

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 accommodation with varying degrees of support.

OurSpace - a new regular feature, see page 2

Everyone has something to say - what we're doing, where we've been, how we're feeling. This page in the newsletter is going to be a 'regular', and specifically for clients of the Aldingbourne Trust to tell their stories and share their experiences. We're calling it **OurSpace**, but you might have other ideas - **it's your page, so do please let us know.**



What's this? ... (see back page)

30th Anniversary *News Letter* AUTUMN 2008

Turning the Clock Back

In today's uncertain economic climate, it's good to look back on our 30th Anniversary year at The Aldingbourne Trust and reflect on how we have grown since we were officially registered on 21st August 1978. Events ranging from a cookery demonstration in Bognor to a Fun Run at Goodwood have enabled us to celebrate, spread our message and feel good about the future.



In honour of our 30th birthday we thought we should mark the actual day with a 1970's theme. Clients, volunteers & staff got into the party mood by dressing in a weird and wonderful variety of costumes – we had glam rock, punks, hippies, pink ladies and some original outfits which still fitted! The winner of the fancy dress had to be the King (also known as Jeremy Thomas) – pictured here in his glory.



Thank you to everyone for such a memorable day

OurSpace

Germany Trip 2008

In September, a group of workers from the Aldingbourne Country Centre built a bridge of friendship with people from Germany's Lebenshilfe



Andrew Benham, Simon Russell, Duncan Churcher, Debbie White, Jo Rea and Matt Swanson flew to Germany to begin a cultural exchange – meeting the people of Dresden in Germany and learning about the city and the 'Help for Life' organisation.

On Saturday we visited the city of Dresden and went to the Palace, the Opera House, the Parliament building and the Cathedrals. It was all rebuilt after the war – the buildings are big and beautiful – it's a very nice city.

There was a champagne reception at Dr Russells' flat. We met the mayor and talked to the local press! The trip was funded by the donation of the Kästner Prize that Dr Russell won for his work for the Dresden Trust and bringing people together.

On Sunday we went on a very long walk along the River Elbe and went to some German villages.

On Monday we went to see the mountains of Bastei in Saxon Switzerland – they were absolutely amazing – big rocks!

We also visited a palace at a place called Pillnitz and went on a steam boat along the River Elbe.

We went to a restaurant and saw the city at night – all the buildings were lit up, it was lovely.

On the last day we visited a place like ACC – where people go to work. They did recycling and also had a bike repair

shop. It was very good, lots of different workshops and they had a herb garden and sports area.

It was a brilliant trip, the people were very friendly and the weather was ok. We did lots of things and it was good to meet different people and see new things. It was interesting to see the factory where people worked.

We look forward to the people from Dresden visiting us in England next year. One of the people on the trip now has a German pen friend – so we will be keeping in touch!

Report by Simon, Andrew and Matt.

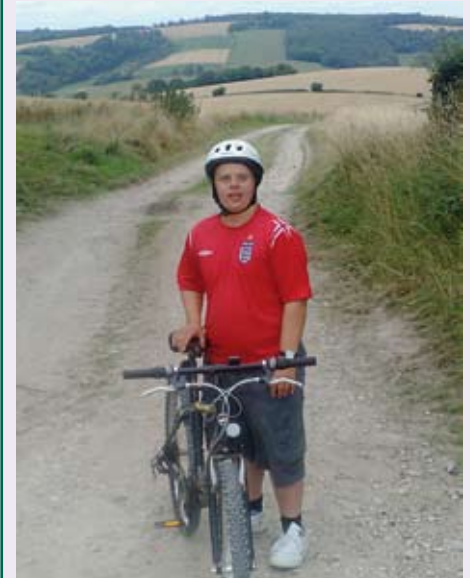
There will be a video presentation about the trip at ACC in the next few weeks, please contact Matt Swanson 01243 546034 if you would like to attend.



A Family Affair

6 months of hard training by Andrew Pickthall certainly paid off as he recently completed a gruelling 3 day cycle ride from Winchester to Beachy Head, Eastbourne in aid of the 6 Villages Nepal Orphanage Cycle Challenge organized by Yapton Free Church.

