

## Contents

### Page 1

- Thanksgiving Service
- HRH Prince Philip visits Leeds Phab Club
- Mobility Roadshow
- Heartbeat Hike 2011
- 2011 Virgin London Marathon

### Page 2

- Lancashire Phab
- Rita Ridgeway Obituary
- Lorna Stephens MBE

### Page 3

- Phab Residential Projects
- Unity 70 Phab 40th Anniversary

### Page 4

- Waterside Holidays
- BACs Training Company
- Self Assessment Giving
- Golf
- Boccia
- Midlands Meander
- Donations to Phab
- Phab Website

### Page 5

- Mersea Island Festival
- Judi Gasser
- Willie Booth Travel Awards
- Phab Carol Concert

### Page 6 & 7

- Club News

### Page 8

- South West Turkey & Tinsel Report Poole Phab
- Inclusive Fishing
- Phab Sports Forum

The next edition of KIT will be published in Autumn 2011. Please send your club news and articles to Janine Williams at [janine.williams@phab.org.uk](mailto:janine.williams@phab.org.uk)  
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KIT is the magazine of National Phab, whose aim is to promote and encourage people of all abilities to come together on equal terms, to achieve complete inclusion within the wider community. Visit [www.phab.org.uk](http://www.phab.org.uk) for details

## Service of Thanksgiving at Westminster Abbey



Lord Morris of Manchester  
AO QSO

A service to mark the 40th Anniversary of the Chronically Sick and Disabled Persons Act (1970) was held at Westminster Abbey on Wednesday 30th March. The Act was piloted through Parliament by the then MP for Manchester Wythenshawe Alf Morris.

He chose to introduce a far-ranging Bill for chronically sick and disabled people. Drafted in less than three weeks, the Bill secured a second reading on 5th December 1969 and became law, in dramatic fashion, just ahead of the dissolution of Parliament for the General Election of 1970.

Since its implementation, official statistics show that it has helped over sixty million people – more than the present population of this country. Its principal provisions were:

- Rights of access for disabled people to the built environment, including schools and universities
- The world's first statutory provision for purpose-built housing for disabled people and

help in adapting their homes.

- Practical help as of right for disabled people in their homes, including the installation of telephones for those house-bound, and access to transport and other services outside the home.

- The world's first recognition in law of autism and dyslexia.

- The world's first legislation for the needs of children who are both blind and pre-lingually deaf.

- The world's first Institute of Hearing Research.

Since passage of the Chronically Sick and Disabled Persons Act 1970, over 180 countries have adopted similar legislation and a series of international agreements have given recognition to the rights of disabled people.

Her Royal Highness The Duchess of Gloucester attended the service and Lord Morris quoted his closing commendation to the House second reading of the Bill on 5th December 1969. A tribute was given by HRH Prince Raad bin Zeid GCVO and the address by The Lord Lloyd of Berwick.

**John Corless OBE**

*Vice President and Trustee*

## HRH Prince Philip visits Leeds Phab Club

The pinnacle of our year of 40th Anniversary Celebrations was the visit to Prince Philip Centre, the meeting place for Leeds Phab



HRH Prince Philip, The Duke of Edinburgh at Leeds Phab Club

Club on 11th March by HRH Prince Philip, The Duke of Edinburgh.

Everyone was pleased to receive His Royal Highness on his third visit to the Phab Club which proudly shares his name. During an informal visit for afternoon tea His Royal Highness met all the members, Patrons and Supporters.

**Ann Hart MBE**  
*Club Leader*

See page 6 for more of the Leeds celebrations

## Mobility Roadshow

**East of England**  
**Show Ground, Peterborough**  
**30th June, 1st and**  
**2nd July 2011**

Phab is proud to continue to be a partner with the Mobility Roadshow for their Ready, Willing and Mobile Competition. This competition is organised each



year for young people to be encouraged through their schools and clubs to think about disability. This year the theme is to think about how people with a disability can enjoy woodlands and forests.

Come along and visit the show, Phab is on stand P10.

## 2011 Virgin London Marathon



Chairman of Phab John Leach with Zoe Weeden after the 2010 Virgin London Marathon

The 2011 Virgin London Marathon takes place on Sunday 17th April.

Everyone associated with Phab would like to wish our 2011 team of marathon runners the very best of luck for race day.

