



Phab Heartbeat Hike

Sunday, 6th June 2010

HYDE PARK, LONDON



**Official opening by Ed Stewart, President of Phab
at the Bandstand at 11.00 am**

**Join the Phab Party in the Park with non-stop entertainment at the
bandstand**

- * Enter your club in the **Phab 'COUNTRIES' themed** fancy dress competition
You could come dressed in a football kit of that Country, or National dress of
The Country, or something association with that Country!
- * Make the **BEST BANNER** and win a prize
- * All participants receive a **Phab Heartbeat Hike medal** to mark the occasion.
- * Free **FACE PAINTING** and **FREE PRIZE DRAW**



There is no Registration Fee.

However **WE DO NEED TO KNOW THE NUMBER OF PARTICIPANTS** – see tear off slip. We will send you for each participant a Heartbeat Hike booklet giving details of all the arrangements for the day plus further sponsorship forms if required.

If Phab Club or affiliated project, whatever you raise goes towards **your** club's funds.

All individuals, schools or youth projects are invited to take part in the Heartbeat Hike and raise funds for Phab's valuable work in the inclusion of disabled and non-disabled people.

Even if your organisation is **not** a Phab Club or affiliated project you can still raise funds for the charity.

Ring Phab on 01825 749826 for details.

Please complete the form below and return as soon as possible and by Friday 7th May 2010 at the latest to: Phab Heartbeat Hike, 1 Calvert Road, Uckfield, East Sussex TN22 2DB. All enquiries to Janine Williams (Phab SE Charity Support Officer) on 01825 749826. Janine.williams@phab.org.uk

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Heartbeat Hike, Sunday 6th June, in Hyde Park, London

Name of Phab Club/Organisation

Contact Name..... Telephone No

Address

Post Code No of Participants Minibus permit required? Yes No

Region (*please circle*) NORTH MIDLANDS SOUTH EAST SOUTH WEST

