



Phab Monthly Update - January 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 - Watch it again!

On the 18th December we hosted our fantastic virtual event, the Phab Awards 2021! Phab Vice President Mik Scarlet and long time supporter Natalie Osborne hosted the event, where we celebrated our nominees and announced our winners of our three awards.

The Lord Morris award was given to all the volunteers of Bristol Phab, which started in 2017, for all their brilliant work at club evenings, publicity, training and more.

The Louis Goldberg award was given to Kelsey Hook for organising a variety of events and her extremely hard work of the day to day running at the Phab Cafe and Phab Shop.

Lastly the Paul Hope Award was given to Craig & Marie Crawford from Leamington Phab who have been involved in the club since 1987 and are an integral part of the club, often the first people to arrive and the last to leave!

A massive congratulations to all the nominees and winners, as well as a huge thank you to the brilliant team of volunteer experts who made it happen.

If you'd like to watch the event back, just head over to our [YouTube](#) page!



Phab Holiday Projects 2022

We are super excited to be planning our 2022 Phab Holiday Projects which will take place at Bendrigg Lodge in the Lake District.

Covid has obviously affected all charities and Phab is no exception and we are working hard to ensure that our funds are put to their very best use and benefit as many people as possible. Therefore, things are taking slightly longer to organise and the application process will not open for a few more weeks.

If you have already given your contact details to Rebecca Hargreaves, you will receive an email as soon as our application process is open. If you wish to be added to the list please contact rebecca.hargreaves@phab.org.uk. You can also keep an eye on our social media pages for any updates.

If you haven't already done so, please watch the short film showing what we got up to in 2021.....

[Phab Projects 2021 Film Link](#)



Chichester Fun Weekend 2022!

We are delighted to announce that our bi-ennial event, the Chichester Fun Weekend, is now booked for the last weekend of November, the 25th -

27th 2022. Unfortunately due to the pandemic, we were unable to run our event as planned in 2021, so we are now incredibly excited to be planning this event for 2022.

This event sees Phab clubs from all over the country, though predominantly the South East, attend the Chichester Park Hotel for a weekend of fun filled Phab Activities. In 2019, clubs enjoyed events such as Indoor Archery, Taekwondo, Laughing Yoga, Arts n Crafts, Quizzing, Wine Tasting, Learning Makaton, Boccia, Festive Food Creations, Boccia and more.

Whilst we are of course somewhat hesitant due to the past few years, we are quietly confident that this event will be able to go ahead, and will be the big social club event that our members have been missing!

If you're from a Phab club, and would like some more information, please get in contact with George - george.whittingham@phab.org.uk



Phab & Para Dance UK Free Virtual Dance Sessions!

Phab & ParaDance UK are running 20 weekly inclusive virtual dance sessions (2 sessions for 10 weeks), with a more relaxed session running on Tuesdays at 7:00pm and a faster more energetic session running on Thursdays at 7:00pm.

These sessions are entirely free, accessible to all and incredibly fun! We are really grateful to be able to offer this opportunity to all our Phab Supporters, so please if you know someone who may be interested, please share away!

More details and sign up link below!

[Sign Up Link](#)



Enjoy a Phab Staycation beside Weymouth's sandy Bowleaze Cove in Dorset

Phab's fully accessible Derwent holiday home at Waterside Park and Spa is the perfect sandy retreat for family and friends. With two twin bedrooms, a sofa bed, well equipped kitchen and wheel in shower room, this is a very popular choice for Phab families who return year after year.

There is level access to Waterside's heated indoor and outdoor pools, leisure complex, restaurant, bar and shops, and entertainment for children and adults alike, so the whole family can enjoy their time away together confident that both our holiday home and Waterside's facilities will meet their needs

To check availability and rates, email to matthew.joyce@phab.org.uk

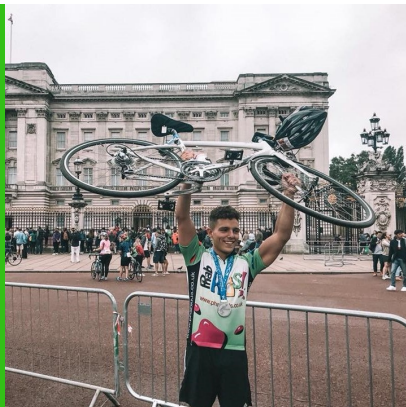


Ride London - With Phab!

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.



[Find Out More](#)



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Our mailing address is:

Phab, Summit House, 50 Wandle Road, Croydon, CR0 1DF
0208 667 9443 info@phab.org.uk

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