Spectator support is a huge part of marathon day and Phab's marathon runners would appreciate support around the

26.2 mile course. If your Club would like to be there on the day to support and encourage our runners please contact Madeleine Fry on 01572 823332 or email [madeleine@phabkids.co.uk](mailto:madeleine@phabkids.co.uk).



## Heartbeat Hike 2011

Our annual Heartbeat Hike will take place on Sunday the 5th of June, in London's Hyde Park. This is an opportunity to come together with other Phab members and clubs and walk, push or wheel around The Serpentine and earn funds through sponsorship for your club, or just come along and enjoy the all day entertainment.

Details have been sent to all clubs – please register as soon as you can. The fancy dress theme this year is Hawaiian, so find those colourful shirts and grass

skirts, why not make a banner and enter our best banner competition.

Everyone receives a Heartbeat Hike medal. For more details please contact Janine Williams – [janine.williams@phab.org.uk](mailto:janine.williams@phab.org.uk) or telephone 01825 749826



## Farewell Lancashire Phab

After an amazing forty five years it is with great regret that Lancashire Phab has decided to close but their great work in promoting inclusion should be congratulated and celebrated.

Forty five years ago, Lancashire Phab joined forces with the Lancashire Youth Clubs Association to promote inclusion and create opportunities for young people with and without disabilities to take part in a wide range of activities. As the members got older, they did not want to leave and Lancashire Phab parted company with Lancashire Youth Clubs Association and decided to create an independent organisation where people of all ages could take part and many of the original members remained involved.

Angela McDonagh, Chair of Lancashire Phab, said "It was a tough decision to close the club. Many of the members will still stay



Angela McDonagh (on left) with some members of Lancashire Phab.

in touch and I am sure we will have many more social events as a group of friends rather than an affiliated organisation."

To celebrate their fantastic achievements, a farewell party was held at the Clifles Hotel in Blackpool. Despite the snow and ice, over 50 members turned up and enjoyed an evening of music, dancing and reminiscing. Angela had also organised a huge cake with a Lancashire Rose decoration which tasted every bit

as good as it looked.

The walls were completely decorated with photos stretching back throughout the organisations history and included holiday projects at Borwick Hall, training and education courses, days out in Blackpool, a Japanese Scholars and Masters visit, and many other events that had taken place over their long history.

Lancashire Phab supported their own members and other Phab Clubs throughout Lancashire, organising trips and helping them with fundraising.

Lancashire Phab has done a brilliant job over the years and positively helped break down barriers and promote inclusion for all involved. With their help and determination they have helped to create a Phabulous future!

**Rebecca Hargreaves**  
National Development Manager.

## Rita Ridgeway

Thame and District  
Phab Club

It is with great sadness to announce the recent death of Rita Ridgeway. Within a few weeks of meeting Rita she had me involved in Thame Phab, first with helping at swimming sessions – the fact that I couldn't swim at the time made no difference at all – she just told me to stand in the water and make sure everyone floated face up!

Next she asked me to assist a member on a club holiday – just pushing a wheelchair – but that swiftly changed to full help for another member. In no time at all I was a fully paid up club member.

Although the club had quite a few members, no-one wanted to be on the committee, and so for some time Rita virtually ran the club single-handed. She was Chairman, Secretary, Transport Secretary and Programme Secretary, all at the same time. She co-opted someone to be Treasurer, so she wasn't doing absolutely everything!

We nominated her for the Paul Hope Award, and she was so proud when she went to the Houses of Parliament to receive it. She managed to persuade others to take on jobs on the committee, and became unable to attend club regularly as her health deteriorated.

She died at the end of January aged 64, after several spells in hospital. She had arranged her own funeral service, which I attended on behalf of the club. It was very different to the usual service, and her sense of humour kept appearing, especially as the service ended with "Always look on the bright side of life" from the film "The Life of Brian" – and her husband's name? – Brian.

**Christine Townsend**  
Secretary -  
Thame and District Phab Club.

## Lorna Stephens awarded MBE

Lorna Stephens was awarded the MBE in the New Years Honours list for 'Services to Hounslow Youth Service'.

Lorna has been a member of Hounslow Phab for over 40 years and leader for 35 years. This honour is greatly deserved. Phab is only a part of Lorna's busy life caring for others, she has spent over 30 years with Hounslow Youth Service and is their Special Needs Officer. She spends endless hours organising activities for young people and also works as a youth leader for Westbrook which is a respite care establishment for young people with learning and behavioural difficulties.



