



Apuldram News

Winter 2014

The Apuldram Centre - Horticultural & Craft Training for People with Learning Disabilities

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I

am delighted to welcome a guest reporter to this seasonal edition of the Newsletter: a little while back Pam Porter (for new readers, PP was our Admin Manager until March, now retired) emailed to ask if we could feature Julie Hurst, who is one of the trainees at Apuldram; Pam explained that she and Julie have a day out together each month and on one of their excursions Julie mentioned that she would 'be thrilled' to have her photo in the Newsletter. I was happy to agree with this and, having spoken with Julie myself, it seemed sensible for Pam to undertake our 'usual inquiries'; the result is later on in this letter and I am sure you will be thrilled, too!

This is a busy time for Apuldram, and for you, too, I'm sure: Sally Milligan and Chris Robinson's teams have been working all hours in order to meet demands for craft items and reindeer - all very popular again this year; I've pictured some of the newer designs below but the hardy annuals are around, too.

Jane Finch - one of Apuldram's kitchen instructors - is retiring at Christmas; she will be missed enormously and there is an article about her, a much distilled [and censored] version of a lengthy chat that we had recently.

Also leaving this month is Peter Brown, who has been our Finance Manager for the past two years, revolutionising our accounts, which was quite a leap! David Barty will fill this post on a temporary basis.

The Winter Fair was a great success and - yet again - was only possible with the generosity of those involved in giving their time, ingenuity and effort.

And finally, I was hoodwinked one recent Friday morning when I arrived to work in the kitchen: Andy Pearson our contract garden/horticulture instructor inveigled me into joining him in the Common Room, where Apuldram's version of the Spanish Inquisition, seated in a row behind tables, was ready to fire questions at me; what a set-up! Not only that, but Sue Gilson, whom I had trusted, was in on the conspiracy and took the notes (and made interjections). Although I tried to exercise my editorial powers and 'spike' the article, I have been given no choice but to publish it. I quite like the photo of me that accompanies it...

Happy Christmas and New Year!

Paul

Crafty gifts for Christmas



Cup-and-saucer bird baths/ feeders, seen here in the wild and in captivity, are available in the shop now @ £10; the crockery is supported on an iron rod and they make an interesting and useful addition to the garden.



Hedgehog & owl herb planters @ £10; cyclamen buckets reduced to £5!!



Good To Meet You (1)

Pam Porter talks with
Julie Hurst, Chichester

Q What makes you happy?

A Sunshine, treats, going out.

Q How do you spend your evenings?

A I don't watch much television as I go to bed at 5pm, but I like watching Eastenders omnibus at the weekend. I go to Bible reading one Tuesday evening a month.

Q What do you do at weekends?

A Sometimes I go into town, around the shops. I go out with Pam: we have been to lunch, to the seaside and other places. On Sundays I go to church; my sister Caroline takes us all for roast turkey dinner at the Robin Hood after church.

Q Favourite tv programme/film?

A Animal programmes, especially cats; and Christmas films.

Q Favourite singer/band?

A Boyzone.

Q What do you like doing best at Apuldram?

A Cooking, especially cakes, and drawing and painting and going to Pallant House (Art Gallery, Chichester).

Q Describe your family/pets

A I live with my mum, Brenda, and younger sister Joanne, who is a trainee at Aldingbourne. We have a cat called April because her birthday is on 25th April.

Q What else do you do in the week?

A I come to Apuldram on Mondays and Thursdays, or I stay at home. On Fridays I help at the primary school; I help the children to draw and read and take their coats off after playtime. I sometimes go to Tuesday club.

Q Favourite meal?

A Roast chicken, turkey and potatoes.

Q What is your favourite colour?

A Red and I like sparkly things.

Q Three words to describe yourself

A Friendly, shy, helpful



Above: Julie at the Remembrance Exhibition in the Oxmarket Gallery, Chichester, with her favourite picture in the background

Below: At the Selsey Christmas Lights switch-on. Pam writes: 'Julie was SO thrilled to talk to Santa, the joy shines from her face!'

