



# Apuldrum News

## Summer 2016

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

Editor: Paul Reed

**Well**, not for the first time I started preparing for the Newsletter with not a great deal and then, by the time it came to putting it all together, I had more than I could cram in with a shoe-horn!

To the right of this piece is the finished product from a huge joint effort; the details are further on in this edition. I was forced to taste one of the cakes, and it was very good.

All the favourite items, including gardening tips from Alan; I've had to truncate his original offering but I can give further information on many of the topics if you wish; just email me.

There's an item from Hub Club, the Chichester city centre-based part of Apuldrum; I plan to feature them in the next issue of Apuldrum News.

Rachel has penned a column to bring you up-to-date with the big plans and that will be a recurring theme.

Enjoy the summer!

*Paul*



## Good To Meet You

Paul Reed talks with

**Samantha** known as **Sam Barton**, Chichester

**Q What makes you happy?**

**A** Anything, really... I like working in the shop, doing gardening, working with Andy (landscape gardening).

**Q What are your hobbies?**

**A** None! I watch tv sometimes and I go to Otters swimming club; I can't swim but I like getting in the water and kicking my legs; I don't get my face in the water. I go to Hub Club on Mondays and do Streetdance and Keep Fit; on Thursdays, at Aldingbourne, I do computers and on Fridays I help repair furniture.

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

**A** I don't do much really. I'd really like to see Sam [Buckland] a bit more; we got engaged on Monday 25<sup>th</sup> April. **[CONGRATULATIONS, SAM & SAM!]**

**Q Favourite tv programme/film?**

**A** I love watching Corrie; my favourite characters are Carla and Michelle. I don't really watch films.

**Q Favourite singer/band?**

**A** I like lots of music, especially pop and disco. My favourite bands are Abba and Iron Tyger [who'll be appearing at Apulstock in July].

**Q Describe your family/pets**

**A** I haven't got any pets; my family is Mum, Dad, younger brother Adam, who has just got a First in Marketing, and Craig, my older brother, who lives in Brighton with his girl-friend.

**Q Favourite meal?**

**A** I quite like curry, but not too hot.

**Q Three words to describe yourself**

**A** Happy, helpful, kind.







## How I see it

the view from **Rachel Aslet-Clark**, Apuldram's General Manager:

Almost a year has gone by since I arrived at Apuldram for my interview; as I parked my car, I remember noticing how lovely the shop flowers looked and how tranquil the setting was compared to my busy office surroundings in central Portsmouth. The display of colours and the variety of scents are just as impressive this year: do visit and take a look. Prior to the Bank Holiday weekend at the end of May, we uploaded pictures of our plants on social media and had a successful Saturday taking over £150 in plant sales alone.



The summer solstice this month is a timely reminder that, despite the summer sunshine, the days will become shorter and the autumn will be upon us sooner than we wish to acknowledge. It's during the autumn and winter seasons that Apuldram currently loses some of its charm, as we battle not only the external elements but our availability of quality indoor space. This is why our "Fit for Future" plans to redevelop the day centre are so important. At the time of writing our planning application is nearly ready for submission to CDC; we anticipate a decision in the autumn, after which the hard work begins in earnest, as we have an ambitious target of raising **£1.5 million** over the next 5 years. Later in the year we will be launching a phased and dedicated fundraising campaign to help us achieve our target.



Those of you who visited this month may have noticed our revised logo; it was important that we retained key elements of the previous logo and we have refreshed the colours and added people, to represent the community of Apuldram. Other changes are: we have now branded our shop/café with the name "Coffee, Cake and Curly Kale"; our outreach facility "Hub Club" is opening for an additional day each Thursday and is aiming to attract new users of the service, especially from young people who are in transition from child to adult services;

- we will be changing the use of our charity shop chalet, to create a vibrant and stimulating **sensory space** for the trainees to enjoy; we are grateful to a donor who has contributed £1,000 towards this project.



