



# Inclusive Living Experiences 2019



Phab is extremely proud of its very special annual programme of Residential Holiday Projects and this year 142 children and young people from all across 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 challenging and exciting activities whilst building their confidence and independence, making new friends, learning new skills and having great fun together. Our thanks to the 119 Phab volunteers, personal carers and parents who worked with Phab staff to support the children and young people.

And four more adult Phab Club Members also set sail on an accessible Jubilee Sailing Trust tall ship on a voyage around the south coast of Britain and across to France.

Phab relies entirely on Charitable Trust grants, voluntary donations and fundraising to ensure our Residential Holiday Projects are available to those who need them most. We are most grateful to the individual donors and Charitable Trusts who have so generously helped us to achieve that. This includes all our Marathon runners and cyclists, BBC Children in Need, Edward Gostling Foundation, Quies Trust, Beatrice Laing Trust, Albert Hunt Trust, D C R Allen Charitable Trust, Hospital Saturday Fund, Tilehouse Trust, Souter Charitable Trust, S M B Charitable Trust, and the Sir Jules Thorn Charitable Trust.

**John Corless OBE**  
Chairman and Vice President

## Family Weekend 10th - 12th May 2019



The sun shone brightly on our first Phab Residential Holiday Project of 2019. Nine families (a total of thirty eight people) travelled from all around the country; Essex, London, Manchester, Birmingham, Cheshire and Lancashire, to join us in the Lake District for a weekend of fun and adventure.

Supported by the fantastic Phab Volunteers, every member of the family got to try their hand at a

wide range of activities including canoeing, rock climbing, zip wire, archery, abseiling and the sensory swing. It was wonderful to see families spending time together and supporting one another whilst having a huge amount of fun.

After a very active day, there was time to relax in the evenings and the parents could enjoy a glass of wine and socialise knowing that the children were entertained and happy.

Here is what one family said about their weekend away:

"We have had such a brilliant time – thank you so much! The Phab volunteers are just so intuitive and just 'get it' which makes me as a parent relax knowing that the children are in very safe hands. Doing activities as a family is very important for us and we are so grateful to Phab"



## Bendrigg Lodge, Lake District 27th July - 3rd August 2019



Sixty two people arrived at Bendrigg Lodge for a week of adventurous activities in the stunning Lake District. Once unpacked and the money and medication safely stored with the experienced Phab staff and volunteers it was time to start the fun.

chance to experience a brand new activity – Treetop Trampolining! With more than one thousand five hundred metres of giant trampolines, walkways, slide and tunnels made of netting we bounced around in the trees! We finished off with an amazing two hundred and fifty metre triple zip wire from the treetop tower (so high it swayed in the wind!) and raced our friends over the park to the finish line on the shore of Windermere.

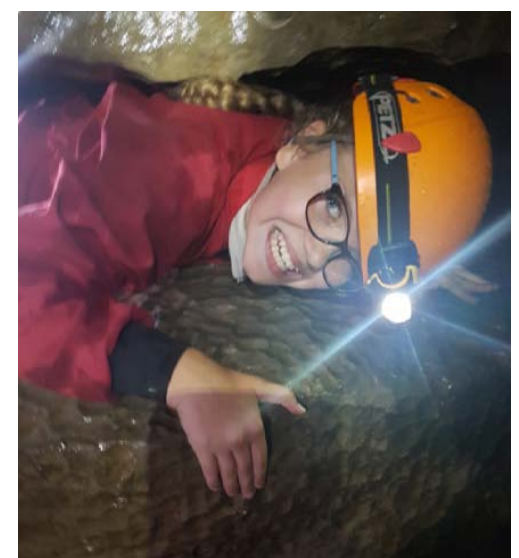
After all this exhilaration we decided to take a leisurely boat trip up to Ambleside and Wray Castle and finished off the day with delicious ice creams.



For many it was their first independent holiday but everyone quickly started to get to know one another and excitement started to build for the week ahead. And what a week it was!

All the activities are fully accessible which means everyone can take part and the professionalism and caring attitude of the instructors ensured that each young person could achieve their personal best. We split into five groups so everyone could experience everything on offer from rock climbing, canoeing, abseiling, archery, ropes course, zip wire, tube slide and more!

We were extremely lucky this year to get the opportunity to spend a day at Brockhole Park on Windermere. With huge thanks to Bendrigg Lodge and Treetop Trek we all got the



They say all good things come to an end and when it was time to leave there were plenty of tears – not just from the children but the staff and volunteers as well! In such a short space of time good friendships had been sealed and people had achieved things they never thought possible. Everyone had encouraged and supported each other and created happy memories which helped to provide the experience of a lifetime.