Both photos by Pam Porter



UPCYCLING MATERIAL

Apuldram Art and Craft Department will be busy bees in the new year making bunting.

Do you have any odd bits of material that you do not want or are never going to get around to using? If so, please can you donate it to the Apuldram Centre?

We would be delighted to rehome it, upcycle it, revamp it and recreate it into beautiful bunting to brighten up any room or garden shed next spring or summer.

Sally Milligan

Winter Garden Tips from Alan Doick

- * Put up a shrub in an attractive tub, which you could decorate to give as a lasting gift.
- * Place fleece or straw over or around plants to give frost protection.
- * If soil isn't frozen too much to be able to dig holes then plant bare rooted trees and shrubs. If there is a little frost then scrape it away and be sure not to get any in the planting hole. If soil is too frozen to plant properly, scrape away frost and then dig a trench and cover roots over well until better planting conditions arrive.
- * If leaves have fallen on the lawn or pond be sure to collect them up.
- * Lag all outside taps & pipes. Drain all hosepipes and place in frost-free shed.
- * Cut holly, ivy and mistletoe for house decoration.
- * Open glasshouse vents on dry, still sunny days to give a 'change of air' and prevent diseases taking hold.
- * Check potted bulbs to see whether ready to go indoors to give pleasure of their blooms.
- * Check over all tools, mower, etc, clean up and oil to store over winter.
- * Check what seed is in stock and look through catalogues to order for next year.
- * Provide food and water for garden birds.
- * Winter 'wash' fruit trees to remove pests.
- * Stop paths becoming slippery by 'washing' with an appropriate product.

I wish you all a very happy and restful Christmas and successful growing in 2015.



While goshersds watched their flocks by night...

Marjorie, hard at work



Who'd be a volunteer?

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

Meet **Anne Downing**, who has been a volunteer at Apuldram since June and works in the woodworking section; when I 'found' her for this article she was up to her elbows in reindeer parts, helping the team to meet the seasonal demands for this much sought-after Christmas decoration.

Anne is a civil servant, based in Chichester; she had an interest in working with adults with learning disability and found Apuldram via www.do-it.org.uk. She was motivated by a wish to change career and is looking at becoming a teaching assistant. She enjoys giving time and has met 'some lovely people' at Apuldram. She feels that it is important for the trainees to see a woman volunteer working in the woodshop.

In addition to her civil service employment, Anne has what she describes as 'a little job cleaning for a 92-year old gentleman', is a dog-walker and dog-minder.

Hobbies? Anne enjoys reading (novels, whodunits and New Scientist), sudoku, "especially killer sudoku", meditation, Tai Chi and running. She has undertaken marathons in the past but now runs mainly for fun, taking on the occasional 10K.



Jane Finch *doesn't* hang up her apron!

On the eve of her retirement, Jane talks to Paul Reed about past deeds and future plans

Picture this: it's April 2005; Jane Finch arrives at Apuldram for an interview for a temporary post as cookery instructor, covering maternity leave; she has been with us ever since, making (and teaching the skills to make) the finest cakes, scones, jams, marmalades, savouries and other delights that you will find anywhere; I have also been fortunate enough to have tasted some of the delicious food that she has produced at home, when she has hosted parties for the kitchen volunteers; two words to describe that experience: Yum Yum!

In the year immediately preceding that April interview, Jane was being successfully treated for breast cancer. She decided not to return to her previous job - working as a care manager for Kingston Social Services, running a team of 29 staff who provided services for older people in that borough - and, a happy decision for both Jane and us, chose to come to Apuldram instead. That was just the most recent of a long series of interesting choices that Jane has made in her life.

Jane was born in Kingston-on-Thames and lived in Kingsnympton Park,

which she describes as "...probably the roughest estate around", with her parents and her elder sister; she also has a brother, 11 years her junior.

