

Phab is proud of its successful and highly respected annual programme of residential projects. Each year the Charity takes approximately one hundred and eighty young people with and without disabilities to accessible outdoor education centres around the country to break down barriers, learn new skills, build confidence and self-esteem and to have a huge amount of fun whilst doing so. But don't just take our word for it; the following are quotes from children and parents who have experienced a Phab project for themselves:

Robert's mum said:

"Robert had an amazing time with you this summer and since his return he is doing more things for himself – it has made such a difference and I never thought that my son would ask to help with the washing up!"

Catherine said:

"Everything was a new experience and I learnt new skills and met some amazing people"

Phab relies entirely on grants, voluntary donations and fundraising to make these holidays available to the people who need them and our special thanks goes to all the generous individual donors, companies and trusts who have made so much possible, including the sponsorship from our marathon team, the ACT Foundation, Baily Thomas Charitable Fund, Beatrice Laing Charitable Trust, Coutts Charitable Trust, GlaxoSmithKline, Hospital Saturday Fund, Miss W E Lawrence Charitable Trust, Leathersellers Company, May Trust, Henry Smith Charitable Trust, Souter Charitable Trust, and the Sir Jules Thorn Charitable Trust.

Bendrigg Lodge - Inclusive Living Experience

6th - 13th August - Kendal, Lake District

Project Manager - Rebecca Hargreaves

On Saturday 6th August forty two people arrived at Bendrigg Lodge, each filled with anticipation, a few nerves and excitement for the week ahead. After unpacking we chatted over freshly made scones and jam and discussed the very full activity programme displayed on the wall.

Bendrigg has the most amazing climbing wall and the climbers were able to spend the whole of Sunday learning, practising and pushing themselves to their limits. The group were really supportive of each other and there were very loud cheers and claps when someone got to the top. There was also the opportunity to abseil down on the free fall abseil and everyone in the group had the nerve and courage to do it! It takes lots of guts and the ability to put your trust in someone to complete a task such as this and it was a great achievement! It was



zip wire time in the afternoon – it is such good fun, and you get a great view of the Lake District on your way down!

The weather had not been kind to us so far, and Monday was no exception! However this did not put us off and because we had all the correct gear – waterproof coats, trousers, wellies etc. – the enthusiasm did not fade.

The cavers left Bendrigg at 10.00am and went to Yordas cave near Ingleton. Caving is a great experience; although a few in the

group were very nervous they soon relaxed and fun was had by all. Some of the group were even brave enough to visit the waterfall and stand under it! Although this was an optional challenge, apparently it is not optional for group leaders! I can tell you now that the water inside a cave is absolutely freezing!!

On the Tuesday, the whole group went to Camelot Theme Park. We split into small groups depending on who liked the big rides and who was happier on the small rides (I was definitely in the small rides category!)

We left Camelot around 5.00pm and headed to Morecambe where we had a fish and chip dinner on the front – delicious! We made the most of the sunshine and sat for a while eating, talking, playing games and throwing stones into the sea.



kayaking on Killington Lake or an 85ft abseil at a local quarry – not for the fainthearted. For others who wanted a more sedate day there was a trip to a farm and swimming at Ingleton outdoor pool.

That evening everyone received a certificate which included special personal commendations for their achievements. Following this we had a Cowboys and Indians themed disco. Everyone had made a real effort and the outfits were superb!

The floodgates opened on Saturday morning as everyone said their goodbyes! It was a truly amazing week with everyone achieving so much and so many friendships being made. The week was full of highlights and this was all down to everyone who attended; the volunteers for working so hard with such enthusiasm and kindness and the amazing children whose eagerness and determination never ceased to amaze me!

Rebecca Hargreaves

Avon Tyrrell, New Forest

22nd - 26th August Bransgore, Hampshire

Project Leader - Janine Williams

Phab Guests; Victoria, Maria, Mark, Perry, Andrew, Tyler, Adam, Beth, David, Adam (B) Johnny, Amy, Lexie, Daniel, Mia, Sam, unfortunately Freddie could not join us.

Phab Carers and Volunteers: Tina, Ben, Mick, Julie, Kay, Holly, Jackie, Helen, Diane, Sally, Sam, Sonia, Claire, Debbie, Julia

Monday 22nd August

We arrived at Avon Tyrrell, set in the most beautiful part of the New Forest. It was good to meet up with my volunteer team again, after first meeting them for Phab training, we all felt we really knew each other before we started. The Phab guests started to arrive amongst immense excitement, beds were made, and friendships started to form. It is amazing how everyone gelled together so quickly.

After dinner which was prepared by our volunteer Tina, Avon Tyrrell staff came to the main lodge to do a team building exercise with my guests, which was great fun!

My final guests arrived that night in the pouring rain at 11.45, tired and exhausted, but of course there was still a big Phab welcome waiting for them.

Tuesday 23rd August

A special day as it was David's 18th birthday and the lodge was full of balloons and banners to make him feel special, after breakfast we got into 4 groups and off we went, there was a lot to choose from: canoeing, archery, kayaking and zip wire, low and high ropes and an adventure course.



