



Inclusive Living Experiences 2018



Phab is extremely proud of its successful and highly acclaimed annual programme of Residential Holiday Projects and this year 118 children and young people from all around the country took part. These unique experiences were held at fully accessible outdoor activity centres in the New Forest and the Lake District where everyone had the opportunity to experience a wide range of exciting activities whilst building confidence, making new friends, learning new skills and having fun.

The children and young people were all supported by Phab staff and a team of 99 volunteers, personal carers and parents.

Phab also supported seven adult Phab Club members to set sail on an accessible Jubilee Sailing Trust tall ship where they joined a crew of around 40 people around the south coast of Britain.

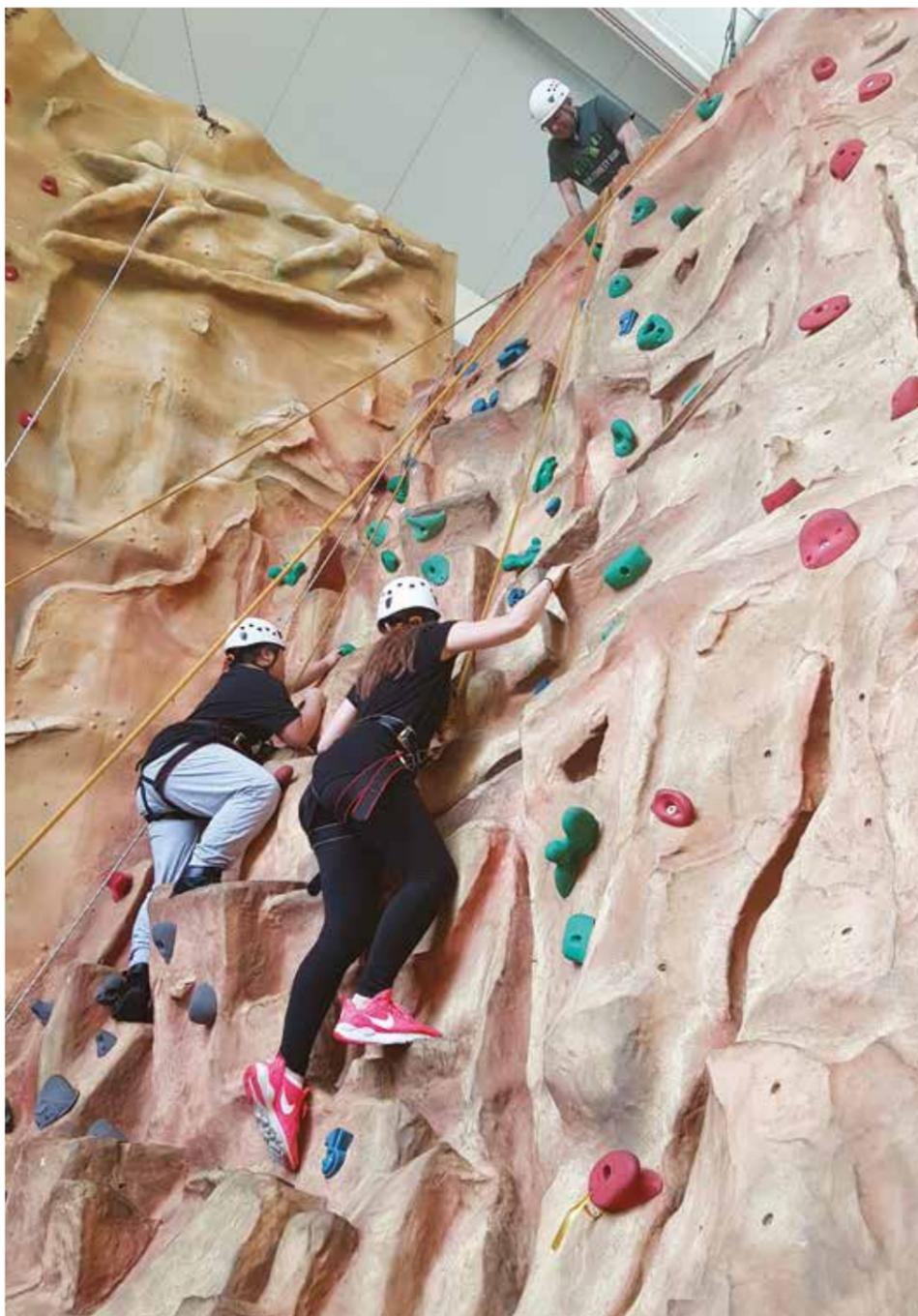
Phab relies entirely on Charitable Trust grants, voluntary donations and fundraising to ensure our very special Residential Holiday Projects are available to those who need them most.