Jane followed her high-achieving sister - "... prefect, head girl... a string of GCEs" - through school and suffered by comparison, but to her parents this didn't matter and they encouraged her in what she could do, which was pottery: "...people will always need plates", her mother said.

When she left school, without many academic qualifications, her grandfather, head buyer for coats and a member of the board at Dickins & Jones, said 'You'd better come and work for me, because you won't get a job anywhere else'. Jane loved working there and rose to become under-buyer in the leather goods department and then supervisor, which allowed her to speak to customers.

Married to Dave at 18 and mother of Zoe at 19, with Gemma following four years later, Jane didn't return to paid work while the children were small; then she thought, " Gosh, I'm out in this big bad world, I haven't got an education and I want so many things from life... so I thought I'd better go out and get them and that's when I learnt everything - well, the little that I know now". Seeking a challenge, Jane went to NESCOLT - North-East Surrey College of Technology - and took a Cooks' professional course. Why cookery? "Well, I always enjoyed eating and people who enjoy eating enjoy cooking... usually!" Jane talked about her grandmother, who could conjure up a really tasty meal out of a series of left-overs on saucers in the fridge; she says that she decided that as a lover of tasty food she needed to learn those skills, which stood her in good stead when she and Dave, newly-married, were 'skint'.

Jane enjoyed the course so much that she went on to do teacher training. Now equipped with high-class cooking skills and the means to impart them, Jane went to work for the London Borough of Merton, teaching all sorts of things to adults: "100 ways with a pound of mince; how many meals can you get out of one chicken?". Alongside that, she decided to set up her own catering company, which was run from their tiny rented flat; she would cater for wedding receptions for 150 people, everything prepared in the narrow galley kitchen on a triangular worktop and the cover of a twin-tub washing machine! The girls and Dave would dress up in black tie and act as waiting staff. Jane remembers, "... we just cobbled it together - in those days you did! Health and other considerations were not so demanding; how things have changed".

Catering like that is very hard work, so Jane went to work for her parents, who had a company that made and adapted specialist clothing for adults with mental health and disability problems. From there she moved to Kingston Social Services, where she stayed until the cancer diagnosis.

The last nine, nearly ten, years at Apuldram have been a time of great happiness for Jane; she would add, realistically, that there have been some frustrating bits, "... and I am a drama queen and throw myself about some times, and I'm also a straight talker, which sometimes gets me into trouble!"

It is, of course, more than just being able to cook that makes life so full and satisfying; Jane says that she has "endless patience with all of [the] trainees; I love them which is why I'm so happy that I will be coming back here one Wednesday a month, because the biggest gap in leaving here will be not seeing them again... I shall miss them more than words can say; Jenny and Lilian have been with me from day one and... Jenny is a force to be reckoned with: I so admire her.

"Being here [at Apuldram] has taught me not to judge people. I thought I didn't before but now I really know I don't. The day I came for my interview with Jane Kilby and Sue Saunders, I came out of the office and Adam was standing there, with his shoe-lace undone; I offered to tie it up and we had a whole conversation about shoes and many other things. He is a source of entertainment and joy... he's such a character!"

Post-retirement plans? "Well, my second eldest granddaughter [she has five, aged from six to 16] just loves cooking - all she wanted last Christmas was a Kenwood mixer; for her birthday she wanted a muffin-making party so I asked if we could use Apuldram's kitchen and it was such a success and such fun, with Zoe and me wearing Mary Berry and Paul Hollywood masks to judge them and... it evolved from that. Next year I plan to run fun cooking days for children and for adults!"

So, Jane will be retiring but she won't be hanging up her apron; she will still keep in touch with the important things in her life and that includes her dear friends at Apuldram.