Lorna Stephens MBE with Alain Paver South East Regional Chairman and Martin Holdsworth

Lorna's whole life is taken up with supporting disabled people in the community. She helped to start the Ealing Community Transport and Dial-a-Ride to provide transport for disabled people. Lorna is also involved in Hounslow Community Transport which provides transport for individuals and community groups making shopping accessible to disabled people. The Social Car Scheme is a project whose volunteer drivers offer transport to elderly and disabled people.

Martin Holdsworth was able to congratulate Lorna and make a presentation on behalf of Phab at a recent meeting of the South East Region.

Lorna's hard work and dedication to others has been justly recognised with the award of the MBE. All of us in Phab send Lorna our heartiest congratulations.

**John Corless**  
Trustee and Vice President

## Youth Achievement Awards

Members of Hounslow & Whitton Phab did extremely well at the Hounslow Youth Achievement Awards on 3rd December 2010. Rebecca Plant and Amanda Wilson from Whitton Phab were both nominated for Personal Achievement Awards. Tom Cowan won the Outstanding Contribution Award, Rosie Blackwell won Centre/Project Female of the Year aged 13+ and Amy Barnett won Centre/Project Female of the year 8-13 years. These awards were won out of a total of 1500 nominations, we are extremely proud of all our young people.



From left to right - Amanda Wilson, Rebecca Plant, Rosie Blackwell, Amy Barnett and Tom Cowan

## Phabulous Residential Projects



Phab organises a variety of projects for people with and without disabilities of all ages. We spend a week together at accessible venues and get involved in a range of activities including climbing, abseiling, canoeing, caving, sailing, trips out and discos.



This is your opportunity to take advantage of the fantastic range of all-inclusive projects that Phab provides. As a Phab member you are entitled to subsidies which make these events extremely good value for money. Prices start from only £125.00! **Don't delay – apply today!**



The Projects for 2011 are as follows:

### Inclusive Living Experiences (9 – 16 years)

Bendrigg Lodge, Lake District  
6th – 13th August

Bendrigg Lodge, Lake District  
13th – 20th August

Avon Tyrell, Hampshire  
22nd – 26th August



### Skills for Independence (16 – 25 years)

Dukes Barn, Derbyshire  
22nd - 26th August



### Jubilee Sailing Trust (16 – 99 years!)

Southampton – Southampton  
31st May – 3rd June (passport required)



## Unity 70's 40th Anniversary Party

2010 was the 40th anniversary year for Unity 70, and we marked it in style, with a party held at the Lambourne End Centre in Essex. Thirty people came along for the whole weekend, with another forty or so, joining us just for the party on the Saturday evening.

The 'forward party' arrived on the Saturday morning, set up all the furniture and decorations, and then went out for a walk in nearby Hainault Forest, trying out the keep fit trail at the centre, before changing into our glad rags and partying the night away.



*Stephen Young at the party*

Amongst the partygoers were Steve Ames (current Chairman) who was one of the club founders, back in 1970, and members Michael Blackaller and Elaine Stone, who have been with us from the first day.

Ex-leaders and members were contacted, and many travelled long distances to join us. We also had lots of cards and letters from those who couldn't make it.

Included in the decorations were 100s of old club photos, mounted on to boards by Claire and myself, which gave rise to many comments.



*Jackie being presented with her book of memories by Claire*

I was also very proud to receive a printed book of many of those photos, signed by all the party guests, which had been arranged by my daughter, Claire – who also happens to be our Vice-Chair, we're very much a family club!

Everyone had a lovely time, renewing old friendships, dancing, eating and drinking – everyone headed home with yet more memories to add to the last 40 years worth.

A fantastic weekend – we would like to thank Phab for helping to support us – we're really looking forward to the next 40 years!

## Unity's other news

2010 was a busy year for us – not only did we have our big party to celebrate 40 years – we also had to move out of the premises we'd occupied for 37 of them! It was a huge amount of work, as we had the whole building to ourselves, and had accumulated a lot of equipment over the years – now we have the use of a hall just one night a week, and have virtually no storage! Thanks to a willing and hard working band of helpers, we managed to move it all over 2 weekends.



