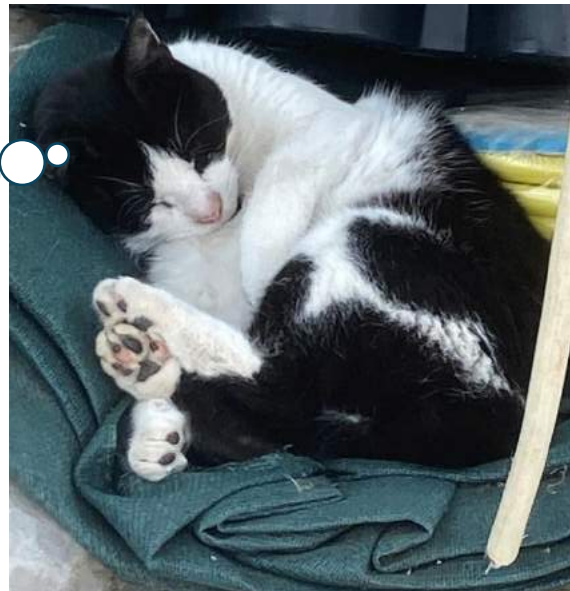
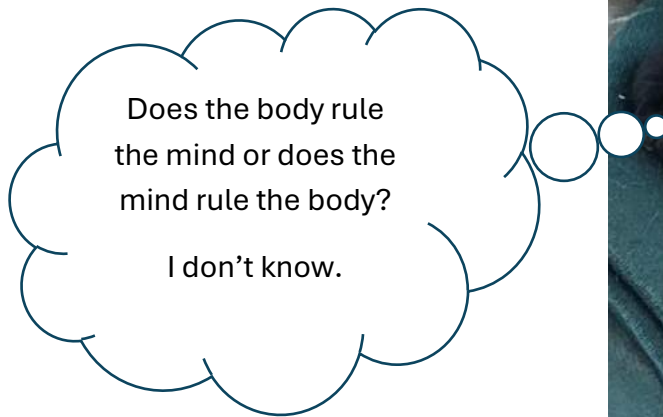


# Marley's Tales

Summer 2024

Tales from The Apuldram Centre, from the cat with no tail! Marley's Tales is a seasonal publication produced by the trainees at the Apuldram Centre. We have named the publication after the Apuldram cat, Marley – The cat with no tail! We want to share with you some of the things we get up to and talk about. It is produced by the Apuldram trainees, with some support from the staff.



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If you were Prime Minister...

Out of sheer curiosity, we asked everybody at the Centre what nice thing they would introduce if they were prime minister.



Maria- "More bank holidays"

Claire- "Introduce a four day



week".

Kelly- "Free child care"



Terri - "Get everyone to respect each other"



Samba - "Support the homeless more."



Corrina - "More toilets in town."



Tracey – “Free parking!”



Sue – “Free parking at hospitals.”



Jackie – “Bring back free TV licences for older people.”



Eric – “Lower the retirement age”



Justin – “Free Kylie CD’s for everyone.”



Larry – “Bring back pre 1834 bank holidays. 33 days a year.



Brian – When building estates, put shops and doctors surgeries in the area.



Chris – Free hammers for all people. (Chris was doing some woodwork when asked this question!)



## Grow your own soup (and other things!)

We now have eight raised beds at the centre with the intention of the trainees growing vegetables to use in the life skills room when preparing salads, soups and other dishes.

The magazine team thought they could help out by sowing some onion seedlings and doing a little watering. We also did a tour of the raised beds to see how they were going.

These are the salad veg beds.





*The bed looked a bit dry!*

*Josh and Justin watering.*



*A little preparatory work was needed to plant onions.*



*Nick advising Phil how to plant onions.*





*Elizabeth and Anthony sowing onions.*



## Interview with Nick Howes

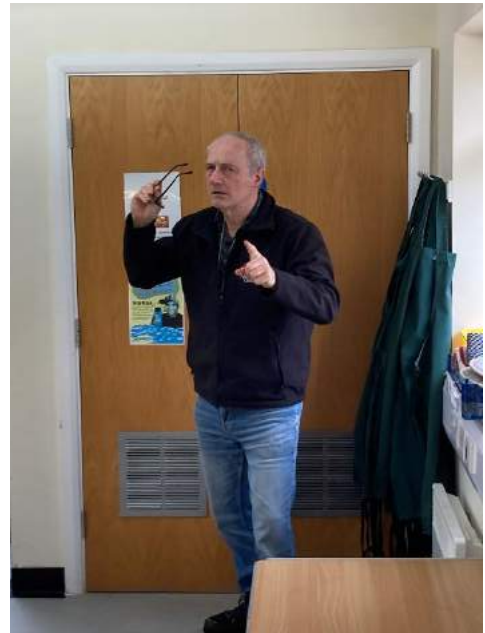
Phil and Danny, in a quiet moment with Lisa, decided to ask Nick, the staff member who helps produce Marley's Tales, twenty questions. Here are the questions and answers.

