

Here are some of the many activities of The Aldingbourne Trust, a charity dedicated to unlocking the potential in people with learning disabilities within West Sussex and surrounding areas, by providing places to work and residences with varying degrees of support.



...and what is this? (see back page)

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# Spring 2007 News Letter



## wood@aldingbourne

### Our new wood recycling project goes from strength to strength

Last summer conversion work began to create a new workshop and retail shop – it hardly seems long ago that we were busy planning and setting it up. *The hard work has paid off* – we are on course and now have a well used collection vehicle plus a productive workshop and retail shop.

The project is a social enterprise – the aims are to reduce the amount of waste wood that ends up in landfill and create sustainable jobs for the people that we support. There are three key elements to the project. Firstly, the collection of waste wood from building sites and commercial sites – this is led by John Groves (who is rapidly getting to know the highways and byways from Portsmouth to Shoreham!). We are working with leading builders, specialist producers and craftsmen to ensure that their waste wood is collected efficiently – there are cost savings as well as landfill savings.

Once back at the Country Centre wood is selected to go into our new shop – there is now an excellent range of soft and hard woods suitable for many DIY, craft and trade projects. Don't forget – we can cut to size, plane, polish and

prepare if you need – just talk to Barry Waddington in the workshop – I'm sure he'll be able to help.

Barry is also busy with our clients in the workshop – they are using the recycled timber to make wooden items – both 'to order' and for sale in the shop. Recent projects have included beehive compost bins, a wooden porch, 'wheely bin' covers, chicken coop, hi-fi cabinet, bookcase, gates, garden benches, cat kennel, dove cote .... (the list goes on and on..) plus all sorts of bird boxes, bat boxes, and insect hotels. If you can sketch what you want, with Barry's help we can probably make it for you!

- If you produce waste wood from your business please call John for more information about our very competitive rates and our regular service.
- If you use wood – do pay us a visit – you can browse in our shop for all sorts and sizes of wood.
- If you prefer your wooden products 'ready made' – please come and talk to Barry or have a look in the shop.

John and Barry can be reached on 01243 546038 or on email at [wood@aldingbournetrust.co.uk](mailto:wood@aldingbournetrust.co.uk)

### \*\*\* SPECIAL OFFER \*\*\*

10% discount off all lengths of timber purchased during May and June 2007 on production of this newsletter

# Everyclick

Do you use the internet? If so, I expect you use one of the many search engines available. However there is a search engine that will donate 1p to a charity of your choice everytime you use it. The Aldingbourne Trust is registered and, if you choose us as your charity, every search you do will help us. One parent has already started to use this and is building up a 'pot' to be donated to the Trust – thank you.

**To help** – just go to their website – [www.everyclick.org.uk](http://www.everyclick.org.uk) - and follow the instructions to use everyclick as your search engine. There is also a link on our own website - [www.aldingbournetrust.co.uk](http://www.aldingbournetrust.co.uk) - don't forget to select your charity - the Aldingbourne Trust of course!



*Kerry Swain watched by Graeme Bradford and Kamlesh Chudasuma*

## Kerry Swain reporting for Meridian Tonight...

*Sue Livett reports:*

We recently welcomed a crew from Meridian Tonight's news team to the Aldingbourne Country Centre. Kerry Swain, a reporter on the show, approached us to help with a feature she was researching on whether people with learning disabilities have equality.

Kerry indicated the filming would take approximately 2 hours, but was so taken with all the activities here eventually left after 5 hours. The filming of Powerful Trainers, wood recycling, the café, shop, Christian and his car washing and interviews will all be edited down to just 5 minutes when the feature is broadcast.

We were lucky the weather was perfect, but with all the work underway on the top building and horticulture area and associated builders and delivery vans coming and going, it was quite a challenge to minimise distractions.

My own interview would qualify for one of those out-take shows – I launched into my responses, to be told my answers were too long. Composing myself, I was then told my answers were too short. We then had a car drive past, a plane flying low overhead and a mobile phone ringing. Still, all in a day's work!

**STOP PRESS**

Broadcast on 23rd April. Excellent. The positive attitude of all at the Trust shone through.

## Bees mean honey

**Paul Ayling** – who is usually busy leading the ACC Furniture Restoration team - has a hobby keeping bees. Last autumn Paul suggested bees would be an interesting new resource for the Country Centre and, at the beginning of April, we took delivery of two colonies of honey bees. They arrived under cover of darkness – Paul tells us that the bees do not fly at night so it is the safest time to move them.

Paul can be contacted in the furniture workshop or on 01243 542075

Paul is in charge of the bees – he reports they are in good health and are already living up to their busy reputation. The first harvest of honey will be ready some time this summer – exactly when will depend on the type and availability of pollen they manage to collect, not to mention the weather! In the meantime, any donations of surplus bee keeping equipment would be most welcome .

