back to Apuldram as a fundraiser for the Centre. Tickets will be available from Apuldram exclusively from 27 April for two weeks and then online.

Acts already confirmed include Apuldram's own ABBA tribute team, **BABA**, Iron Tyger, Craze Baldhead, Mike Hobson and Joel Peter.

Natalie will be running a Zumba session; there will be a Jolly Facez face-painting stall and much more!

Volunteers will be needed; contact Alex Fryer on apulstock@apuldrum.org if you can help

JOELPETER

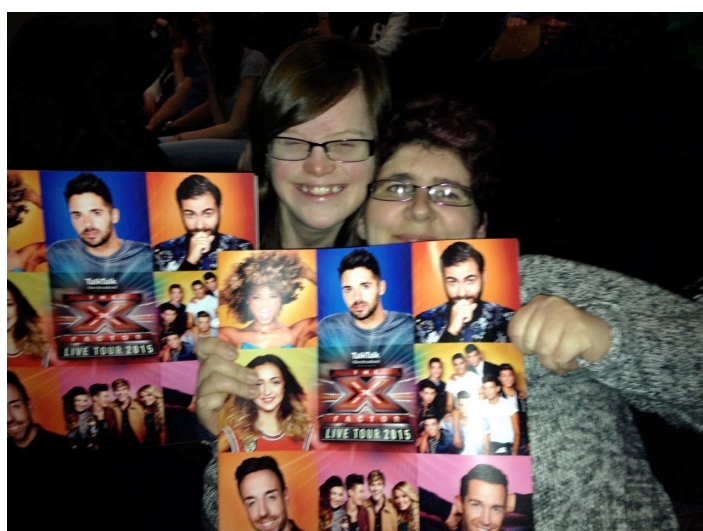


Life and Lily



Lily went with Laura and staff-member Jo Moyle to see the 2014 X-Factor Top 8 finalists, Andrea Faustini, Ben Haenow, Fleur East, Jay James, Lauren Platt, Only The Young, Stereo Kicks and Stevi Ritchie during their recent show in Brighton; Lily was very excited when she told me about this; here are a couple of the photos that Jo took. They obviously all had a good time! The photo of Lily on the left was taken in the pop-up marquee that

stood in for the shop/cafe for a few days whilst it was being refitted and freshened. There's an article about that elsewhere in this newsletter.



Good To Meet You

Paul Reed talks with

Andrew Hek, 24, Chichester

Q What makes you happy?

A Working in the sensory garden (see below right) and playing cricket; *Andrew has been selected for Sussex County Cricket Learning Disability team, following a competitive trial, and travels around the region playing matches.*

Q What are your hobbies?

A playing cricket, football and swimming.

Q How do you spend your evenings?

A I go out to the cinema or stay at home.

Q What do you do at weekends?

A Sometimes I go out with my dad.

Q Favourite tv programme?

A I like watching Six Nations Rugby, Eastenders, Coronation Street and Emmerdale.

Q Favourite singer/band?

A Favourite song is All About The Bass by Meghan Trainor.

Q What do you like doing best at Apuldram?

A Contract gardening and working in the sensory garden.

Q Describe your family/pets

A We have a short-haired terrier called Bomber, who lives with my mum and dad, my younger brother Luke and my older sister Lucy.

Q Favourite meal?

A Spaghetti Bolognese.

Q Three words to describe yourself

A Happy, hard-working, funny.

(I promised Andrew that I would also put **Laura's** name in here somewhere, so now I have!)



Sally Milligan writes: Apuldram's sensory garden won an award last year for Services to the Environment from Manhood Heritage and Wildlife group. They agreed to come and work in a partnership with Apuldram in the sensory garden and I am hoping they will come and do another community day in the autumn and help clear the pond of excess weed. Many thanks to the volunteers!

Photos: left, some of the Manhood volunteers with trainees; right, the new willow sculpture - a swan - in a dramatic light.



Who'd be a volunteer?

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

Most readers will already know Sue Saunders, who has the *alter ego* of "Tim's mum". I've known them both for over 30 years; Sue has been with Apuldrum since its earliest days and has always been busy doing whatever is needed. She told me that she came one Christmas to help Jenny ice and decorate Christmas cakes and never left!

Sue's rôle as volunteer has mainly been as holiday cover in the kitchen and, in recent years, working in the shop, which she has done for more than a decade; she says that she has 'loved every minute of it'.