**Rebecca Hargreaves**  
Project Manager



## Bendrigg Lodge, Lake District

3rd - 10th August 2019



On our second week at Bendrigg Lodge twenty two arrived for a week of fun filled inclusive activities, supported by fifteen returning and new volunteers.



We all enjoyed the vast amount of activities in our busy programme including archery, canoeing, caving, abseiling, arts and crafts, ropes course, big swing, tube slide, zip wire, orienteering, sports, sensory room and camp fire. Our best bits included canoeing across Windermere, exploring the local

caves, a fantastic trip to the seaside followed by fish and chips and kite flying.

This year, the theme of the week was "Space" and on our final night we ended our project on a high with a brilliant disco and many dressed in fantastic space theme costumes. One attendee decided to dress up as Elton John, aka the Rocket Man! By the end of the disco everyone was exhausted from the exciting week they'd had.

**George Whittingham**  
Deputy Project Leader



## Avon Tyrrell, New Forest

9th -16th August 2019

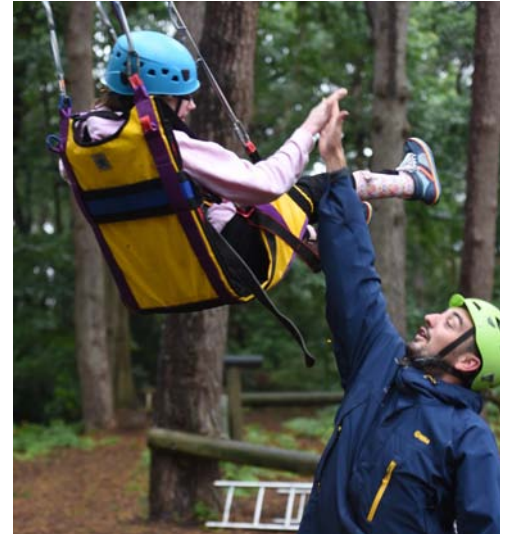
The Phab volunteers eagerly arrived the day before our Phabkids guests to get everything ready. This year our theme was 'At the Seaside' and WOW our marquee looked superb with deck chairs hanging from the rafters in bright colours along with buckets and spades, fishing nets and inflatables.



When the guests arrived and after settling into their lodges we set about getting everyone together for a meet and greet in the marquee, this is where the guests can find out who the volunteers are ( easily identifiable in their orange T-shirts) and also the centre staff come to introduce themselves. After supper it was a chance for us to work as a group and do an egg drop, which involved decorating your egg and building a suitable holder to launch it from a height.

All of the guests were placed in a group dependent on the group leaders and volunteers skills, to enable them to meet everyone's needs. A lot of time and careful consideration is taken following home visits to get this right so everyone can have a Phab time.

On Sunday the group set off on the morning activities which varied from bike riding to tackling the climbing wall. We headed back for lunch and a chance to re-fuel before an afternoon of fun! In the evening we went for a night walk and our guests had the choice of a long or short walk and surprisingly they nearly all went for the long! Tired and sleepy they returned to their lodges for hot chocolate and showers.



The rest of the week followed the same pattern and every guest got to take part in all the activities - sometimes twice! These ranged from zip wiring, treasure hunt, low and high ropes, archery, tree climbing, beast hunt, bush craft and much more.

Our evenings were busy too with a variety of activities. Steve returned with his animals, which the guests absolutely love. You can tell when he gets the snakes and spiders out from the other end of the site! Our other evenings were spent with a camp fire, arts and crafts and a disco. The floor of the marquee was 'rocking' that night! On the last evening we had a film and award ceremony to celebrate the many achievements throughout the week.

**Janine Williams**  
Project Leader





# Transition Plus Weekend

13th -15th September 2019



This was Phab's first Transition Plus weekend for 18 – 25 year olds. We wanted to create a programme where everyone could build on their confidence, self-esteem, independence and social skills. From making their own beds, helping set tables and washing up, challenging themselves to go a bit further up the climbing wall or canoe across Killington Lake, we wanted to support and encourage everyone to challenge perceptions and leave the weekend with a sense of pride and achievement.



As well as a huge amount of exciting activities on offer we also had plenty of time to relax and socialise and on the Saturday evening

they did just that. Some chose to watch Strictly Come Dancing, others played games in the lounge and others chilled out in the dining room whilst enjoying a drink and some nibbles. By 8.30pm the music had been turned up and we got the disco lights out and partied until late!

It had been a fantastic weekend. Friendships had been sealed and Facebook groups were being made so everyone could keep in touch, share photos and reminisce about their adventures.