## Volunteers always welcome

Volunteering is good for you!! Recent press reports have shown just how good volunteering is for the volunteer – increased energy, more optimistic outlook, opportunity to meet people, share skills and help others (to name but a few....). But we just wanted to say how good it is for us as well and say a big thank you to all who do volunteer at the Trust.

The Country Centre and Acorn are both supported by a regular band of volunteers – they come from all walks of life and have a huge wealth of expertise and experience to share with our clients. Age is no barrier – some volunteers are at school and working on projects such as the Duke of Edinburgh Awards, others have been retired for many years and still very actively volunteering (we hear of a recently celebrated 90th birthday!).

The varied range of skills means that together we can usually find just the right niche – some volunteers like to

work supporting on an individual basis, some in groups. Some have particular interests in our horticulture or wood projects. Others like to help in the 'background' to improve our services – current examples include helping to set up computers that have been kindly donated and training in their use. One recent volunteer is helping us with our mountain of paperwork and looking at our bills for electricity and telephones to check we have the best deal.

You can see that there is a huge range of help given but one fact common to all - our volunteers do make a real difference for the people that we support. We are always striving to do more and we would welcome more volunteers.

If you feel that you would like to find out more, do please give Matt Swanson a ring at the Country Centre (01243 542075) or Michelle Wykes at the Acorn (01798 873533).

## Friends of The Aldingbourne Trust

Chestnuts, chocolates and canapés! No, not another innovative recipe from Rosemary Moon, but a 'flavour' of the events the Friends have organised for the first months of 2007.

A warm and welcoming Midwinter Dinner livened up the dark evenings of January when Nik Westacott, formerly of Platters Restaurant, kindly prepared a delicious three course dinner, aided ably by Aldingbourne clients and incorporating many organic ingredients from the Acorn and Aldingbourne Country Centre. This was served in the Country Centre coffee shop, suitably transformed for the occasion, and was judged a real success by all who attended. Thank you Nik for your invaluable support and to the clients and all involved for creating such a good atmosphere.

We were all disappointed that the Chocolate Heaven evening scheduled for March had to be postponed – but fear not chocoholics – we will be back! Rosemary Moon's cookery demonstrations are always great fun and packed with tips, ideas and inspiration, so look out for the publicity for this event when we next manage to squeeze it in our diary. And even if cooking isn't quite your thing, be assured of an evening of entertainment.

If the idea of sipping a chilled glass of Pimms and enjoying tasty canapés whilst admiring the beautiful walled gardens of Petworth House appeals, then mark June 28th as a firm date in your diary. Our patron Lady Egremont has very kindly invited us back to Petworth for another

elegant evening in her private gardens. We will be displaying more art work from the talented clients at the Craft Service, and hope to provide live music to echo the spirit of summer. This is one of those timeless occasions which really sums up an English summer's evening, so watch the post for your application for tickets for 'Pimms at Petworth', which will be £15 per head. Now is the time to spread the word and mention it to your friends!

Most of you reading this newsletter are aware of the excellent team of clients and staff at the Aldingbourne Country Centre, The Acorn and the Craft Service, the facilities that are offered and the produce on sale. But there are still many yet to discover these hidden gems. Help us to help all at Aldingbourne by spreading the word – we are always looking for new 'Friends' to boost our funds, enabling clients to have social visits outside their normal curriculum and support ventures to give everyone the best opportunities in life we can.

Perhaps when you have finished reading this newsletter you could 'recycle' it by passing it on to one of your friends and let them read about all that the Aldingbourne Trust has to offer. Individual membership is just £10 a year, or enrol all the family for £15 a year. Further details on Membership of the Friends, including details of corporate and life packages are available from our Secretary Clare Scherer, who can be contacted via the Aldingbourne Trust on 01243 544607.

We hope you all enjoy the warmer weather – If you are working on your gardens, don't forget the plants on sale at the Acorn and the Country Centre - and we look forward to seeing as many of you as possible at Petworth.

Jackie Williscroft  
for the Committee

## Cassie Byfield keeps going

Cassie is our prime athlete. She is constantly on the go – swimming, running and cycling. I "caught up with her" at the Country Centre on one of the two days in the week when she works in the organic and horticulture teams. She is a member of local swimming and running clubs and takes part in events around the country. She has "quite a lot of medals" in her flat in Bognor Regis to show for this.

She is now in training for the triathlon due in Arundel on June 10th. This will consist of swimming 16 lengths, cycling 20k (twelve and a half miles) and running 5k. The training presents no problem she assured me – she is always practicing, except that her new mountain bike needs its tyres altering before she can get topsides of the cycling.