*The club at Enfield Carnival*

We also took part in the local carnival, dressed as we would have been 40 years ago – think flares, love beads and feather boas! We took part in the Pearly Kings and Queens annual parade in the City of London, and in the Lord Mayor's Show and of course, in the Heartbeat Hike with Phab. We had a holiday in Blackpool, a few weekends away, and lots of parties and day trips throughout the year.



*Jackie & Steve Ames ready for the local carnival*

**Jackie Ames**  
Club Leader.

Further details and application forms are available on our website [www.phab.org.uk](http://www.phab.org.uk) or you can call Rebecca Hargreaves on 01254 824784

## Waterside Holiday Park & Spa

Phab has two great accessible holiday homes beside the beach at Bowleaze Cove, Weymouth. The 5 & 6 berth units are comfortably furnished and equipped and are offered at greatly reduced prices to Phab members, groups and families.

Waterside Holiday Park is a 5-star resort with wonderful facilities including indoor and outdoor heated pools, a spa, leisure complex, restaurant, shops and entertainment for all ages. We are receiving bookings and enquiries on a daily basis, so don't miss out – contact Jan Clifford at Summit House on 020 8667 9443 to check on availability and rates. Full details are available on our website at [www.phab.org.uk](http://www.phab.org.uk)

Why not book an accessible sailing trip on the Knoticat see page 8 for details.



Bowleaze Cove, Weymouth

## Boccia



As many of you already play Boccia in your clubs, I am trying to establish if members would like a regional and possibly a national league in Phab.

I need to assess interest and if not enough people are interested then unfortunately it will not happen. I recently sent Boccia surveys to all club leaders; please ensure that they are returned to me via Summit House. If you have not received survey paperwork please email me at [janine.williams@phab.org.uk](mailto:janine.williams@phab.org.uk) and I will send duplicate by email.

**Janine Williams**  
London & South East Regional Officer

## BACS Training Company

BACS Training Company have been a leading provider of training for a number of years to organisations involved in working within a care sector and offer very affordable well researched high quality training delivered with passion and enthusiasm by its training consultants.

BACS Training Company are able to offer training on a wide range of courses including safe guarding, medication, moving and handling, first aid, epilepsy awareness, autism awareness, personalisation, food safety, fire safety, risk assessment and many more. Courses can be tailor made for each organisation and can be provided at your own venue if desired.

We are pleased to announce that all Phab volunteers on our 2011 projects will undertake training with BACS.

Phab encourages our clubs to develop and find ways of accessing training and would like to remind club leaders that grants for training may be available through the small grants scheme. Please contact your Regional Officer for further information.

For more information about the wide range of training BACS can offer your club please visit [www.bacs-training.co.uk](http://www.bacs-training.co.uk) or telephone 01274 583399.



**BACS TRAINING Ltd**

## Midlands Meander

The Midlands Meander will be held on Sunday 25th September 2011 – Ferrymeads Country Park, Peterborough.



All Phab clubs are welcome to attend this event.

For more details contact Midlands Support Officer Heather Clarke on 0121 249 0537 or email [heather.clarke@phab.org.uk](mailto:heather.clarke@phab.org.uk)

## Self Assessment Giving



If you complete a Self-Assessment tax return and are entitled to a tax refund, you can choose to have all or part of the repayment sent directly to a charity as a donation. This is called 'Self Assessment Giving' or 'SA Donate'.

You can also ask that the repayment is made as a Gift Aid donation. If you don't want to donate the whole amount you can set a maximum figure that you want to donate. In this case, if your repayment turns out to be more than your maximum limit, the balance will be paid to you. When you are filling in your tax return, you will need to enter the HMRC code for the relevant charity to benefit, and for Phab, the code is RAT77VG.

If you need any further help with this, please contact Liz Daniel or Keith Creasy at Head Office in Croydon or email [elizabeth.daniel@phab.org.uk](mailto:elizabeth.daniel@phab.org.uk)



## Lady Golfers Support Phab



Ed Stewart - Phab President with Annmarie and her team

Annmarie Duddy chose Phab as her Charity during her year as Lady Captain of Coulsdon Court Golf Club.

Annmarie organised four fund raising events including a barn dance at Coulsdon Manor and with the support of her fellow lady members raised nearly £2,000 for Phab.

Phab President Ed Stewart was invited to a luncheon at the club to receive a cheque from Annmarie and to mark the end of her year as Lady Captain.