Q- What is your full name?

A- Nicholas Peter Anthony Howes.

Q- What is your favourite colour?

A - I only have a favourite colour on the subject of wine, which is red!



Q- What size feet do you have?

A- Size 10 although I always wear 11 because I like my feet to rattle about in my shoes! I would make a good clown!

Q- What's your favourite car?

A- Sorry, I'm not a petrol head at all! Any car as long as it goes.

Q- What is your favourite holiday destination?

A- Vietnam was great. I love Spain. I was in New Zealand last year, that is also fantastic.

Q- What is your favourite sport?

A- I have played a lot of badminton, but don't now so much because everything hurts! I enjoy watching football.

Q - Were you a good well behaved child?

A- I was really, but I did get the first detention in secondary school for doing virtually nothing (I was innocent!) This got me a reputation as a bit of a 'hard case', which as most people know, is nothing like the truth!

Q- Which school did you go to?

A- Central Junior School and Bishop Luffa in Chichester.

Q- What job did you do before working at Apuldram?

A- I was a primary school teacher for 27 years. I also did a year at Chichester College supporting a student who was confined to a wheelchair.

Q- What was your funniest experience in your old job?

A- This was the funniest and my favourite moment in teaching. On a visit to The Natural History Museum in London, I had set up my class of 7 to 9 year olds to measure the length of the enormous diplodocus in the Main Hall. We did not have tape measures, because I wanted them to measure it with body parts. At a given signal they all lay out head to foot to match the length of the beast on the floor beneath it. We got some funny looks from other visitors and from the staff! As soon as we had set this up, we quickly took pictures and then got away from the scene as quickly as we could to avoid trouble. I still have the pictures!



Q- How long have you been working at Apuldram?

A- Since (about) 30<sup>th</sup> July 2016.

Q- If you didn't work at Apuldram, where would you work?

A- I really don't know, possibly something in Education, but not teaching. I'd like to be just growing vegetables!

Q- If you had all of the money in the world, would you still work and what's the first thing you would buy?

A- If I had "all" of the money in the world, what would everybody else do for money? I think I'd buy a decent bottle of wine and drink it in the bath while listening to some old punk music. I'd probably come back to work as I'd want to see how the onions we all planted in the raised beds were doing.

Q- If you were a Ninja Turtle, which one would you be?

A- I don't really know much about them other than the fact that they eat pizza and are named after great Renaissance painters. I have googled the Ninja Turtles personalities and Donatello is described as "the easy going, smart guy". I like the sound of that!

Q- Where were you born?

A- Zachery Merton Hospital, Rustington.

Q- If you could invite someone to tea, dead or alive, who would it be?

A- I'd like two, one dead and one alive, probably Quentin Crisp and Billy Bragg. A funny mix, it would be interesting!

Q- What is your best and worst weather?

A- Best: Sunny, but not too hot. Worst: Wind!

Q- Have you got brothers or sisters?

A- One older brother.

Q- What are your hobbies?

A- Growing veg and drinking wine. I rather like stand-up comedy.

Q- Why did you come to work at Apuldram?

A- It was all a massive mistake, really. I had left teaching and I had a job lined up at Chichester College. My wife said, why don't you wonder along to Apuldram to see if there is anything you could do for them over the summer, before you start at the college in September? I spoke to Sarah, the assistant manager who suggested I try a bit of supported living work. I didn't really know what that was! On my first day I was sent to a supported living house where everybody had the Noro virus! It was a baptism by ...

Q- Do you like designing the Apuldram magazine?

A- I don't really design it, I just put together the information we collect and the photos we take. I do enjoy chatting with the team of journalists about what we are going to do. We have some interesting discussions!

### Visiting the bluebell woods

*At this time of year the bluebells are out and they make many of the local woods really beautiful. The team and Debbie had a visit to some woods in Woodend and West Ashling to take some photos.*















## What do you enjoy at the Centre?

The team discussed the places and activities we like to take part in, when we are at the Centre. We all took three photos and annotated them.

### Zac



In the potting shed, Zac likes to plant and see the results of his hard work.



Once all the hard work is done, it's nice to relax and play games! I like to tidy up afterwards.



Zac likes the Sensory Garden to "chill out" and relax.