The triathlon is not a sponsored event but Cassie will be taking part in the Great South Run in October and she will be collecting sponsors for this, so look out for Cassie when the time comes.



## Powerful Trainers do it again

Powerful Trainers, where training is delivered by people with a learning difficulty themselves, have just finished a series of courses on the new Health Action Plans for people with learning difficulties. This was so well received that the trainers have been booked for a further eight sessions around the County.

The trainers can provide training to business and staff teams on disability awareness and related themes – for more details or to see how we might be able to help you, please call **Michelle Wykes** at the Acorn on 01798 873533 or **Susanna Curwen** at Aldingbourne Country Centre on 01243 524075.

### Organic Produce available. Come and Buy

#### The Acorn

##### Ready now:

- Peas • Carrots • Sea Kale
- Salad leaves – Rocket, Mizuna, Purslane
- Herbs – Chervil, Parsley, Coriander
- Calibrese • Rhubarb
- Asparagus

##### From May – July:

- New Potatoes • Onions • Garlic
- Gooseberries • Tomatoes
- Cucumbers • Peppers • Courgettes
- Custard Squash • French Beans
- Runner Beans • Beetroot
- Cabbages • Celery

#### Aldingbourne Country Centre

##### Ready now:

- Asparagus • Lettuce • Rhubarb

##### From May:

- Broad Beans
- Gooseberries • Peas • Carrots

##### From June:

- New Potatoes

##### From July:

- French Beans • Garlic
- Courgettes

##### From August:

- Plums • Greengages

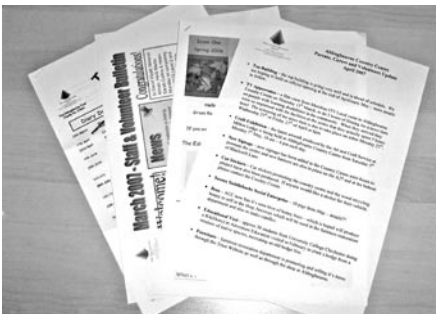
## Pigs at Aldingbourne

Here is one of the new pig 'arks' which will be placed in the field above the Country Centre. An independent social enterprise is being set up to rear Sussex Saddleback pigs. Some of our clients will be working with the group. More on this in the next newsletter.



## Other Newsletters

If you want to know more about what we do, I recommend looking at some of the internal newsletters which are issued periodically. *The Staff & Volunteers Bulletin* issued by the Aldingbourne Country Centre address the immediate needs and interest of the staff there. *The Acorn Newsletter* is aimed at their students, staff and carers and is issued at least twice a year. Then there is *Grass Roots* written for the clients at the Country Centre with contributions from both clients and staff, edited by Andrew Gilbard. Two issues have now been published. This is well worth a read. Both this and the Acorn Newsletter give a flavour of what it is all about. Good fun and hard work. If you would like to see either of these, please call Vanessa on 01243 544607



## Gardeners United achieve Youth Action Award

The good work which the Acorn students did in creating the garden at Newick House School was recognised at the Youth Action National Awards Ceremony held at the Aston Villa football ground in Birmingham in February. We are all very proud of them. The team, known as Gardeners United,

walked away with with second place out of 50 National entries in the Makin it Real 2006 category. The award was not about individuals; it was about teams of young people working together to really make a positive contribution to the lives of others by coming up with solutions to a problem and then Makin it Real!

## University of Chichester students help again

Last year students from the Adventure Education degree course at the University planted apple trees at the Country Centre as part of a scheme to offset the carbon emissions resulting from the air travel to Lanzarote for their annual field trip.

This February they came again. Some thirty students planted a hedge from a mixture of native species recreating an old hedge line. We are particularly pleased to report this as the students' action is very much in line with the environmentally aware policies which we are trying to follow.

## Dates for Your Diary

**Saturday 5th May to Monday 7th May**  
the latest work produced by the Art and Craft Service at Milton Lodge is being held at the Aldingbourne Country Centre

**Thursday 28th June**  
Summer Evening Party  
Held in the private gardens of Petworth House by the kind invitation of Lady Egremont

**Friday 6th July**  
Fashion Show at the Aldingbourne Country Centre  
Leading High Street brand bargains – details from the Country Centre  
01243 544607

## Drought tolerant plants

As well as our excellent bedding plants and patio plants, the Country Centre will have a new display of drought tolerant plants. Just the job to keep your garden looking good through the summer. For expert advice, just call in and see Derek Betts in our horticultural section.

For further information about The Aldingbourne Trust please log on to [www.aldingbournetrust.co.uk](http://www.aldingbournetrust.co.uk) or feel free to phone us on 01243 544607. You will be welcome.