We send our sincere and grateful thanks to Annmarie and the lady members of Coulsdon Court Golf Club for supporting Phab.

**John Corless**  
Trustee and Vice President

## Donations to Phab

If you as an individual are making donations to Phab, please may we encourage you to use the Gift Aid scheme so that your gift grows.

The Gift Aid scheme is for gifts of money by individuals who pay UK tax. Gift Aid donations are regarded as having basic rate tax deducted by the donor. Charities like Phab take your donation - which is money you've already paid tax on - and reclaim the basic rate tax from HM Revenue & Customs (HMRC) on its 'gross' equivalent - the amount before basic rate tax was deducted.

Basic rate tax is currently 20 per cent, so this means that if you give £10 using Gift Aid, the taxman

gives £2.50 so that your gift is worth £12.50 to the charity. For donations between 6 April 2008 and 5 April 2011 there was a separate government supplement of three pence on every pound you gave. That meant that for every £10 you gave to Phab, we could claim tax of £2.82, but that has now reduced to £2.50 with effect from 6 April 2011.

Donations can be made via Charity Choice on our website where the Gift Aid is automatically collected from tax payers, or through Justgiving for sponsorship – for further details please contact Elizabeth Daniel at Phab on 020 8667 9443 or email [liz.daniel@phab.org.uk](mailto:liz.daniel@phab.org.uk)

## Phab website

The Phab website has up to date information regarding PhabKids Inclusive Living Experiences and our Skills for Independence Holidays.

You will also find dates of forthcoming Phab regional and national events, together with

information on the Phab accessible holiday homes, and Phab merchandise available. You can also download the 'Phab Pack' which gives advice and guidance on running your club.

Visit [www.phab.org.uk](http://www.phab.org.uk) for all of the latest Phab information.

## The Mersea Island Festival 2011

The Mersea Island Festival first began in 1981 and has run successfully ever since! The camp consists of two camping holidays – a week and weekend camp. The Festival aims to bring together people with or without a disability. It is an exciting and fun camping adventure that offers a range of challenging, inclusive, indoor and outdoor activities as well as fun filled evenings of live music and discos. At the famous Camp Concert campers perform, dance, sing, read poetry or tell jokes to the rest of the camp either on their own or as a part of a group.

The Mersea Island Festival is priceless to those who are involved. Every year old faces return to renew the friendships made in previous summers but it is always a thrill to introduce new people to the Mersea Festival experience. The Festival is funded by the Mersea Island Festival Trust and each year 50 volunteers help, support and encourage campers to get involved. Along with the volunteers are qualified instructors running the onsite activities. Accommodation is available in either tents or cabins



At Wet and Wild



Horse & Carriage rides



Brentwood Phab Club

depending on individual needs. Some of the day activities on



Cowboy fun



Rodeo Night

offer include archery, zip wire, circus skills, quad bikes, music

workshops, watersports and 'Rodeo games' in keeping with last year's Wild West theme. The tented villages around the site included 'The Gunfighters', 'Buffalo Creek' and the 'Texas Rangers'. One of last year's highlights for the campers was a horse drawn carriage ride along the riverside and there was even a real life cowboy to demonstrate some rope skills! Off site trips are often arranged and last year's visit was to Colchester United Football Stadium.

This year's theme will be 'Medieval', so brace yourselves for Damsels in Distress, Knights of the Round Table and lots of jousting fun! The dates are Sunday 21st August – Friday 26th August 2011 (week camp) and Friday 26th August – Monday 29th August 2011 (weekend camp). Individuals, groups and families are all welcome!

For further information check out our website [www.merseafestival.org.uk](http://www.merseafestival.org.uk) or contact Phil Ager, Telephone: 01206 383226.

## Good Luck Judi



After five years of highly successful fundraising at Summit House we are very sorry to say goodbye to Judi Gasser who is moving on to a full time fundraising role in London at the beginning of April. During her time at Phab Judi has secured vital funds to support a wide range of projects, in particularly the Inclusive Living Experiences and Skills for Independence residential weeks held each summer which benefit a large number of youngsters with and without disabilities.

She was responsible for raising funds for Phab's Golden Jubilee Capital Appeal in 2007 enabling the purchase of our two accessible units at Waterside in Dorset. These have been in constant use and enjoyed by Phab members and their families each summer. Additionally funds raised have provided many grants, subsidies and support to Phab clubs nationally.