Cycling with brother Stephen and father Barry, and forming part of a 16 man team, Andrew was met by a huge cheer as he was congratulated by the hundreds who had gathered at the cliff top which marks the end of the South Downs Way, their route for the challenge. Overcoming steep inclines, slippery descents and a spectacular tumble on the first day, Andrew was no doubt spurred on by the promise of a giant prime steak cooked to order by the roadside!



Many congratulations to Andrew and his fellow cyclists for their achievement, and for raising an initial £12,500 on-line with a similar figure in pledges to pay for a new orphanage for 35 children in Nepal.

For further info, go to:
www.justgiving.com/andrewpickthall1



The Friends would like to say a big thank you and many congratulations to Richard Padgham who managed to sell an amazing 20 books of tickets for our anniversary raffle. Well done Richard – your help has been invaluable

Friends of The Aldingbourne Trust

With a more than usually busy schedule for the Trust's 30th year, and following the success of our highly entertaining 'Sussex Spring Flavours' evening with Rosemary Moon in April, the beautiful gardens at Ecclesden Manor, Angmering provided a stunning and peaceful location for our annual Summer Garden Party in July. Mrs Peter Holland was a delightful and generous hostess, and guests enjoyed a fork supper in the evening sun. Our chairman John Brookes was on hand to show us around the lovely grounds and once again, the splendid musicians of Jazz Smugglers entertained us. Our thanks go to them, Mrs Holland and our patron Lady Caroline Egremont who generously lent us her marquee for the evening.

A wet August saw us supporting the Trust at their sponsored walk at the Goodwood airfield and race track. Entries were down due to the weather, but that certainly didn't dampen the spirits of those who took part.

But the temperature certainly rose inside the beautiful candlelit barns at Upwaltham, where we enjoyed a highly entertaining evening at our first Barn Dance. The music of 'The Crooked Stove Pipe' encouraged us all to join in and soon



Stetsons were mingling with cowboy boots as we all danced, swung and literally spun our way through the evening, fortunately well fuelled by a hearty 'Ploughman's' supper. The raffle was drawn, and it was especially good to see so many clients enjoying themselves; your ongoing support means we will once again be providing the clients with Christmas vouchers and supporting their Aldingbourne Christmas celebrations.

The tempo continues at 2.30 pm on Sunday 23rd November at St Paul's Church, Chichester, where The Bognor Regis Concert Band are due to perform a Christmas Concert of many familiar showstoppers, with seasonal readings by Brian Sanders. Tickets at £6 per head, £10 for two and £15 for a family are available now for those who have yet to buy.

Jackie Williscroft has now taken over from our splendid former secretary Clare Scherer – thank you Clare for all your past help – and do please contact her or the ever helpful Vanessa at Central Office, 01243 544607, for tickets or any further information.

Please remember charities are often the first casualties in any form of credit squeeze, but the needs of our clients do not diminish. We desperately need more Friends. If each of you were to introduce a new 'Friend', it would automatically double our numbers and enable us to do so much more.



Ecclesden Manor

The Aldingbourne Trust, one of the area's best kept secrets!

An all too familiar comment is from local people who have lived in the area for many years who have never heard of us! The Acorn & Aldingbourne Country Centre need to attract more visitors, to support the work we do & experience first hand the quality of our produce & services. The Country Centre is currently going through a review, to look at how we can increase the activities & opportunities available to people who have a learning disability. We recognise we need to get the message out there & develop some new services. We are pleased

to welcome Michelle McKinley Bell into her new post of Enterprise & Development Manager. Formerly known as Michelle Wykes & working as Manager at the Acorn, our warmest congratulations go to her following her recent marriage.

Stepping into Michelle's shoes at the Acorn, is new manager Liz Shoebridge. Formerly dispatch manager at Roundstone Nurseries, Liz has been working alongside Michelle learning the ropes and is now looking forward to being part of the Aldingbourne Trust as we look to the future.

A very warm welcome to Liz, and our good luck to both Michelle and Liz in their new roles.

The Acorn Family Christmas Open Day

Friday 5th December 2008
10.00 am – 4.00 pm

Crafts, Cards, Cakes, Mince Pies,
Mulled Wine and of course Father
Christmas!