Danny

*I love using the petrol strimmer because it has more "oomph"!*



*I like going out in the bus because every Thursday morning we go to the allotment and strim. My friend Betty likes the visits from Apuldram because we strim her plot.*

*In the Life Skills Room I love the Monday cooking lessons, especially the pizzas.*



Elizabeth



*It is nice in the greenhouse. It is warm and I enjoy the jobs in the greenhouse like sowing plants and potting things up.*

*I like flowers and blossoms because they show that it is springtime.*



*I enjoy picking vegetables in the polytunnel. I am used to picking vegetables*



*because I work on a watercress farm.*

Josh



*I love working in the cafe and serving the customers with their food and drinks.*



*I love the lawn mower and cutting the grass.*



*I like the greenhouses and working on potting the new plants.*

What is your middle name?

Our team of journalists had a discussion about middle names. Some people had two, some had one and some had none at all! We thought that they were interesting because sometimes our parents give them to us for specific reasons. Some people like their second names and others are really embarrassed by them!

We asked people at the centre these questions:

Are you happy to tell us your middle names?

Do you know what they mean or where they come from?

If you could change any of your names, what would you change them to?



I have no middle name. I would like the middle name "Cliff Richard!"

*I have no middle names  
and I am happy with the  
names I have.*



*My middle name is  
"Stephen". It is my dad's  
name. I wouldn't change  
it.*



*My middle name is Ann.*



*My middle name is Anita.  
It was my mum's best  
friend's name. I wouldn't  
change any of my names.*

*My middle name is Elizabeth and I think I might have been named after Queen Elizabeth..*



*I have no middle names but I would have like to have had the name "Mabel"*

My middle name is  
"Anthony". I would like the  
middle names "Clark  
Kent".



My middle name is  
"Micheal" from my  
grandad. I would like the  
middle names "Steam  
Train!"

*My middle name is  
"Jay" I wouldn't  
change my names.*



*I have not got a  
middle name!*



*I don't have a middle  
name. "Samba" is  
short for Sarynum. I  
am happy with my  
names.*



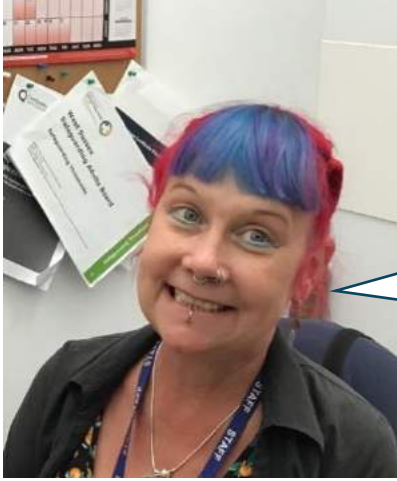


*I am John, Richard.  
I prefer Richard so I  
use that as my first  
name.*

*I'm Ida but I prefer to  
be called Idz (I don't  
like Ida!) My middle  
name is Joan, from my  
grandmother.*







*I have no middle name. I don't want to change any of my names, I added one when I got married!*

*My middle name is Amadu. It is a Nigerian name from my uncle.*

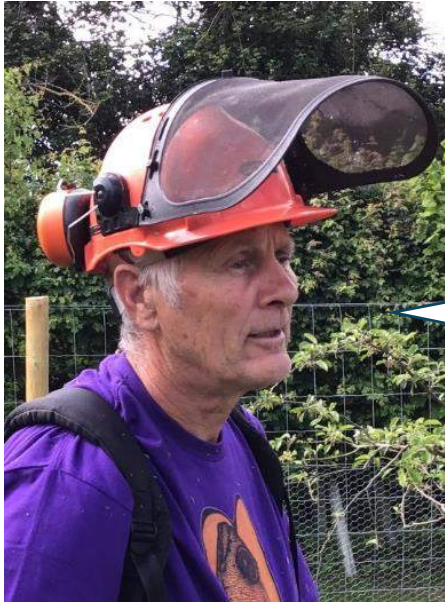




*My middle name is Andrew from my dad. I like my names.*

*I don't have a middle name. I like that because it keeps it simple!*





*I've no middle name  
and I'm happy with  
that!*

## Cleaning Fishbourne Church

Once a month we volunteer to help clean our local church at Fishbourne. Here are some photos from our May visit.







*We found a piece of glass that had fallen out of the window.*



*We always enjoy the tea and cake at the end!*

Our Visit to The Novium Museum.

Our team of journalists had a visit to the Novium museum in Chichester. We saw all sorts of things and a display about dinosaurs.

I enjoyed walking around the museum.

It was interesting looking at the exhibits

The dinosaurs were good!



I enjoyed looking at the timeline.



*This bust used to be on the Market Cross in the centre of Chichester.*

*There were skeletons of ancient warriors.*







*Danny wanted to be an exhibit!*

*The dinosaurs were great.*





*Allosaurus heads*

*A stegosaurus poster.*





*Dinosaurs on the rampage!*

## Our visit to the Chichester Cathedral

The Marley's Tales team took a visit to Chichester Cathedral.



