



Apuldram News

Autumn 2012

The Apuldram Centre - Horticultural & Craft Training for People with Learning Disabilities
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You will quickly see that there is an autumnal theme running through this newsletter; to my mind Autumn is such a splendid season, the most colourful, the season that lends itself to regeneration and gives a reminder - not too harshly, I hope - of the coldness that is yet to come. This newsletter has, as is usual, a variety of delights on offer, including updates on some of the projects, news from here and further afield and suggestions for your gardens and other things. We're also joined by Mike Norris, a new member of staff.

In a bow to the fact that hardly an edition goes by without at least one article about or by Lily Bill, it seemed to make sense to give her a column of her own each time, **Life and Lily**. On this occasion it's a report, by Lily and Julia Hixson, of a surprise evening out.

Autumn will bring a change to the chairmanship of Apuldram's Board of Trustees: Pamela Miles has decided, after a long association with Apuldram in a number of different rôles, not to seek re-election to the Board; a new member will be elected at the AGM in October and a new Chairman elected by the Board at a subsequent meeting; I know that I speak on behalf of all of us when I say a big **THANK YOU** to Pam for all of her guidance and support over the years; hers will be a tough act to follow.

As I write I see that West Sussex County Council has been forced to debate the matters which led to some of the cuts in our trainees' and tenants' income, as well as ours; that is largely down to the relentless campaigning by Don't Cut Us Out, which is good news; although it may only result in a stay of execution, it's a start.

Of course it's not time to be complacent when, for example, an NHS hospital in Kent is being sued by the family of a 51 year old man with Down's Syndrome, who was being treated there for dementia and on whose notes a doctor had written DNR - Do Not Resuscitate, with the first reason being given as: Down's Syndrome. There's a long, long way to go yet, sadly.

I hope that Autumn is good for you,

Paul

A note of warning:
I appear twice in this edition, so it's wise to look through interlaced fingers!

Lufton Manor's gain is Apuldram's loss

Lufton Manor College of Further Education in Somerset is where Warsha Jones - second from the left in the front - has now gone, and she will be much missed, not least by those saying goodbye on her last day in the kitchen, including Catering Instructor Penny Yates (inset), who took the photo.

Lufton's former successful students include Adam Reynolds, Neil Whiteside, Andrew Gilbard, Alistair Riddell and, of course, dear Robert Miles, who died last year. It was after they graduated from Lufton, and because their parents wanted to ensure that they had something positive and useful to progress to, that Aldingbourne Country Centre and, eventually, The Apuldram Centre were created.

Warsha has been a joy to work alongside, with her ready smile and her sunny and caring nature; she was also justifiably proud of her cooking skills. You might wish to remind yourselves of her likes, dislikes, interests, etc., in our Autumn 2011 newsletter; we all hope that she keeps in touch with her friends here at Apuldram.



PR/SG

Intrepid Tandemeering!

Regular readers will be aware that Apuldram has two tandems for hire; here is a story written by recent hirers:

My boyfriend and I were looking for something a bit different to do whilst taking a break at my family home in the Witterings - and we definitely found that in the form of going out on a tandem!

We hired the tandem for half a day as we felt having not ridden a bike for years it was better to start off slow! However, next time we will definitely be taking it out for the full day! Having been given a briefing, high-visibility jackets, helmets and tyre puncture kit (not that we had any idea how to use it!) we set off on the recommended route. As the track begins just behind Apuldram there is an opportunity to practise your 'one, two, three - CYCLE' and get your balance right!

Being on the back is most definitely the hardest seat to take! Not only can't you see, which is a bit scary (particularly when you have someone on the front like my boyfriend...!) but it is really difficult to just pedal and not



steer! You automatically want to correct what the person on the front is doing (and believe me there was a lot of that on our tandem!). The main issue with that however, is that the back handlebars are attached to the front seat, so every time you try to turn, the person on the front shoots off the seat sideways! Much fun for everyone else watching though and just one of the brilliant memories we have of that day!

A highlight of the day was when we first attempted to turn and under-

estimated how much more effort was needed to do this! So, arriving at the bottom of a T-Junction, we managed to crash straight into a hedge and, being on the back being, I was catapulted off! However, this was all insignificant in comparison to the response we got from the cars in a traffic jam! Everyone offered their encouragement and support and we felt uplifted enough to continue, and waved everyone off with cheery smiles!! It also made us much more determined to be the best tandem cyclists Apuldram had ever had!

The whole experience was fantastic and despite a bit of rain, nothing could dampen our spirits! We enjoyed all the beautiful scenery and it was lovely to be able to partake in something really different which was also lots of fun. It was also nice being able to chat to each other whilst cycling. The best part however was being able to have a brilliant day whilst supporting a wonderful cause and I would recommend this to anybody of any age. The worst thing is we have to wait a whole year to come back down and do it again!!



Mike Norris

Mike, 24, is Apuldram's newest member of staff; he replaces Rosie Ehrenzeller as the General Assistant; Rosie is now running and managing My Network and My Network Plus on behalf of Apuldram.