We are most grateful to all the individual donors and Charitable Trusts who have generously helped these Projects to take place. This includes all our Marathon runners and cyclists, BBC Children in Need, Morrisons Foundation, Santander Foundation, ACT Foundation, May Trust, Beatrice Laing Trust, Baily Thomas Charitable Fund, Grant Foundation, Hospital Saturday Fund, Souter Charitable Trust, Miss W E Lawrence 1973 Charitable Settlement, Masonic Charitable Foundation, SMB Charitable Trust and the Hedley Foundation.

John Corless OBE
Chairman and Vice President

The May Trust Project

11th - 13th May 2018



Just before dinner on Friday evening, nine very nervous but excited children arrived and were shown to their rooms and around the wonderful Acorn House which would be their home for the next few days.

To ease the nerves we started with the very popular tube slide and soon the children had forgotten all about their homesickness and were wearing us out by wanting as many goes as possible.

On a very sunny Saturday morning Group One set off for the climbing and abseiling wall whilst group two headed to Killington Lake for the canoeing expedition.

We canoed the whole way around the lake waving and shouting to the sea cadets who were also out on the lake practising their sailing skills. We stopped at an island and challenged each other to do silly tasks such as jumping up and down in the canoe, paddling backwards as fast as possible and swapping seats with each other without falling in.

Afterwards we headed back to Bendrigg Lodge to meet up with the climbing group and enjoyed our soup, sandwiches, crisps and cake. It's amazing how hungry you get when you are doing outdoor activities!

That afternoon we had an extremely enjoyable time on the zip wire and archery. They were quite a competitive bunch and the archery got very tense as we were trying to pop balloons to raise our points!



On the Sunday morning, for those who hadn't already done so, it was the climbing and abseiling adventure today. This is always an exciting time but it can also be a very frightening prospect because when you stand at the bottom of the wall and look up you realise how high up you have to go! However, everyone reached the top and it was wonderful to see the children so happy and proud of their achievements.

Rebecca Hargreaves
Project Leader



Bendrigg Lodge, Lake District

July 28th - 4th August 2018 and 4th - 11th August 2018



Thirty four children aged 8-18 from different backgrounds attended this fantastic project for a week of fun filled activities, supported by 23 returning and new volunteers!



The group began by splitting up into 4 teams, each swapping activities on a half day basis. Although the week started off with a huge downpour, this did not affect spirits in the slightest, and after a few days in, the weather seemed to brighten up just for us!

Each morning we were treated to a fantastic cooked breakfast, and then set out on full bellies to begin our day, be that on site or off site.



The group took part in amazing activities such as rock climbing, abseiling, canoeing, sailing on Lake Windermere, zip wire, low ropes, tube slide, archery, caving, a farm visit, bowling and much much more. The group then returned each

afternoon for dinner, and finished our day with even more activities, such as games, campfires, movie nights, walks and many peoples favourite, the sensory room.

Our final night ended with our themed disco (farmers and fairies) with another celebration taking place, one of the children's 10th Birthday!

The first week was a tremendous success with all the participants and volunteers not wanting to go home! We are extremely excited for our next holiday at Bendrigg Lodge in 2019!



On the 4th of August, twenty two children and young people joined us for a second amazing week of exciting activities. What a Phabulous, fun filled week!

Whilst the money and medication were being safely stored by the Project Leader, the children unpacked their cases and started to get to know one another and the Phab volunteers. It was time to start the fun!



We crammed a huge amount of activities into our busy programme including archery, sailing, canoeing, caving, abseiling, arts and crafts, ropes course, big swing, tube slide, zip wire, orienteering, sports, sensory room and camp fire. Every single activity is fully accessible made possible by the professional skills of the instructors and support, hard work and enthusiasm from our wonderful volunteers.