We wish Judi every success in her new role and hope to appoint a successor in the near future.

**Anne Joyce**  
Operations Manager

## TV stars support Phab



Left to right - Annette Crosbie OBE, Lionel Blair, Belinda Owusu, Richard Wilson OBE and David Proud.

The annual Carol Concert in aid of Phab was once again held at St. James's Church, Piccadilly on 15 December and supported by famous and well known television personalities and the London Orpheus Choir, all of whom gave Phab the most generous gift of their time and talents. The concert was presented by Phab's President Ed Stewart and James Gaddarn, who retired last year as conductor of The Orpheus Choir after over 50 years, returned as the guest conductor.

The Church was full to capacity and the audience enjoyed the festive music, carols and seasonal and entertaining readings given by Lionel Blair, Annette Crosbie OBE, Richard Wilson OBE, David Proud and Belinda Owusu.

Our most sincere thanks to everyone who supported Phab at this most enjoyable and memorable event.

**John Corless**  
Trustee and Vice President

## Willie Booth Travel Awards

An exciting new opportunity for travel has been created in memory of the late Rev Prebendary Willie Booth CVO, a Vice President of Phab. The scheme offers up to four travel bursaries of £400 (maximum) each year to individuals for exceptional travel costs such as

Special Olympics, disability sports events, etc.

Eligible applicants with either a physical or learning disability aged 14 upwards are invited to apply for an application form from Summit House. The awards will be available to both Phab members and non-members.

For further details please contact Anne Joyce at Summit House – 020 8667 9443 or email [anne.joyce@phab.org.uk](mailto:anne.joyce@phab.org.uk)

## Club News • Club News • Club News • Club News • Club

### Chester Ad Phab meet Soap Star

Ian Puleston-Davies, otherwise known as Owen Armstrong from the popular northern soap Coronation Street, was special guest at Chester Ad-Phab's monthly social on Monday 10 January 2011.



Lynda Hesketh left with Ian Puleston-Davis

Lynda Hesketh, Chairperson of Chester Ad-Phab invited Ian along to meet members after meeting him at a local event, Ian is a resident of Chester. The 52 year old actor is most famous for his role in Coronation Street but has been in other popular TV shows such as Waterloo Road, Holby City and Life on Mars.

The star spent a couple of hours with the members, having his photo taken and reminiscing on some scandalous story lines.

Lynda also saw this opportunity as great PR for Phab, both nationally and locally and Chester Ad-Phab were featured in the local press, generating an interest in the Club and Phab. Members were thrilled to see him and needless to say our monthly social was very busy. Our club feel PR is vital for Phab and we continue to ensure Phab is widely publicised within the media. As a result we have seen a 30% increase in membership during 2010.

For more information on Chester Ad-Phab Social Club, please contact Lynda Hesketh Tel: 01244 678809 or visit their website on [www.chester.phabclub.org](http://www.chester.phabclub.org)

**Lynda Hesketh**  
Chairperson

### Black Country Phab Beer and Skittles Evening

On Monday 7th March, Black Country Phab Club hosted a Beer and Skittles evening at the Samson and Lion pub near Stourbridge where they hold their

club meetings. Neighbours Edgbaston Phab Club also attended the event which was popular with young and old alike.



Tony Taylor (left) club leader of Edgbaston Phab with Maxim Lowe from Black Country Phab

Black Country Phab Club Leader, Maxim Lowe said "The evening was a great success, it helped raise funds for the club and it was a good opportunity for members of our new club to mix with a well established club. Everyone had a great time. We are planning to hold a quiz night and are joining in with some events that Edgbaston Phab have organised."

**Rachael Taylor**  
West Midlands Support Officer

### Leeds Phab 40th Celebrations



Sir Jimmy Savile OBE with Ann Hart MBE

Sir Jimmy Savile OBE joined members of Leeds Phab for a sponsored wheelchair push in Roundhay Park. The club is aiming to raise £30,000 this year for a replacement mini bus. Sir Jimmy was joined at the event by Phab members and The Lord Mayor and Lady Mayoress of Leeds.



Leeds Phab members



Getting ready for the walk in the awful weather

Unfortunately the weather was very wet but it did not dampen our spirits and we managed to raise some money towards our mini bus.