Mike was educated at Bishop Luffa and then gained a degree in Sport Science from Chichester University. He has most recently worked in online water-sports equipment sales.

When not working, Mike enjoys various sports; he also plays drums and has played in a local rock band.

Mike's first week was full of a variety of jobs, including office work and playing cricket! He seemed to have enjoyed it!

PR





Apuldram's 100 Club got off to a good start in August, when the first draw was made. With a flourish and a fanfare, the winners were presented with their cheques: First Prize of £100 went to Pat Rickard (above); Second Prize, £25, to Jane Kilby; finally, £125 was presented to Peter Brown, Apuldram's Finance Manager, who accepted the cheque on behalf of the Centre; as you will know, half of the monthly proceeds go to help offset the effects of the changes in local and central funding for our trainees and tenants.



The September draw will be for another £100 and TWO £25 prizes!!

If you haven't already done so, now's the time to join - contact Apuldram for an application form



Peter Brown, Pat Rickard and Jane Kilby, surrounded by some of Apuldram's trainees



Frankie & Benny's

= "A GREAT MORNING"

Sally Milligan writes:

Jane Finch and I took a group of eight trainees to Frankie & Benny's in Chichester and had a great time: they closed the restaurant for the morning; we all were given hats to write our names on and aprons and a drink of squash. Then we were all given pizza bases and there were lots of dishes with a variety of toppings lined up along the table. We were able to design our own pizzas and choose whatever toppings we wanted. After we had made them these were put into the pizza oven and we had to try to identify whose pizza was whose when they came out. I can tell you they looked a bit different when cooked but I think we all got the right ones!

All the trainees wanted to take them home so they were put into boxes for us. Tim made a New York tower block and Ed a ham-stacker. The staff from the restaurant were very helpful. It was organised by Brighton & Hove football club and Nicky Richardson, Assistant Disability Manager from the club was there too. They do other charity events which we may get involved with. We hope to repeat this event with other trainees; there was lots of interest!



Autumn Gardening Tips from Alan Doick

- ☼ Use a grass rake on established lawns to remove any dead grass, thatch, and any moss.
- ☼ Be sure to use a moss killer before raking, leaving a couple of weeks between applying moss killer and raking and then do the two jobs in one. When this is done one can apply an autumn lawn dressing, which will strengthen the roots, etc., for the winter.
- ☼ From now on is a good time to sow seed for a new lawn. Prepare the area well by removing as many roots and stones as possible, fork over well, work in some good general fertilizer, rake level, firm with your feet, re-rake and then sow the seed as directed.
- ☼ It is also the time to buy and plant spring flowering bulbs. There is an amazing selection available now in garden centres.
- ☼ Any late fruit you may have can be protected from birds by attaching tin foil, old CDs or anything that glistens on strings.
- ☼ Over-wintering onion & garlic bulbs/cloves are now available and can be planted out.
- ☼ Now is the ideal time for planting trees, shrubs, perennials, etc. You can also move any which have only been planted in the last year or two. If the soil is very dry water the planting hole well beforehand and 'puddle' the plants in, making sure to keep them very well watered next year.

That's it: Have A Good Autumn and Enjoy Your Garden!

Marley & Mitten

Apuldram's new cats



Coming out for a walk?

I'd like to but I need to get on top of this filing.....

Life and Lily

Lily says that Julia Hixson - who describes herself as 'spare-time volunteer and mentor' and is known to many Apuldram trainees from her time as a volunteer in the kitchen - had arranged to meet her at The Cross in Chichester one evening for a surprise outing. Lily had no idea where they were going and was delighted when they went to Marco's Bar and Restaurant where, Julia writes, "after admiring the chic decor, glitzy chandeliers, gleaming glasses and crisp tablecloths, Lily elegantly scaled a very high stool at the long red neon-lit bar."

Marco and his team gave them a warm welcome and talked them through the Cocktail Menu. Lily chose a favourite from 'Sex and The City'- a Cosmopolitan; Julia opted for the Vesper Martini of James Bond Casino Royale fame. "Much shaking and stirring resulted in stunning cocktails accompanied by a delicious platter of complimentary canapés." Lily particularly liked the 'little Italian pizza toast with mozzarella, pesto and sun-dried tomatoes; there were also tomatoes with feta and basil on cocktail sticks'.

The two sipped and nibbled, doing their best to look very sophisticated while catching up on all the latest news and gossip.

Pictures show Lily, of course, with Marco and with Julia.



Wedding Bells!

Alison Colwell and **Haydn Fairbrass** live in East Wittering, with support from Apuldram. They were featured in our Engagement Special last year and they married at West Wittering Church on 8th September. Claire Young, one of Apuldram's Supported Living staff, attended the evening reception and dance; she describes it as "...a truly magical day with brilliant weather", adding that "...it was all over too quickly". The bridesmaids were Alison's two younger sisters plus Haydn's three nieces; Haydn couldn't choose between his two brothers for best man so chose them both!

Congratulations to Alison and Haydn.