At the end of July the centre will undergo a transformation to host the **Apulstock** music festival and, to make good use of the stage facilities, we will be hosting a Friday evening "Picnic In The Park". The community of Apuldram, our customers, their families, volunteers and staff are invited to come together to this

free event, bring their picnic and enjoy an informal evening of entertainment, I do hope you can join us (further details later in this Newsletter).



On a personal note, I have spent far too long at the dentist recently and whilst sitting in the waiting room I passed the time reading their word wall, dedicated to the environment of being at the dentist: 'smile', 'tooth fairy', 'healthy', (Pain!). I really liked the wall and the effect of the words; it's an idea I think we could use at Apuldram. So please feel free to let me know what words you associate with Apuldram.....independence, fun, family, perhaps. [[rachel@apuldram.org](mailto:rachel@apuldram.org)]

## Life and Lily



Hello.

I help the Rainbows [5-7 year olds; junior Brownies] in Chichester and they call me Glow-Worm! I walk to the meetings on Wednesdays and I recently made my promise. At the meetings we do a lot of craftwork; they're all very noisy, though, but I'm used to it because my nieces and nephews are all noisy! At one of our meetings we took turns being blindfolded and using a stick to find out where we were, to experience some of the difficulties of being blind.

I'm really looking forward to going to Foxlease Guiding Centre in the New Forest in August; there will be camping and lots of activities - I have my own tent!

Lily was talking with Paul Reed





# Dan *is* the man!

Paul writes: *Dan Burford - Daniel to his parents - regularly tells me about the exercise that he has undertaken in any particular week, which usually includes the gym and swimming. A little while ago, when I saw him and his Dad, Peter, out on their bikes, I mentioned that it would be good to include some photos in Apuldram News; here are the photos that Peter sent me and his comments.*

"Daniel bought his new racing bike from Reg at Barreg Cycles in Fishbourne, some 5 years ago. Reg originally built it for a trip to Italy which never happened. Daniel does not go quite so far, but he has been for a cycling holiday in Wales, and most weekends he goes for a ride with me and friend Andy, usually stopping at a pub or two on the way. When the weather is good Daniel also cycles down to Fratton Park, to watch his other great interest, Pompey Football Club [see photo of Daniel at Wembley for Cup Final with his brothers]. He did have an accident when he fell off his bike after one football game, breaking his hand, but he got back on and managed to cycle home. Daniel also likes to use his bike to keep fit, and to get to the gym."

*I am seriously impressed by this; the journey from the Burford family home to Fratton Park is some distance, even without a broken hand! Well done, Dan/Daniel!*

P.



**Ben Applin writes:**

Hi! We thought we would update you with some of the Charity work we are doing here at Hub Club.

One of the main things Hub Club does for Charity is that many of our members and staff knit squares to stitch together to make blankets.

These are then donated to Cat and Rabbit Rescue, the Nepal Crisis and the Special Care Baby Unit.

However this one (left) was knitted for a leaving present for Kelly, who runs Out There; she has just had a baby, so Many Congratulations! Emily, Jenny, Lillian, Vivian and Carole supported Judy and Carole.

Thursdays are now up and running and we had our first WEA drama course which went really well. This continues for another five weeks and is free if anyone else wants to join; however proof of benefits are required!

There is a sports group that will be run by Out There which will start in the near future.

We are currently in the process of doing a new project which involves recycling bottles and bottle caps, we aim to make a water feature and plant pots.



## MEET CHRIS FURNESS

Chris is our Arts & Crafts instructor; Paul asked him some questions:

### *What sort of Art takes your interest?*

I can't see Art without also seeing Craft and Design, I feel that the three always exist together and so almost any item interests me in some way. If I look around my home I see monochrome prints from indigenous people of Canada, a set of prints by Ingrid Vang Nyman, a few pieces of interesting furniture and glassware, an Anthony Burrill print and a large array of ceramics. The ceramics have mostly been made by me and are the left-overs from 25 years of working with clay. A few have been given to me by friends and other ceramicists, and one piece I actually bought.

### *Where you have worked before?*

After a Degree in 3-Dimensional Design (ceramics and metals) I taught Adult Education Pottery in the evenings and manufactured bespoke encaustic floor tiles in the day. When the tile business relocated I started as a City wide Art project worker for Portsmouth City Council Youth Service and 10 years later became the City wide Art Projects leader. After four years funding was cut and I was made redundant.