Sir Jimmy Savile with Phab members

**Ann Hart MBE**  
Club Leader

### Barking & Dagenham Ab Phab win Sports Award

Barking & Dagenham's Ab Phab club were the proud winners of the Inclusive Sports Award at Barking & Dagenham's Sports Awards, held on 5th December at Goresbrook Leisure Centre in Dagenham.



Back row l-r Jonathan Morris (CIIL), Thomas Holt (sessional worker), Dennis Cogman (member)  
Front row l-r Neal Crowley (volunteer), Bradley Darling (member), Joseph Kelly (member)

Volunteers and members of the club were on hand to receive the award, whose previous winners include West Ham United Football Club, from Jonathan Morris, Equality Officer for Barking & Dagenham Centre for Independent, Integrated, Inclusive Living Consortium (CIIL).

The club, which has 86

members, has a regular programme of sports sessions including football, swimming, fitness and Wii sports and dance. As well as being inclusive and fun, the activities are designed to encourage team building and confidence.

Josy Hughes, the Club's Leader, said 'We were delighted to receive the Inclusive Sports Award. Everyone at the club works hard to promote sports in which all of the young people can participate and enjoy.'

**Katharine Ayres**  
Barking & Dagenham Ab Phab

### South East Arts and Crafts Day

On the 5th February over 130 Phab members attended the annual Arts and Crafts Day at Hounslow.



The following Phab clubs attended; Uckfield, Unity 70, Chichester and Witterings, Westminster, Tunbridge Wells, Hounslow, Whitton. The members were offered a wide range of activities including jewellery making, egg craft, dream catchers, cartoon drawing, hama beads, computerised photos, to mention a few.

My personal thanks go to Lorna Stephens and her team from Hounslow, for their support to this event. Next years event has already been booked.

**Janine Williams**  
London & South East Regional Development Officer

### Penarth Phab Festival of Sport 2011

Penarth Phab are holding a Festival of Sport in Penarth on Saturday 4th of June, everyone is welcome to attend. This is a regular event and this year it is being organised by Penarth Phab with help from Merthyr and Llanelly Phab.

National Phab has helped with some funding for this event and we have been busy organising

**News • Club News • Club News • Club News • Club News**

table top sales to raise funds. Everyone in Penarth Phab have contributed in one way or another with Alison and Bernie deserving a special mention as they have arranged the event.

This is really a fun event with lots of trophies, so if you would like to come along, do get in touch - [derek.kingston@ntlworld.com](mailto:derek.kingston@ntlworld.com) or tel: 07919 337565.

**Derek Kingston**  
Committee member Penarth Phab

**South East Region Christmas Party**

Merchant Taylor's School very kindly offered to host the South East Christmas party. Over 250 people attended from all over the South East at this wonderful prestigious venue in Northwood, Middlesex.



On arrival we were welcomed and looked after very well by our hosts, who escorted us to our chosen activity, there was so much to choose, from arts & crafts to an assortment of games. It was lovely to catch up with old friends.



We were then treated to a Christmas lunch, which was delivered with precision and was absolutely superb, after lunch the choir treated us to carols, then we had a special visitor who gave



everyone a present. There was then a choice of a disco or more games.

Everyone went home very full having thoroughly enjoyed the day. I would like to thank Dominic



Howell and his team at Merchant Taylors' School for making it all so special.

**Janine Williams**  
London & South East Regional Officer



*From left to right with Father Christmas: Janine Williams and Tina Vipond, Jordan Muggeridge Uckfield Phab Joy and Rex Cox from Hitchin Phab*

**Calvert Trust Activities Weekend September 2010**



We took a party of 48 children, parents and helpers and the weekend was a huge success. Many of the children had disabilities/special needs. For many it was the first time that they had taken part in such activities.

Over the weekend they sampled many new sports and the Calvert Trust instructors and staff were excellent in their support and encouragement. The children and helpers were split into small groups so they could be given individual attention in the different sports. The indoor rock climbing

and canoeing on Bassenthwaite were, perhaps, the highlights for many but they also had the opportunity to horse ride, swim, manoeuvre an Assault Course and take archery lessons.

In the evening the group organised a Karaoke which the children lead and the adults followed! There was laughter and tears. Laughter from the children, who were so pleased with themselves, and tears from parents who were overwhelmed by what their children had

achieved. The fact that their children had been able to take part in sports and activities that they had thought would only be available to "able bodied" children was a huge encouragement to them.

