



SECTION 3

Support for Phab Clubs

Phab provides the following for its Affiliated Clubs and Projects:

1. A central point of contact support service, (Summit House) including telephone, answer phone and e-mail contact to answer any queries.
2. A regional contact support service (via Regional Officer), including telephone, answer phone and e-mail contact to answer any queries from clubs, potential volunteers or projects.
3. Keeping In Touch (KIT) is a newsletter full of Phab news, events and articles on Phab members' achievements. KIT is distributed free of charge to all groups affiliated to Phab, and their members can request additional copies at no cost. Clubs/Projects are encouraged to submit articles to be included. KIT is available in various formats and can be downloaded from Phab's website.
4. Integrated Living Experiences and Skills for Independence. These are residential courses/holidays (usually of 5 – 7 days duration) designed for young disabled and non-disabled people across England. (Discounted rates apply). They are run annually and closely and constantly assessed by our National Development Manager
5. Jubilee Sailing Trust - A tall ship experience. These working experiences are of variable length (see www.jst.org.uk for full details) These magnificent ships are the only two vessels in the world that have been purpose-designed and built to enable a crew of mixed physical abilities aged 16 and over to sail side by side on equal terms.) (Discounted rates do apply on our Phab voyages).
6. Access to a 'pool' of experienced, trained and 'screened' volunteers for our residentials, minimising all risk. (via our National Development Manager)
7. A small grants scheme. The grants are available to assist **clubs/projects** for the benefit of all members (ie not to individuals) in achieving their objectives. (Up to £500 p a) A simple form needs completion and authorisation.
8. A Phab Club Fund Booster Scheme. Any monies raised by the club will be enhanced by a variable percentage (depending on the amount submitted) by payment of those funds into Phab Ltd. via Financial Director, Summit House.

9. Collecting boxes and supporting material (available at a small cost from Angal) to raise funds for individual clubs. Phab also adds at least 5% to the funds raised by each club/project when the money goes via Phab's Booster Scheme.
10. Access to the National Collections Manager for advice and guidance, including hands on help with local club collections.
11. A website (www.phab.org.uk) which contains information about Phab and its activities. Individual club information can be included and uploaded once approved to this central site.
12. Web space for every club using a format www.yourclub.phabclub.org (Free)
13. Club email and support setting up a Club web site using a Phab Template www.yourclub.phabclub.org (Free set-up, however ongoing regular updating needs to be performed by the club.)
14. Computer Hardware & Software procurement advice and guidance.
15. Access to a Phab Online Social Network (www.ukphab.ning.co.uk) to post events, share ideas and discuss issues. (Free – by invitation only). This is a member to member network and should not be used to contact any regional or Summit House officers.
16. A unique, comprehensive insurance package, via Phab's brokers, BJK Ltd. Assistance is available for completion of the relevant paperwork, as is financial assistance, where this is needed.
17. The Phab Pack which is provided to clubs/projects to assist in the setting-up, management and operation of Phab Clubs and activities. Available as hard-copy (costly to Phab) or download sections electronically via the web as and when a section needs to be referred to.
18. Phab Club Directory publishing contact details for each affiliated club. (Free)
19. A scheme to help clubs/projects ensure they are compliant with the Criminal Records Bureau requirements and Phab Child & Vulnerable Adult Protection Policy & Good Practice. (Free CRB checks for all volunteers.)
20. The Annual Heartbeat Hike in Hyde Park. This event enables Phab clubs/projects to get together and raise funds for their individual groups.
21. Regional meetings for Phab club members throughout the country. (Travelling expenses paid)
22. Regional conferences providing training and interactive workshops, duration usually over 3 days and 2 nights. (Partly subsidised)

23. The Paul Hope Award (in memory of the late Paul Hope – all ages) and Louis Goldberg Award (in memory of the late Louis Goldberg, to someone **aged 25 or under**). These are awarded annually to individuals who have excelled in fulfilling Phab's philosophy. Both awards are presented at a reception at the House of Lords.
24. By special arrangement – visits from Phab's President, Ed Stewart and/or Phab's Chairman or other Phab staff members.
25. Accessible, well equipped and comfortably furnished holiday homes
2 units at the award-winning 5 star holiday park Waterside, Bowleaze Cove, Weymouth. Both units are fully accessible with level access to all the sports and entertainment facilities. They have been purpose built for wheelchair access with wheel-in showers, extra wide doorways and halls. (30% reduction on weekly rental rates for Phab members).
26. Access to Phab's Fundraiser for advice and guidance.
27. Auditing of Club Annual Accounts (Phab Volunteer – contact Dennis Clarke) e: heather.clarke@phab.org.uk (Free service)
28. Inspirational & Promotional DVD containing club, project and VHS copy material highlighting Phab's work over the many years. (Free)
29. Phab Branded Merchandise (Various Clothing, Cups, Pens, Caps and Badges)
30. A Phab Banner/Stand/Background for major promotional events (by agreement with Regional Officer)
31. Phab is a member of the Fundraising Standards Board self-regulatory scheme (www.frsb.org.uk) Over 800 charities have already joined, membership of which is voluntary, and in doing so we have agreed to adhere to a strict set of codes and a Fundraising Promise committing them to treat the public with respect, fairness, honesty and clarity in all our money raising activities.
32. Access to all the facilities of the Sports Forum, Bournemouth. www.sportsforum.org.uk) Entirely dedicated to promoting and developing sporting activities for the disabled.
The Sports Forum owns the Knoticat and this is available for the use of all disabled people, their carers and immediate family. The vessel is a stable, converted 9 metre sailing catamaran which offers real 'hands on' sailing experience. During the summer they operate out of Poole Harbour and they can organise dedicated fishing trips for members. Trips are usually in the range of 2 to 10 hours depending on conditions and your requirements. (Free to all members - donation only)

Updated September 08