### *Recreation, favourite colour (not really)?*

Throwing pots, gardening, DIY, pitch and putt, Oh, and I like bicycles – restoring, rebuilding and using them to get about. I have an 80's Falcon road bike, a Muddy Fox mountain bike from 1984 and a 1960's Triumph 'pub bike'. I have a son who is studying in Liverpool and my favourite colour changes from day to day.



Pictures, clockwise from Chris, Pippy Longstocking (Ingrid Vang Nyman), Muddy Fox Seeker (1984) and Chris as painted by Jason Ireland.



Rachel Aslet-Clark reports: Unilever foods are running a "Bake a Novelty 90<sup>th</sup> Birthday Cake" challenge to celebrate the special royal birthday and organisations could win some super prizes. All we had to do was design, create and make the cake and in 300 words write about the involvement of our trainees.

Our Royal birthday cake creation had involvement from almost everyone at Apuldram and developed into a good cooperative project. It started on a wet and windy day in March when our managers went to the Brighton Care Conference and came back with the competition leaflet. Chris, our arts and crafts instructor took up the challenge and trainees Warsha and David worked on their individual designs. They were inspired by a wedding cake theme, a patchwork of pinks, pastels and royal blues, filled with jam and cream, decorated with honey and top sweets, with the fancy fondant Queen sitting on the top tier amongst her many celebration candles. However, much has changed since those early days.....

Warsha and David's designs couldn't include everyone, so kitchen instructors Penny and Linda suggested we make crown cupcakes instead. The farmer delivered four dozen eggs and Belinda, Anthony and Ed sifted and stirred the flour. Julie and Jenny measured and weighed, then the kitchen machines whizzed it all together. The kitchen timer pinged and the 128 Individual cakes were marched to the cooling racks.

Trainees, volunteers and staff piped, iced, dolloped, dunked and decorated their individual cupcakes, then they were all carefully placed on a specially-made stand and at lunch-time we all sang 'Happy Birthday' and ate the wonderful cakes we had created to mark such a special occasion.





## A Tale of Transmutation

[the action of changing or the state of being changed into another form]

The photos above are, respectively, one of the squash courts at Chichester's Westgate Leisure Centre, well into the process of demolition; two

pictures of the nearly-new flooring that was salvaged from the court, piled in Apuldram's barn; and, left, the prototype deck-chair and side-table fashioned from the rescued timber. Magic!



Colouring by Laura Herniman



**Apuldram  
Centre**

## Picnic in the Park

FRIDAY 22<sup>ND</sup> OF JULY

6PM - 10:30PM @



FEATURING ENTERTAINMENT FROM:

**DJ KEY CLIENT**

**ACE KARAOKE**

**THE LIBERTY  
ROAD STEAMERS**

**NO GOOD NOTHIN**

**MAXIMUM HIGH**

THIS IS A FREE TO ATTEND EVENT FOR ALL TRAINEES, TENANTS, STAFF, VOLUNTEERS AND SUPPORTERS OF THE APULDRAM CENTRE, TAKING PLACE ON THE EVE OF APULSTOCK. PLEASE BRING YOUR OWN PICNIC, DRINKS AND SOMETHING TO SIT ON. PARKING WILL BE LIMITED SO PLEASE SHARE TRANSPORT WHERE POSSIBLE OR ARRANGE PICK UP AND DROP OFF.

**Apulstock  
2016**  
YEAR OF THE BUTTERFLY

**SATURDAY 23<sup>RD</sup> OF JULY**  
11AM TILL 11PM @ **THE APULDRAM CENTRE**  
APULDRAM LANE SOUTH, CHICHESTER, PO20 7PE

A CELEBRATION OF MUSIC, COMMUNITY AND EQUALITY, WITH...

