



Merry Christmas from everyone at Phab!



Phab Monthly Update - December News

Phab inspires and supports disabled and non-disabled children, young people and adults to make more of life together - breaking down community barriers, reducing social isolation, and creating opportunities for all involved to enjoy the same activities and challenges side by side.



Phab Awards 2021 - Saturday 18th December 7pm!

Coming to you live from Bancrofts Phab Club, this is an online interactive event that any member and supporter of Phab can join! Clubs have been busy nominating some of their really standout members, and we will announce the winners during this event, It's going to be just like a TV show!

We are also going to be highlighting other fun Phab stories, so sit back, grab your snacks, chat with other members and see if you can spot your club! Please note this is not a normal Zoom call - you will be watching a broadcast event, and will not be seen on screen. We look forward to you joining us!

Zoom Details below, please register in advance! If you'd like to watch our previous awards from 2020 for an idea of the event, you can watch it [here](#).

Phab Awards 2021 - [Zoom Register Link](#)

Live on our Facebook Page



Phab Christmas Quiz! Wednesday 15th December 7pm

The Phab Virtual Quiz is back for Christmas! Over lockdown Phab held over 30 Online Quizzes with our National Club Support Officer George, and we are back for a Christmas edition! This quiz has a variety of questions so everyone can take part!

This will be taking place live on our Facebook page on the 15th December at 7pm. Simply head to our Facebook page and then join in! For an idea of what the quiz is like, check out a previous edition [here!](#)

So bring your thinking caps, a positive attitude and a glass of something tasty and we shall see you there!



My few days at Bendrigg late October (25-28) were enlightening and a lesson in humility!

It was my first visit to Bendrigg Lodge, I arrived about 5.30pm Monday 25th October, as I drove by Killington Lake the sun was setting down, painting gold and red flames on the water, it was beautiful, tranquil and cold! It is easy to fall in love with the timeless landscapes of the Lake District I guessed the children and parents would love the experience.

As I approached Bendrigg I noticed two buildings on my left, one newly built with state of the art accessibility and the Lodge warm, old and friendly. My stay was a real eye opener; within 24hours I saw the positive impact on children, parents and carers. I was hugely impressed by the venue, services , staff and tutors, everyone multi tasked all with kindness, professionalism and good humour.

Sadly the weather was wet and with some 40 miles an hour gale force, we were unable to enjoy some of the outdoor activities planned but caving, tunnelling, Zip wire, visit to a local farm, indoor sports, art & crafts and other social pursuits were quickly organised. Day time and evenings the children were occupied with fun activities whilst parents and carers chatted, exchanging thoughts and experiences.

On our way to the caves about 30 miles from the Lodge, we saw some beautiful, brown woolly young cows, much to the children delight, it was so lovely, to hear their scream of joy and surprise. I realised that most of

them live in towns and probably have never been so close to the real thing!



The thing that strikes me most was an amazing transformation from the tired, bewildered parents and children on the first day to relaxed happier people by Tuesday evening, all joining in, chatting, sharing tables and enjoying all that the project offers in term of activities, practical and emotional support.

We ate all three meals together, the food was good, wholesome and plentiful, some of the children helped setting up the tables and putting crockery in the huge dishwasher.

I spoke to parents, carers and the wonderful volunteers, they shared their own stories, reported difficult moments, yet love, care, and concern prevailed at all time.

Our Project Manager Rebecca was amazing calming parents and children anxieties, reassuring and leading everyone, helping wherever needed to make the stay even more pleasant and seamless, coping with emergency laundry, whilst dealing with pretty nasty weather which meant re-planning all the activities!

I am so glad I went, thank you Phab for allowing me to experience first-hand what is effectively at the core of your charitable mission! I shall never forget it and would love to do it again in more clement weather



Phab Holiday Projects Film!

We have had an absolutely amazing year of Phab Projects, and whilst things have had to run a little differently this year, 7 Holidays went ahead! 226 people from 77 families joined us between July and October, and we decided to make a short film about what we got up too! You can watch it from the link below - enjoy!

[Phab Projects 2021 Film Link](#)



Ride London - With Phab!

TFL Ride London 29th May 2022 – Raise Money For Phab!

If you would like one of our guaranteed places in TFL Ride London, which has a new route taking you from London through Essex and then back, then why not ride with Phab!

For more details, please contact Janine Williams at janine@phabkids.co.uk or on 01825 749826.



London Landmarks Half Marathon - Run with Phab!

London Landmarks Half Marathon, 3rd of April 2022

Raise money for Phab with Sponsorship of only £400.00!

When you join our team we will provide you with: Email training plans, Free Phabkids Hi-Tec running vest, a Dedicated Facebook Page and Dedicated Challenge Events Manager.

To apply just follow this [link!](#)



Raise funds for Phab at no cost to you!

You can now support Phab at no cost to you - every time you shop online you can raise money for Phab, using the [Give As You Live](#) platform or app. It's quick and easy and free to use.

If you're having a clear out at home have a look at [Ziffit](#) they'll buy your unwanted books, CDs and DVDs, you can then donate the proceeds of any sales directly to Phab.

If you have a workplace charity scheme why not nominate Phab as your charity of choice, [visit our website to find out more.](#)



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