Oh - and Lily was *there*, too!



Pilates @ Apuldram is going really well; it's just come to the end of the first six-week session and a new series has begun; Jenny Harvey, one of the Pilateers, comments:

"Anyone walking past the common room on a Thursday morning might be concerned to hear moans and groans, but don't worry, it is only the protests of Adam as he stretches his arms or Melanie as she tries to touch her toes. There is also a great deal of laughter as a mix of ten trainees and volunteers are put through their paces by Melissa, our very patient Pilates teacher.

"Pilates is a form of exercise that strengthens the core muscles. Mel gives us different exercises each week, concentrating on different areas of the body, but with the same warming up and down exercises. Despite the moans and groans everyone works to their own limits and Mel demonstrates each movement, checking that everyone is working correctly. The time goes by very quickly, and I am sure all of us leave the room just a little taller."

Readers might be interested to know that Melissa runs a Pilates class for beginners at Westgate Leisure on Saturdays at 11am; contact Westgate - 01243 785651 for information; it's a very good class!



Good To Meet You

Susan Gilson talks with
Laura Herniman, 25, from Chichester

Q What makes you happy?

A Going on holiday! I am just about to go to Gran Canaria for a week and looking forward to that.

Q Do you have any hobbies?

A Lots! I like swimming and I go to Westgate every Saturday for the Otters club. I also love going sailing with my dad at weekends. He has a boat in Chichester harbour.

Q How do you spend your evenings?

A I go out quite a lot - swimming and then to the gym, for meals out and to a disco every Friday. If I am at home I watch DVDs in my room.

Q What do you like to do at weekends?

A Apart from the Otters and sailing, I go out for lunch or to the cinema.

Q Favourite TV programme?

A EastEnders! I like the characters, especially Alfie Moon.

Q Favourite singer/band?

A Robbie Williams. I don't like Take That but I do like Robbie Williams and I wish I could see him live. My favourite songs are Angels and She's the One.

Q What do you like doing best at Apuldram?

A I like working in the kitchen, making cheese scones, and in the shop, working on the till and talking to customers.

Q Describe your home/family

A I have a sister Anna who I meet in Chichester on a Thursday evening for a drink or to watch a DVD, and I have two brothers, Jack and Will, step-sister Amelia and step-brother James.

Q What's your favourite meal?

A I like making pasta carbonara at home, but if I go out I like to have a veggie burger and chips although I am not vegetarian.

Q Three words to describe yourself

A Beautiful, lovely, sophisticated!



Apuldram Breaks New Ground

A report by Susan Gilson

Our new wildlife garden (see also page 7)

There is much excitement and activity going on in a tucked away corner of Apuldram.

What was once a patch of wasteland is being transformed into a wildlife and sensory garden.

This project, **with funding from Chichester Harbour Conservancy**, has captured the imagination of trainees, staff and volunteers alike.

And everyone is getting stuck into the digging, clearing and planning.

It already feels like a peaceful and inspiring place, but when it is finished, in the spring, it will be a beautiful spot to relax, picnic, admire flowers, and watch wildlife.

The idea for the garden - which will feature a beach area by the pond, a bog garden, wildflowers, living willow arch, hazel hurdle fences and an arbour - came from Justin, one of Apuldram's trainees.

Working on hanging baskets one day, he began to smell the flowers from the basket. Staff member Sally Milligan saw this, and began to put the plan in place.

"All the trainees love it already," says Sally. "After break, you don't have to ask them to go back to work, they just all come up here. We are creating something and it will be lovely to see it progress. We already have frogs and diving beetles in the pond!"

Local craftsmen, including those from Wildwood and Two Circles Designs, will be taken on to create special features, and the garden will be enjoyed by all at Apuldram, members of the public and pupils from Fordwater and St Anthony's Schools in Chichester too.

Artistic client Alistair will paint a wildlife mural on a bare wall on one side of the garden, and Sally already has ideas for butterfly-based arts and crafts to complement all the gardening.

Watch this space!

Emma - 5th from the left in the photo on Page 7- loves photography and will be taking pictures of the progress of the garden for future Newsletters.



Preparing for the Wildlife Garden and Sensory Area: some of our trainees, with Sally and Richard, putting in the spadework. See story on preceding page.



A VISIT TO SWAZILAND AFTER 40 YEARS

Anne Laws (one of Apuldram's volunteers)

In the 1970s, I worked as a volunteer with International Voluntary Service, teaching English in an African high school in Swaziland for two years. It was a wonderful experience in a breathtakingly beautiful small country with people whose kindness and generosity with the little they had was remarkable.

In the spring this year, I went back after a gap of 40 years. There had been lots of changes; my village, near the border with Mozambique, now has electricity, hot water and proper roads, none of which existed in my day. The towns were much bigger and noisier which represents development. There are still many problems in Swaziland but the countryside is still very beautiful and the people still wonderful. I met several of my former students, all of whom had done well.



The photos show a display of traditional Swazi dancing which an ex-student organised for us, and also some beautiful zebras and giraffes in a safari park.