That evening we had a special party for David, and had a lovely cake that Tina and Tyler had made during the afternoon.



Wednesday 24th August

Today the weather was kind to us and with enthusiasm that we were not going to get absolutely soaked, the groups set off, some heading towards the low and high ropes, some to Kayaking and some towards the problem solving course behind the impressive house at Avon Tyrrell.



All the groups tried amazingly hard to achieve things, and the courage that some of the young people showed and the amazing willingness to try everything was fantastic!



We were joined today by one of our PhabKids marathon runners, Richard who wanted to see how the sponsorship money he raised was spent. Richard has since written to us to thank us for the opportunity and to be able to take part in a unique experience.

As the weather had improved we decided to bring forward a day our barbecue; great fun was had by all. This was followed by the Avon Tyrrell staff team coming to host a 'great egg race' evening with us.



Thursday 25th August

Today we were joined early at breakfast by Phab's Chief Officer, Martin Holdsworth, who came to see the Phab project in action. Martin stayed for the day joining the groups whilst they tackled various activities: raft building, zip wire, kayaking and canoeing, problem solving, archery followed



by the whole group who then went swimming.

That evening after dinner we had an award ceremony and everyone said what they personally achieved or learnt about each other during the week, which was just so lovely and special to hear. Even people who had their reservations, really enjoyed and benefited from the experience.



I would like to thank my wonderful volunteer team, without whom this project would have been nearly such a success. And the good news is they all want to come back next year – I can't wait!!

Janine Williams



My wonderful volunteers with their thank you certificates



The whole Avon Tyrrell Phab group



Bendrigg Lodge

13th - 20th August - Bendrigg Lodge, Lake District

Project Leader - Mel Lloyd



Saturday

For some of us volunteers this was the start of our second week. Drying our tears from saying goodbye to our old friends we were ready to welcome our new ones. By the time we had all settled in it was dinner and the first chance for some to get acquainted with the dishwasher and the broom on the clearing up rota! Making the most of a glorious August evening we set out for a walk.



Sunday

To get ourselves acclimatised for our adventure we started our day exploring the indoor caving system. Then it was caving suits, wellies and helmets on for the real thing. I am proud to report that our whole group took a waterfall shower and squeezed through gaps that would not have been possible at the end of the week after seven days of scrummy Bendrigg food. In the evening we discovered our inner Robin Hood at the archery.



Monday

It is hard to describe how spectacular the Bendrigg indoor climbing centre is, with an array of ascents to suit all abilities and various ways to abseil down again. We spent the day making the most of this fabulous facility and finished off with zip wiring. Later our tube sliding was interrupted to try and find the pot of gold at the end of the most amazing rainbow. The rain cleared the clouds and we spent the evening star gazing.



Tuesday

A highlight of the week for most of the young people is the trip out to Camelot theme park. We began by cheering on the Jousters and were pleasantly surprised when King Arthur and the Knights joined us for lunch (think they had heard just how good Bendrigg flap jack is!) I was daft enough to volunteer for the group of "hardcore" riders and spent the day upside down, soaking wet and twisted in all directions. We rounded off a memorable day by sitting outside on the front at Morecombe, filling our faces and those of a large group of seagulls with delicious fish and chips.



Wednesday

Everyone's favourite - the canoeing. We turned up *en masse* at Windermere and it's just not true that we spent more time eating ice cream and having huge water fights than we did paddling. Have you ever had a penguin come to tea? Thought not but you could have done if you joined our campfire; we would even have thrown in hot chocolate and toasted marshmallows.



Thursday

We set off to spend the morning at Brockhole. We tested the equipment in the adventure park then chose between exploring the beautiful countryside or releasing our competitive sides with games of rugby, cricket and frisbee. After lunch we went to Ambleside where we spent the afternoon indulging on ice cream, sweets and retail therapy.

In the evening we went on the ropes course and ended up all stuck in the cargo net. With very little encouragement we also tested the theory that you can't come across a large grassy hill without needing to roly poly down it.



Friday

This was our options day so we split into smaller groups to try out a range of activities. Somehow up until now I had managed to avoid the 85 foot abseil into a quarry but my luck ran out. Fortunately I had some incredibly brave young people with me to show me how it was done and our whole group not only managed to get to the bottom but to go round again. In the afternoon we went to the canal for a kayak and played our own version of quidditch chasing coloured tennis balls through the water. In the evening we had a "come as a colour of the rainbow" party and with our super cool DJ Lewis, danced the night away.



Saturday

All good things must come to an end and amid many tears we said our goodbyes for another year. Thank you Phab, Bendrigg, fantastic volunteers and, most of all, inspirational young people, for a truly amazing week.

Mel Lloyd

Phab Weekend Project

11th - 13th March, Lake District

Project Manager - Rebecca Hargreaves

A group of eleven people arrived at Bendrigg Lodge late in the afternoon on the 11th March 2011 for the start of the May Trust Project at Bendrigg Lodge.