**Rebecca Hargreaves**  
Project Manager



# Bendrigg Lodge, Lake District

11th - 13th October 2019

Eight children aged eight to seventeen joined us for our final Phab project of the year. All the children were away with Phab for the first time, and for some it was the first time they had stayed away from home. Smaller weekend projects are a great way to introduce children to independence and can give them the opportunity to build their confidence away from home.



The weekend was action packed with canoeing, climbing, abseiling, tube slide, the big swing, sensory room, zip wire and the cargo nets. In between activities there was time for quiet time or some of the children played games with their new friends.

On Sunday afternoon it was time to leave and the parents arrived to collect their children. After such a busy weekend everyone left looking very tired but with stories to tell and big smiles on their faces.





# Jubilee Sailing Trust Voyage

29th June – 5th July



Four Phab Sailors set sail from London to Dieppe (France). This was a completely new experience for all of them and they didn't quite know what they had let themselves in for. The following is an account by one of the Phab sailors, Jackie:



Hard work but SO worth it! We all had a Phabulous time! Sleeping accommodation is fairly basic, but having said that, the bunks are VERY comfortable, the bedding good

quality and the showers have plenty of hot water! Food was fabulous and I was amazed at the amount and quality of food that was produced from scratch, not only the main meals, but home baked biscuits for breaks, bread rolls to go with the soup etc and we also had the most amazing BBQ on the last evening.

The voyage crew were fantastic and we had bonded within the first day so it felt like a big family on board – such a lovely atmosphere.

This was an opportunity to do something I would never have the chance/finances to do otherwise. To meet a lot of new people from backgrounds, to be part of a team and to do things like the Nightwatch, steering the ship and to find that my body isn't as limiting as I feared it might be.

It's hard to say what we enjoyed most – the weather was fabulous all week but the camaraderie, learning how to hoist the sails with the ropes, steering the ship, sailing into Dieppe with all the crowds waving..... hopefully you get the idea that we enjoyed it all!

**Jackie Ames  
Unity 70 Phab Club**



# Phab Volunteering Opportunities

Every year around ninety volunteers take part on the Phab Holiday Projects and without their dedication and enthusiasm we could not run these extremely popular events.



People choose to volunteer for a variety of reasons and many return year after year. Some want to learn new skills or build on existing knowledge; others want to spend time away from a busy lifestyle or work.



There is also the opportunity to socialise with new people, make friends and have a huge amount of fun whilst doing so. Whatever the reason for volunteering one thing is clear; Phab volunteers really do make a difference to people's lives and enable the children and young people to have an experience they will never forget.

Here is what some of the volunteers said about their time away:

*Volunteering with Phab is the most*

*rewarding thing I have ever done. I love seeing how the children and young people grow in confidence and overcome their fears. It has inspired me to go into special education as a career and I was also inspired to run for Phab in the London Marathon. I can't imagine my life without Phab. Amy*

*Volunteering with Phab is so much fun! Before the week away I was nervous but there was so much support that this soon disappeared. I can't wait to go again! Amelia*



*Having the opportunity and privilege to spend a week with children and young adults taking part in activities literally catches my heart year after year. Some of the children and young adults face challenges in their daily life yet seeing them overcome their fears, laughing and making friendships is just so rewarding - it really is just Phabulous! Jo*

We would like to say a huge thank you to all our Phab volunteers for their dedication, hard work and endless enthusiasm to make these happen.

If you are interested in joining our 2020 team, please contact us for more information. We would love to hear from you.

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

*Thank you, thank you!! By giving Liam the opportunity to spend time away from us it has enabled him to see that he can do things for himself. It also gave me and my husband time to ourselves which is very rare indeed! Parent*

*The Phab staff and volunteers are just so intuitive and just 'get it' which makes me as a parent relax knowing that the children are in very safe hands. Parent*

*Lucy has come back happier, more independent, and generally*

*better able to cope with life. It's amazing what one week away from home can achieve in terms of her development, giving her life skills she will really need. Parent*

*Thank you for all the help in the run up to the week away. You made sure every need was addressed so Oliver felt comfortable and happy from the moment he arrived. Parent*

*Phab Holidays are AWESOME! The worst part about it is going home! Child*

For dates and further details of Phab's 2020 projects, please visit [www.phab.org.uk](http://www.phab.org.uk) or contact Rebecca Hargreaves, National Projects Manager Tel **01254 824784** or email [rebecca.hargreaves@phab.org.uk](mailto:rebecca.hargreaves@phab.org.uk) Phab, Summit House, 50 Wandle Road, Croydon, Surrey, CR0 1DF Tel 020 8667 9443. Registered Charity No. 283931