A very tired but happy party arrived safely home in Southport on Sunday evening but looking forward to the coming year and the "next" Calvert weekend.

**Alan Hughes**  
Chairman  
Southport Junior Phab Club

## Fab Turkey and Tinsel/Halloween weekend at Babbacombe, Torquay 29th October – 1st November 2010

The nights were drawing in and the weather was becoming more wintry and dull but things certainly brightened up on the weekend at The Sefton Hotel, Babbacombe.

Several Poole Phab Club members travelled down on the Friday afternoon by coach and a very jolly journey it was. The sun was shining on the beautiful Babbacombe Bay when we arrived and we all immediately relaxed and were set to enjoy a Fab Phab weekend. After settling in our rooms we met up with other Phab members from around the South West, many of whom were old friends, and enjoyed a super 'Christmas Eve' meal with them. We then enjoyed an excellent evening of entertainment and Ice Breaker quiz with Brian Knight.

The following morning we awoke to more sunshine and some energetic members went for a walk along the cliff top. Then it was time to go down to a hearty 'Christmas morning' breakfast and a Christmas gift which put us in the mood for having fun and choosing one of the many workshops available. (Or just taking it easy!) First we were welcomed by Ros Probert – Chair of the South West region. We joined the workshops of which there were several: crafts, jewellery making, sweet making, beauty tips, and others.

In the afternoon we had time to explore the area and some went into town. For those who stayed at the hotel there was a very



interesting visit by Torbay Falconry. Members had their photographs taken with the falcons and the owls. And it was soon time for our 'Christmas Dinner' with turkey, Christmas



pud, crackers, hats, mottos, etc. Then on to another great night's entertainments and yes 'we danced till we dropped'.

Next morning there was Sunday Worship for those who wished. A

last minute cancellation by the speaker meant several Poole Phab members rallied round and helped with the service and lovely Dorcas Munday gave a beautiful talk. And then workshops again including this time a Poetry Workshop, Head Massage, and Tai Chi. In the afternoon there was Bingo. Our group then decided to experience the Cliff Lift and a walk along the beach. Then back to the hotel with a hearty appetite to enjoy another superb evening meal. Now it was time for our fancy dress evening and disco. During the evening there was a break for prize giving and acknowledgement and thanks to various members who had helped to make this a great weekend. For those who still had some energy left it was on with the dancing till midnight!

We all had to pack and leave our rooms the next morning and travel back to our respective areas after a most refreshing and feel good weekend.

Of course these weekends don't 'just happen' and thanks are due to Ros Probert and Gordon Robbins and others who helped make it such a success. Behind the scenes right up to the last moment there are little hiccups that have to be coped with and this and all the hard work involved deserves our appreciation, acknowledgement and thanks.

**Pam Rogers**  
Secretary Poole Phab

### Inclusive Fishing

Masonic Trout and Salmon Flyfishing Charity (MTSFC) is a Registered Charity and has the aim 'to bring an interactive accessible fishing and countryside experience to people with Special Needs'. This includes disabled and disadvantage children, young people and adults. Fishing events are held up and down the country and participants invited from Special Needs Schools, Adult Day Centres Support Groups and similar places to attend. Participants are introduced to fishing by an experienced fishing guide and helpers and lunch is provided for them and their carers or teachers. The events are sponsored by Local Masons and are run at no cost to the

participants The typical day consists of a warm welcome at the fishery around 10am. and will consist of fishing, lunch for all, more fishing then presentations of certificates, awards and farewells the day will finish around 3.00pm or when convenient to yourselves. For more information please visit our website [www.mtsfc.org.uk](http://www.mtsfc.org.uk)



### Phab Sports Forum – FREE sailing trips

The Phab Sports Forum is offering free sailing trips from Poole Bay, for disabled people and their carers on board the 'Knoticat'.

Knoticat is available for the use of all disabled people, their carers and where possible, their friends and family up to a maximum of eleven persons including the crew. The vessel is a stable, converted 9 metre sailing catamaran which offers real 'hands on' sailing to people with a range of disabilities. There are ramped entry ports making easy access for most wheelchairs, a fully enclosed cabin with a wide bunk for those who may need to lie down and an accessible, electronically

operated private toilet.

This is a wonderful opportunity available to all Phab groups. For more details, contact **07889 970702** or visit [www.sportsforum.org.uk](http://www.sportsforum.org.uk)



The Knoticat