As we arrived we bumped into a team of archaeologists who were about to make a survey of the ground (a geo-physical survey) to see if there were any underground vaults or anything hidden.



We tried to copy the statue of St Richard, the patron saint of Chichester.

The stain glass windows were fantastic!

They tell all sorts of stories from Christianity.



We spoke to Vanessa Baron, the Canon Treasurer, who told us all about the history of the large painting in the South Transept.



*Everybody wanted to sit in this chair!*







*We met John Sheppard, a canon, who told all about the colourful altar screen. It was created by John Piper.*



*This is the back of the screen.*



*Some of the other photos that we took.*



*The view to the main door.*

*The organ.*





*The view through the choir stalls.*



*The baptismal font.*

*We had a great time at the cathedral. Afterwards we had a discussion about religion and faith. Some of the group said that they had a religious faith and others said they didn't. However, we all thought that the cathedral building was fantastic and really interesting.*

## Delivering the village magazine

*This is the story of our morning delivering village magazines in Southbourne.*



*First, we have to load them onto the minibus.*



*We had to put some of them into rucksacks, as there were so many.*



*We put on high viz jackets for our safety.*

*We try to deliver a magazine to the house number that is our age! (We think we are funny!)*



*Phil is younger than Nick!*



*Danny reckoned that some of the magazines were eaten by dogs as they growled behind the door!*



*This is us at the end of the delivery. We are pleased with our work!*

### What do you know about D-Day?

June 6<sup>th</sup> 2024 is the 80<sup>th</sup> anniversary of D-Day. It was the start of a war in which allied forces (British, Americans, Canadians and several other nations) tried to force German soldiers out of France and other European countries. They were also trying to stop Britain being invaded and taken over by Nazi Germany.



On D-Day in 1944 thousands of soldiers travelled across the English Channel to Northern France to defend Britain.

We went round the centre asking people what they knew about D-Day. We have researched D-Day and found out a number of facts, but we wanted to see what they knew.

Some people knew that all the allies came together to defend Britain. The allies were all of the countries in Europe and elsewhere who did not want German rule in their country.

Richard Watson knew that D-Day was the biggest seaborne invasion in history. He also told us about how Shoreham Harbour was used to moor boats and ships to help in the invasion. He said that there were so many ships that you could walk across the harbour on them.

*Several trainees knew that we are now remembering people who died in a battle many years ago and that there were lots of aeroplanes and boats involved and that loads of people died. Some mentioned how sad that they were about all the deaths.*

*Julie Hurst mentioned the amphibious (floating) tanks that were used in the invasion.*



*Tracey knew that D-Day was the beginning of the end of the Second World War and she has visited Normandy where the invasion started.*

*Here are some of the facts we found out:*

- 9,000 allied soldiers died just on the first day of D-Day.*
- Training exercises took place at Bracklesham Bay and The Witterings.*
- The Allies used 5,000 ships and landing craft to land more than 150,000 troops in Normandy.*
- Five beaches were used to land soldiers. They were given the code names Utah, Omaha, Gold, Juno and Sword.*
- The 'D' in D-Day is for 'day'. Literally the invasion was called Day Day!*

- The operation to free France of occupying Germans was called 'Overlord', D-Day was just the first day.

### Interview with Joan Howes

Joan Howes, a local lady of 94, lived in north London during the Second World War and was a young girl of 14 when D-Day happened. Three of the team went to her house to interview about her experience of that time.



her

What do you remember about D-Day and how did you feel?

A- We knew very little about D- Day before it happened, although everybody knew that 'something' was about to start. Of course, once the operation had started it was all in the news. Living in London, we did not see so much, but we knew that there was a lot of activity on the south coast.

What was London life like during the war?

People were of course scared, and they did not tend to go out in the evenings, because that was when the air raids started, and people preferred to be at home or in an air raid shelter. Many children were evacuated out



of London, but my parents preferred that I stay with them, so this meant that I experienced all of the bombing. Most evenings I went to bed in the Anderson shelter at the bottom of our garden and I slept many nights there. On one occasion I remember lying there and crying because I was frightened as there was so much bombing.

What was the atmosphere like, at the time, if you spoke to people?

A-People were very scared, but they just got on with things, because they had to. They were really frightened of the doodle bugs, which were a type of missile that flew over London and when their engine cut out, you knew that they would land somewhere and explode. It was really frightening to hear one fly over if the engine cut out, because you did not know where it would land. I remember seeing one fly low across a street I was on, when walking home from school, and we all just threw ourselves to the floor. Things like that made everyone really frightened. Having lived through the bombing in London, when we had the Covid lockdowns a couple of years ago, I really was not that bothered. I had lived through far worse as a child!