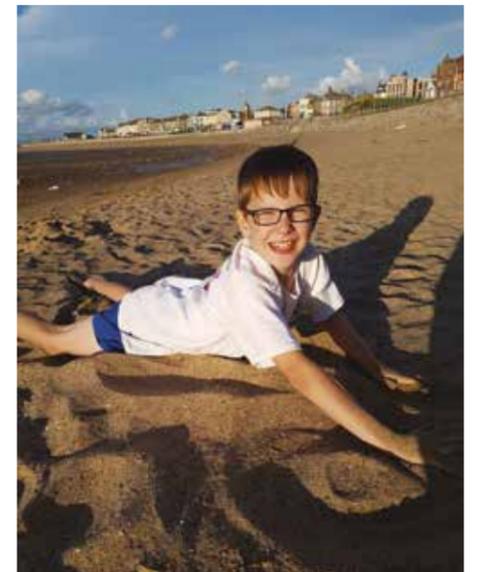
Most days we headed out on the minibuses which gave us the opportunity to experience the beautiful scenery of the Lake District and Yorkshire Dales. We went to Windermere to canoe and sail, Ingleton to cave and Silverdale to go bowling and swimming. We also visited many villages along the way so we could stop off at quite a few ice cream shops – delicious!

Bendrigg Lodge is celebrating its fortieth year and over that time, they have enabled thousands of

disabled people to experience a huge range of activities. Over the years, Phab has developed a very special bond with Bendrigg Lodge and, by sharing the same ethos in making things possible, each child or young person attending a Phab Holiday Project has challenged themselves, made friends, increased their confidence, learnt new skills and achieved their goals whilst having a huge amount of fun at the same time!

Following breakfast on the final morning certificates were given out whilst the parents watched proudly from the balcony. The PhabKids had an incredible week and achieved so much more that they had imagined. For many this was their first independent time away from home and all of them had enjoyed an exceptional experience.

Rebecca Hargreaves
Project Leader



Avon Tyrrell, New Forest

17th -24th August 2018



Our wonderful team of thirty volunteers who had all given up a week of their annual leave arrived on the 17th August, and prepared for the 36 Phabkids that were due to arrive on the next day. There was great excitement as the marquee was decorated in our 'animal' theme, and the rooms were sorted for our guests. Every guest's bed had a drinks bottle kindly donated by Sainsburys, a Phabkids T shirt and a hat left out for them.

The young people arrived the next day and soon settled into their lovely wooden lodges in the forest. Every day is filled with activities and all six activity groups did everything from climbing, abseiling, archery, zip wire, team building, canoeing, circus skills, problem solving, high ropes, sports day, pioneering, cycling, tree climbing and much more. All the activities are adapted to make them totally

inclusive meaning everyone can take part. It is very much a 'can do' attitude on the Phab holidays.

The evenings are filled with activities, such as a camp fire which everyone really enjoys as it is a chance for all the groups to be together. Then, a night walk where we pick pine needles and make tea and tell stories by the lake. Next, an animal keeper who keeps everyone entertained with his vast collection of creepy crawlies. The Wednesday night disco is always popular following the barbecue, and then award and film night on the Thursday.

We always like to welcome visitors on the holiday projects as unless you see it first hand, is it hard to appreciate the magic that is Phab. For the first time, I organised previous marathon runners and runners from Virgin Money London Marathon 2019 to attend with their



families for an open day. This day was a resounding success and one

that I will be arranging each year. One of our own place runners David Rootes, who has supported Phab for many years came along with his nephew Adam, and as you can see from the picture, Adam had a great time, as did all of our 2018 guests!

We are immensely grateful to all of our runners and riders who support Phab and to everyone who supports the Charity. Planning has started for the week for next year, the theme of 'at the seaside', is already being worked on and we cannot wait.

Janine Williams
Project Leader and
Challenge Events Manager



Phab would like to say a huge thank you to our dedicated volunteers. We sincerely appreciate your support and assistance on these very special weeks.

The Phab projects make a huge difference and here are just some of the fantastic comments we have received:

Thank you so much for giving Edward such a wonderful time. It did him the world of good, his self-esteem has improved immeasurably and it's so wonderful to see.