**IRON TYGER** ▫ **FOCS** ▫ **BRITONICA**  
**RUBYCON** ▫ **THE BLOQUES** ▫ **FITJOY ZUMBA**  
**MIKE FRY & THE FT** ▫ **GURVA JELLY**  
**SLIM JIM & THE WILDCARDS**  
**THE BAMBOO BAND**

TICKETS ON SALE NOW @

ADULT TICKET (18+) - £15  
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SUPPORT STAFF & CARERS - FREE\*  
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\*with paying adult

THE  **Apuldram  
Centre**  
Registered Charity  
Number: 801169

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**Hildah Mapeta** is Apuldram's new Services Administrator. For visitors to the Centre she will most likely be the first person they meet: her desk is at the other side of the hatch on entering the main building and, as I have seen, she is unfailingly interested in meeting people when they arrive. Half her time will be supporting the office team and the other half involved with the Supported Living administration. Both these tasks will free up other staff to develop their own roles.

Hildah has an interesting and varied background, both personal and educational/vocational. She came to the United Kingdom as a refugee from Zimbabwe, where her two children - Dylan, 16 and Lynn, 15 - were born. Hildah has a BA (Hons) in Childhood and Youth Studies from Portsmouth and is currently studying for an MSc in Educational Leadership and Management

through the Open University. Her employment history includes: working with adults with autism and challenging behaviour, assisting them towards independence; working with refugees as a case-worker for British Red Cross; and as 'first point of contact' in different departments of Portsmouth City Council.

In her own time Hildah is a panel member on the Portsmouth Youth Offending team referral panel, a youth worker with Denmead parish council; she enjoys making cakes (I saw the crumbs, just the crumbs, of a red velvet cake that she made for her colleagues in the main office and, yes, even the crumbs looked mouth-wateringly good!) and she takes part in motor sport as a volunteer marshal. She even finds time to be involved in social housing affairs, championing numerous issues, many linked with perceived injustices.

Hildah is passionate about working with young people and making a difference in their lives; she would describe herself as being "...optimistic about life in general [and] very fussy about being organised."

Hildah joined us in April and says "I am enjoying the transition from my previous roles to this new one and I gladly look forward to coming to work every day, as every day is different and definitely a GOOD different!"

[Editor's note: Hildah specifically requested that I superimpose her photograph with one of Lewis Hamilton....]

## 20 Quick Garden Tips - June/July 2016

from Alan Doick

- 🍓 Now is the perfect time to plan and construct a new garden pond, whether for fish or wildlife.
- 🍓 Take Clematis cuttings now.
- 🍓 Give your Roses their summer care. Spray for pest and disease as necessary.
- 🍓 Sow Spinach and Spinach Beet now for later picking.
- 🍓 Net Cherry trees as the fruit shows signs of ripening to protect from the birds.
- 🍓 Sow quick maturing Peas to give a late crop.
- 🍓 Sow more seeds of herbs such as Parsley. Cut and dry herbs for the kitchen.
- 🍓 Divide and replant bearded Iris in a sunny part of the garden.
- 🍓 Trim Pansies and Violas which have become straggly.
- 🍓 Make sure all tubs, pots etc are kept really well watered, daily during the very hot weather, and give a liquid feed at least weekly.
- 🍓 Keep your lawn mowed but not too short as this can encourage moss/weed growth.
- 🍓 Move vigorous houseplants into larger pots. This will improve growth and appearance.
- 🍓 Thorough watering and feeding of roses will encourage new growth.
- 🍓 Take cuttings of pinks for plants to put out next spring. These can be gently pulled from the parent plant and put into pots of cutting compost. Pinch out the tips of outdoor tomatoes and remove the lower leaves if they are yellowing.
- 🍓 Thin out wallflowers to allow more room to grow and pinch out growing tips to increase bushiness
- 🍓 Plant young strawberries to crop next year. Pot some to grow on and bring into the greenhouse next spring for an early crop.
- 🍓 Protect plums and peaches from wasps with home-made jam jar traps - put a small amount of beer or cider in to attract them in and then drown.
- 🍓 Cutback/dead-head herbaceous plants to encourage new growth, more flowers.
- 🍓 Provide more room for the new Raspberry canes by cutting out the old fruited ones.



**ENJOY YOUR GARDEN!**