“”

100 ways with a pound of mince

Life with Lily & Friends



Chocolate Heaven

Charlene Jukes writes: Lilian Bill, Emily Richard, Laura Herniman, Sian Holden, Melanie Wakeford and Grace Tunnell all went with Cherie and me to Cadbury world. It was an early start to the day and we left Chichester at 8am and arrived at Bournville - near Birmingham - at 11.15. We were all very excited as we went in. Our tour began at noon, and

we learned how chocolate was produced, the history of Cadburys and then saw a demonstration of some of the smaller chocolates being made. We tasted melted chocolate with some toppings of our choice. We saw the chocolate being packaged and were given lots of free samples on our way round. After having our own personal meeting with Santa it was time for a drink, which of course had to be hot chocolate! Shopping was next and we all chose some items to give for Christmas and some treats for ourselves. Everyone enjoyed it and we'd all love to go again.



Another day, another day out! Lily told me about a very recent trip to Winchester, with Grace, Emily, Mel, Laura and Caroline Goodey, accompanied by Jo and Kathy; they visited the Christmas market and then tried ice-skating, with varying results! In one of the photos it looks as if Lil's holding Jo up, but I could have it the wrong way round...



Lily also told me that one of her paintings on display at Pallant House Gallery had been sold, which brought a big smile to her face.

Lily sends good wishes to all Newsletter readers!



Paul Reed



Good To Meet You (2)

Well, the tables have been well and truly turned here on Paul Reed, our esteemed newsletter ed, kitchen volunteer and trustee, writes Sue Gilson. Andy, Laura, Grace, Alistair and Andrew decided it was high time he was put in the hot seat. So, with a little help from Andy Pearson, they put some probing questions together and managed to extract this information from him!



Q You are a fit man. How do you stay so trim and fit?

A By wearing black, ha ha. A lot of racket sport, not eating too much for lunch and good genes.

Q How did you get involved in Apuldram?

A I was taking my cat to the cattery in Sidlesham and saw a sign asking for volunteers for the kitchen here on Fridays. I popped in and Jenny and co said "hello, Paul", and I thought "wow, this is like coming home": there were so many people that I had known back in the Gateway days, 20 years previously; that was nine years ago.

Q What other things do you do here?

A I run the 100 Club, I am on the board and I love going to 'It's A Knockout'!

Q What other leisure activities do you do?

A (he's stumped for a bit) I like shopping with my daughter and grand-daughter.

Q How did you get to use a camera (Paul takes most of the newsletter photos)

A I am self-taught. I bought an SLR camera and really enjoyed using it, then bought a digital version. I think digital photography is the most amazing thing.

Q What's your favourite music?

A I like folk rock, I like electronic music, I like heavy rock, I like a bit of jazz, some punk. I have eclectic tastes. Morrissey's new album is very good and more accessible than his earlier stuff.

Q What's your favourite film?

A Blade Runner, and Amélie, which is one of the most superbly made films. So funny and lovely. The soundtrack on both these films is very good.

Q What's your favourite TV programme?

A Corrie for a soap, Only Connect for a quiz and Scott and Bailey for drama.

Q What's your favourite holiday destination?

A The most beautiful place I've been was Tahiti. It was beautiful, the sun shone all day every day and there were palm tree covered bars to go to at lunchtime.

Q What's your favourite Apuldram cake?

A I would have to go for lemon drizzle.

Q What's your favourite dish? Do you like cooking?

A Yes, I do like cooking. My favourite meal is probably a stir fry.

Q What's your favourite animal?

A Cats! I have a little grey cat with a white chest called Nikita who is diabetic.

Q Do you believe in Hallowe'en?

A I believe the celebration of Hallowe'en exists! (Trying to be clever here).

Q How often do you get mistaken for the new Doctor Who? And do you have a sonic screwdriver?

A Someone said to me "I hope you get paid a lot of money for Doctor Who! And I have been mistaken for Donald Sutherland!"

Q What's your philosophy of life?

A Enjoy it, don't hurt anybody, try to be nice and take opportunities when they come up.



The Reed twins, Paul & Judy