Thank you so much for looking after Josh, he's had an amazing week. He's home, happy and healthy with a new found confidence, I hope he can hold on to. He can't believe he's achieved so much and done things he never believed he could.

We simply cannot say THANK-YOU loudly enough, often enough, explicitly enough, meaningfully enough! We are hugely impressed with how incredibly well Phab are organised and managed. Everybody we have been in contact with is

highly professional, knowledgeable, caring, dedicated, compassionate and wonderfully understanding.

When Billy was anxious you did an amazing job of sorting out his worries and you encouraged him to experience a huge range of activities - practical, physically challenging and social that he's never done before. All the hard work that you put into his welfare and emotional wellbeing was staggering, so thank you for the whole thing it was amazing!

Aisha came back so happy, proud and cheerful. She came back feeling like a better person! And that is just ONE good side of her having spent a wonderful week at Phab Camp!

Jubilee Sailing Trust Voyage

Southampton - Southampton 13th - 17th August 2018



Our team of seven sailors, from Trowbridge Phab, Littleton Phab Sail and Rossendale Phab set sail on the 13th August from Southampton on the impressive tall ship Tenacious. With a crew of fifty people, disabled and non-disabled, they set off around the south coast of England.

The thrills of sailing on a lovely ship with the sunsets and sunrises, along with the unique experiences like climbing the rigging and hoisting the sails etc is great; tiring but great! There is so much to learn but the support from the permanent crew is excellent and they teach you a huge amount!



The captain and crew went out of their way to ensure everyone got the full benefit from the voyage and this enabled Helen (who has epilepsy) to climb the rigging with a buddy. Another Phab club member, Mattie, who lives with Cerebral Palsy was up the rigging like a monkey and never stopped grinning the whole trip.

During the trip the group had the opportunity to go ashore to Wallbarrow Bay on the Dorset Isle of Purbeck. They visited the abandoned



village of Tyneham which was taken by the MOD during World War Two. One of the Sailors, Stuart Hargreaves from Rossendale Phab said "Getting in and out of the small RIB boat was exciting in a 1.5m swell but the Captain made this a little easier by using a technique called 'Splitting the Anchor' which pulled the ship across the wing to give us a bit of shelter on the lee side".



When returning to shore, Stuart assisted with the final mooring as they came back to Southampton handling the large mooring lines and capstan for the first time.

The whole team bonded and everyone had a really enjoyable trip with many unique experiences which they will treasure for many years to come.



Family Weekend Bendrigg Lodge

12th - 14th October 2018



On a very wet and blustery evening eight families arrived at Bendrigg Lodge to join us for our third family weekend. They were supported by six Phab volunteers who were on hand to help the families ensuring that they could have the best possible.

This was a brand new experience for the families and there was a bit of apprehension and nervousness about what they had "let themselves in for". However, as the activities began and the children very quickly started to make friends, the nerves subsided and the fun began.



There were so many activities to experience, climbing, abseiling, zip wire, archery, sensory swing, indoor caving and every member of the family had the opportunity to have a go. A few of the group even braved the extraordinary weather and headed down the hill to the yurt where they toasted marshmallows on the fire whilst they sang songs about penguins and Rex, a Bendrigg instructor, played the guitar.

After dinner on the Saturday evening some of the group settled down to watch Strictly Come Dancing and were enthusiastically shouting



out their comments and scores, whilst the rest of the group headed down to the sports hall and sensory room. The sensory room is a great place to chill out and chat to each other and the evening passed by very quickly. Having the support of the Phab volunteers gave the parents the opportunity to relax, enjoy a glass of wine and socialise with one another knowing that their children were entertained and happy.

On the Sunday morning there were more activities to experience and following lunch there was a presentation and everyone received a certificate to mark their amazing achievements. Everyone agreed that a great time was had by all!

Rebecca Hargreaves
Project Leader



For dates and further details of Phab's 2019 projects, please visit www.phab.org.uk or contact Rebecca Hargreaves, National Projects Manager Tel **01254 824784** or email rebecca.hargreaves@phab.org.uk Phab, Summit House, 50 Wandle Road, Croydon, Surrey, CR0 1DF Tel 020 8667 9443. Registered Charity No. 283931