I asked her about life outside of Apuldrum and Mencap; Sue said that she has 'always been a housewife and mum/grandmum'. One of four children herself she, too, has four children, of which Tim is 'the baby', plus six grandchildren and (whisper it) three great-grandchildren.

Sue would describe herself as a home-loving person; she doesn't travel much any more, likes a quiet life and yearns for nothing. In the past she has had involvement with her local WI and village hall, but mainly now Apuldrum. She doesn't watch much television and seems very content.

It's lovely to have you around, Sue!



Photo by Pam Porter, taken at West Dean

Shop Talk:

Say 'hello' to **Sarah Conlon**, the manager of Apuldrum's on-site shop and cafeteria; she's there five mornings a week and Wednesday afternoons (other times covered by volunteers, including Sue Saunders). One of her first projects was to plan, oversee and actually roll up her sleeves and take part in the refurbishment of the shop itself, adding more shelf-space and refreshing the whole area; I think it looks delightful.

Sarah's background is in sales and marketing, with various companies and a variety of products. Originally from Portsmouth, she lived and worked in London for around 15 years and then moved back to the south to buy a house and settle down. She is married with two children - Ruby, 19 and Anna, 14; she would say that it's definitely a female-oriented house, "even the dog, Maisy", a Jack Russell cross. Sarah stood in for Sally Milligan when Sally was in Peru recently, shepherding the Arts & Crafts group; although she has no formal arts training or background, she has always had

an interest in textiles, colour and collects things that she thinks will work. She has more plans for the shop including painting the exterior.

Sarah came to Apuldrum a couple of years ago, as a volunteer with Sally's group; she has also worked on the Supported Living team for a year and continues to do that on an occasional basis, to cover leave or illness: "I love that side as well."

Sarah has eclectic music tastes and is looking forward to bringing her family and friends to Apulstock.



Ben's Tough Mudder Challenge

Apuldrum Supported Living staff-member and WRAP Club worker Ben Applin is taking on the ultimate challenge, the UK TOUGH MUDDER on Saturday 12th September 2015. He will be running, climbing, jumping and pulling his way through an assortment of unbelievable obstacles caked in mud; see here <https://toughmudder.co.uk/events/2015-north-west> for full details and muddiness!

Please sponsor Ben as he is raising money for Apuldrum; you can donate at <https://mydonate.bt.com/events/bentoughmudderchallenge/218201>.



April 2015 Garden Tips from Alan Doick.



- * This is the ideal time to plant or move evergreens. If moving an established plant, water well before moving and in either case water well once planted. If the weather is cold put a screen of fleece or fine mesh around to reduce water loss.
- * Scrape off top layer of compost of container plants and replace with fresh compost.
- * Sweet Pea seeds can be sown in the ground now.
- * If you have a cold frame or glasshouse you can pot up dry tubers of dahlias or you can plant out directly in the garden 2" deep where they are to flower; protect new growth from slugs and frost.
- * Give climbing plants a boost of fertiliser and a mulch of compost.
- * If apple flowers are not open, spray against scab and mildew with a fungicide.
- * Remove dead flowers of daffodils and tulips, but do not tie up or remove the growth for 6 weeks, to allow it will be needed to feed the bulb.
- * Sow hardy annual seeds in borders and in rows in the vegetable garden for cutting.
- * Mow the lawn more regularly and gradually lower the cut.
- * Now is a good time to apply lawn weed killer; remember if using a liquid to use a coarse spray to minimise drift.
- * Hanging baskets can be planted up now and kept in a glasshouse; do not put out until all fear of frost is past.
- * Sow seeds of summer and autumn cabbage now in succession for a regular supply for the kitchen.
- * Plant gladioli now for summer colour.
- * Sow main crop carrots and broad beans now outside and french beans under glass.
- * Once finished flowering prune back hard forsythia and ribes (flowering currant)
- * Look out for black and greenfly and spray with an insecticide.
- * Sow tender vegetables e.g. marrows, courgette, pumpkin and sweet corn, under glass.
- * Give shrubs including Roses a granular feed to boost growth.

Enjoy your garden!



The refurbished shop (with added Rhona)



Sally and The Swan

Sally Milligan writes: Spring is here; the daffodils in the sensory garden look amazing and there is a new willow sculpture too (another photo page 3). The Horticultural department is a hive of activity with perennial and veg seedlings now ready for pricking out and we're busy preparing the veg patch for planting this year's crop of tasty pesticide-free veg. Salad leaves, Spinach, Chard and Cavello Nero in the shop now.