Shop and Tea Room open
Monday – Friday 9.30 am – 4.00 pm
(Monday 3.30 pm)

The Acorn, Todhurst Site,
North Heath, Pulborough, RH20 1DL



Liz Shoebridge - new manager at the Acorn

Calling all Carers

Hello, my name is Pam Thomson, and I have recently been appointed by The Carers Support Service. My role is to actively engage and support the Carers of people with learning difficulties and to develop a service to meet their needs, in the Chichester, Bognor and Arundel areas. The Carers Support Service is based in Chichester and our aims are to support Carers in the form of:

- Offering confidential information on services available
- One-to-one support
- Advocacy
- Regular newsletters
- Information on Carers groups.
- Emotional Support (via one-to-one counselling, Telephone Call-Back Service, Complimentary Therapy)

If you are a Carer I am very keen to hear from you, to hear your experiences both good and bad and what works and what doesn't. With your input I can ensure that I am addressing your needs.

Please contact me to discuss your work as a Carer, either by phone or in person.

- Tuesday & Thursday 9.30 – 5pm
- Wednesday 1.30 – 5pm
- Tel: 01903 – 380937
- E-mail: pam.thomson@carersliaison.org.uk

1st time for 1st prize

In 2007 the Friends commissioned the Art & Craft service to make a quilt as the 1st prize for the Trust's 30th anniversary raffle. Julie & Helen, the Instructors at the service, admitted to feeling a little daunted by the task. Over several months the clients at the service spent painstaking hours hand sewing the intricate detail of flowers, leaves and a kingfisher bird. The completion of the quilt coincided with Julie's retirement – a fine & fitting example of how Julie, Helen and the clients have applied their skill & imagination to produce a beautiful piece of craft. Helen told us all the clients really enjoyed this collaborative project.

The quilt was displayed in the Country Centre shop for a month or so, attracting much acclaim, and the raffle took place at the Barn Dance in September. The winning ticket belonged to Mrs Shirley Dunne, an extremely worthy winner, as her son Paul was one of the original clients at Aldingbourne 30 years ago. Mr & Mrs Dunne have been longstanding supporters of the Trust, running a regular popular disco for clients for many years. Mrs Dunne told us she was surprised and very pleased,

as she has never won a prize in our raffles before. The quilt has taken pride of place in the spare room. Many thanks to everyone for supporting the raffle.

The Art & Craft Service has recently welcomed a new member of staff, Lou Partridge. Everyone is currently busy producing handmade cards, jewellery & lanterns for sale. There is also an exhibition of the clients' work at the Alexander Theatre, Bognor Regis, running until 3rd December.



Art and Craft Exhibition

Friday 3rd October until
Wednesday 3rd December

Regis Centre Gallery

Belmont Street, Bognor Regis,
West Sussex, PO21 1BL

Any enquiries to:
Helen or Lou on 01243 820817

Have you heard of MoonBites yet?

If so, you'll know about the wonderful treats in store every day from Monday to Friday when you log on to www.moonbites.info/DishoftheDay/dishoftheday.html where succulent and seasonal recipes await you – and all with today's credit limits in mind. Pioneered by writer, cook and local food champion Rosemary Moon, whom together with husband Nick is a great supporter of the Aldingbourne Trust, **MoonBites** is a valuable source of information and a real culinary companion, with up to date information on local food suppliers, seasonal tips and hints and a wealth of recipes.

THE ALDINGBOURNE TRUST

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Fax: 01243 544807

THE ACORN

Todhurst Site,
Chichester College,
Brinsbury Campus,
North Heath,
Pulborough,
West Sussex RH20 1DL.
Tel/Fax: 01798 873533

For further information,
please log on to:
www.aldingbournetrust.co.uk
or phone us on 01243 544607.
We look forward to hearing
from you.

CHRISTMAS CONCERT

St Paul's Church, Chichester

(off Northgate roundabout)

Sunday 23rd November 2008

2.30 to 4.30pm

To celebrate the 30th Anniversary of the Aldingbourne Trust,
The Friends invite you to a concert of Christmas Music and
Readings by Brian Sanders

Relax and enter the spirit of Christmas listening to The Bognor Regis
Concert Band play many familiar showstoppers, including a selection
from 'Cats', 'The Lion King' and Irving Berlin.

Tickets £6 each, £10 for two or £15 for a family ticket
(to include tea and cakes)

Please call 01243 544607 or email: centraloffice@aldingbournetrust.co.uk
Registered Charity No. 276484



... it's part of the
sea of Ploughman's
suppers prepared
for the Friends
Barn Dance at
Upwaltham Barns