On Saturday morning we headed to the canal near Ingleton to try our hand at canoeing. We paddled down the canal and stopped for a while to enjoy a cup of hot chocolate and some biscuits. There was quite a bit of splashing on the way back – and the worst culprits were made to walk the plank!

After a lovely morning we made our way back to Bendrigg for a delicious lunch – we are always very well fed at Bendrigg!

In the afternoon we went to the sports hall and everyone had a go

on the big swing and the room was filled with laughter and shouts of “faster, faster!!” We also went in the underground cave system and got lost for almost an hour. We turned the lights on, then off, then



looked for hidden treasure and played many other games.

After dinner that evening we headed off to the archery centre and had a great evening



challenging each other to burst balloons on the targets.

On the Sunday morning there was great excitement because it was the climbing day. We had seen the fantastic climbing wall and were really looking forward to having a go. Everyone was very pleased with themselves when they got to the top!

The Zip Wire was great fun – it is

fast and high and there was a lot of screaming and laughing during this activity.

After lunch we got together to discuss what we had achieved, what people had enjoyed the most and everyone was presented with a certificate of achievement.

Once again it has been a pleasure to be part of such a special project and seeing how much everyone has gained from attending makes me extremely proud to work for Phab.

Rebecca Hargreaves

The weekend project for young people who require a high level of support was jointly funded by the May Trust and The Baily Thomas Charitable Fund.

Dukes Barn Skills for Independence

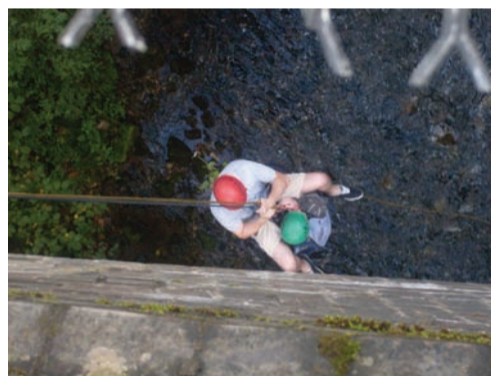
22nd - 26th August, Derbyshire

Project Leader - Lorna Stephens

The Skills for Independence Project is for 18-25 year olds to build self-confidence and help with the transition from youth to adulthood.

On Monday 22nd around 45 people from all parts of the UK made their way to Dukes Barn for a fun activity packed week. After lunch we settled in our dormitories and began our project by going on a lovely walk around the Chatsworth House estate.

There was a whole host of activities available during the week; canoeing, abseiling,



weaselling, caving, stream scramble, team challenges and rope courses! The activities were challenging but great fun and the whole group supported each other



and friendships were soon made. The final evening we enjoyed a delicious BBQ in the sunshine. Later that evening we took part in an African drumming session

which was amazing. Everyone got involved we were told we were complete natural musicians!

Friday morning it was time to leave and this day had come far too soon. It really had been a special week. The teamwork and support for each other was fantastic and everyone had achieved so much.

Hannah Collier
Volunteer

Jubilee Sailing Trust

23rd - 29th August

Life as a Tall Ship Sailor Tuesday 31st May

A crew of around 40 people boarded Tenacious at 1pm today. We were introduced to our buddies and Watch Leaders and shown to our bunks! We were given our rota for the week which included mess duty for me – helping in the kitchen and serving dinner to the rest of the crew.

Wednesday 1st June

After an early start this morning, serving breakfast and a happy hour spent cleaning the galley, we set sail for Cherbourg. Preparing Smoko (or what we on land would class “elevenses”) and more cleaning kept me busy, while first-time crew members had a lesson on sail setting. With my mess duty

finished it was time to join my watch on the Bridge for a couple of hours of watch duty. Keeping tabs on the log book, watching for ships emerging upon the horizon, and getting hold of the helm made for a busy afternoon.

Thursday 2nd June

Finishing watch duty at 4am, we were woken to a beautiful morning of sunshine to set sail back to Southampton. We were well underway and it was time to report to the bridge for watch duty again until dinner time. We also managed to spare some time for assisted climbs today. Everybody who wanted to take the challenge of the mast did so; whether it was through hauling themselves up with their arms or leaving the



hauling to us with the ropes on deck as they ascended the mast in their wheelchair!. An evening of playtime at the bar was on the cards; even fishing occupied some of us for a while despite an unfortunate success record! Many a photo opportunity arose this evening too as we sailed past The Needles of the Isle of Wight and anchored ready to sail into Port in the morning.

Friday 3rd June

After breakfast it was time to pack, make one last ascent up the mast to haul the sails in, and get ready for our final Happy Hour of cleaning before Smunch (Smoko and Lunch combined that is). And in-between this, my buddy, Rose and I took the opportunity to go and chill on the bowsprit! A smooth arrival into Southampton meant that all that was left to do now was put the gangway into place – which took some muscle from the Bosuns Mates and the lines men ashore – and say a final farewell to our family onboard Tenacious.

Rachel Steer
Voyage Crew Member