

**Thank You Letters for All Projects 2018**

**May Trust Weekend, 11th – 14th May**

We had an amazing time, thank you so much. Everyone was shocked how much Lily got to do and how much she loved it  X Mum

Bruce (Fin) and Babs (Fiona) had a great weekend – thank you for everything and all your hard work. I am now on a diet! – Mum and Son

Thank you so much for helping Luke have a brilliant weekend! Mum

Archie had a fantastic time and has enjoyed showing his friends at school the photos. Thanks for much to you and all the volunteers for giving him such an opportunity x Mum xx

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**Bendrigg Week One**

Hi. I just wanted to give you a huge thank you for giving Erik the time of his life. He has come back far more confident and says he wants to go again next year. Thank you so much. Dad

Hi Rebecca, Once again, thank you so much for giving Erik such a wonderful time. It did him the world of good, his self-esteem has improved immeasurably and it's so wonderful to see that. Good luck with funding. Erik keeps saying what a great time he had and how he wants to go next year. Best wishes Dad (sent a few weeks following the project)

How can we thank you enough for making such an incredible week possible? She obviously had a fantastic time and the things she did were amazing. What you have done is incredible and we are very grateful – Mum and Mum

My time with Phab at Bendrigg this year has been amazing! Than you for such a memorable week. Chelsea

Thank you Rebecca for the report you sent about Charlottes week. The photographs are absolutely Phab!!! We particularly love the climbing wall photos with Ned!! Charlotte looks so happy and we are so proud of her. The staff are so dedicated and so keen to ensure that Charlotte really gets the most out of her experiences. They all look so pleased with her. Thank you so much.

We would like to take this opportunity to convey our thanks to all the Sponsors, yourself, Chloe, Alex and all the staff who worked with Charlotte at Bendrigg this year. The experiences that Charlotte meets at Bendrigg are having a huge impact on her whole development. Parents

Lili had a fantastic time at Bendrigg and is desperate to go again and her younger sister Nella wants to come too! We are very thankful that Lili was accepted to go and she made some friends who she is now learning how to use social media to stay in contact with.  Lili was upset when we left though as she didn’t get to say goodbye to Yvonne who Lili said was brilliant (if she had told me before we left I would have waited!) Dad

All the volunteers in Week 1 were great and, as a relatively new volunteer, I felt really supported by the more experienced members of the team. Volunteer

Hello Rebecca, Charlotte had a really amazing time with you at Bendrigg. Many thanks for making Charlotte's Holiday very special. Thank you so much. Mum

Hi Rebecca Thank you once again for accepting our application for Jamie to attend Bendrigg. I personally think he got an awful lot out of his stay and certainly believe it did him a world of good. Although he doesn't speak about his time there, I know he enjoyed it immensely. I just hope we are lucky enough to be able to access this type of holiday experience again. It would be so good for Jamie. Thank you to all at Phab and Bendrigg. Best wishes Mum and Step Dad

Hi Rebecca. Tyrese had a fantastic time, he is just getting over being very emotional at the thought of having to leave all your good volunteers and the friends he met.  Many thanks for all your support.  Foster Parents

Thank you for having Charlotte over the past week. She has had a wonderful time. Mum

Dear Rebecca and the Phab team. Thank you for letting me come to Bendrigg Lodge and help me have a good time. I think my favourite part was the zip wire and I would love to come again next year. Love from Wesley - *He also sent a picture he has drawn of Ben the Bear that he got from the gift shop*

Dear Rebecca. I wanted to thank you and your incredible team of volunteers for taking such good care of Wesley at Bendrigg Lodge. He had a wonderful experience and hopes to join you again next year. My wish that Wesley returned with new found independence skills cam true and I am happy to report he has continued to be more independent at bedtime. Please could you also thank the kitchen staff for preparing him separate food at meal times. We are all very grateful to Phab for giving Wesley this wonderful adventure. I was initially very anxious about the trip due to his very rigid and unusual diet and other “alternative tendencies” but you made sure everything was in place and went above and beyond to ensure he was safe and happy. It has been a positive experience for all of us and we can’t thank you enough. Mum

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**Bendrigg Week Two**

Hi Rebecca. Thank you so much for such a wonderful week at Bendrigg.  It was a delight being able to spend time with the boys and see them both so empowered and enjoying themselves. It was also a delight to meet so many wonderful and inspiring people, I have been left with lots of warming images and experiences. Mum

Thank you again for having Jack on the Outward Bound Project, he had a fabulous time and has since joined a canoeing club due to enjoying the activity so much whilst he was away. Mum

I just want to thank you again for taking Mark away. He had a great time. He is still in holiday mode and he almost always has his Bendrigg mug with him. He really enjoyed the experience and we loved the peace and quiet! Thank you so much (Mum)

Hi Rebecca, Thanks so much for sending the fab photos taken during the Phab Camp week, they really are lovely and capture some of the great atmosphere and fun!

Simon had a super fun week at Bendrigg and so enjoyed all the activities.

What a setting Bendrigg is in, wow so glorious! When we came to drop Simon off, we came up a slightly “off the beaten track” route which was amazing but I did wonder at one point if we were going right (which was why I called you). However we stuck to it and it led us there. We came back a better and more direct route which was in fact quite easy but we loved our meander through the wonderful countryside. I am sure all your campers had a wonderful time too. There was a great atmosphere and you and your Team obviously worked very hard to make it all happen. Big thank you from Simon (and Mum and Dad).

Dear Rebecca, Thank you so much for looking after James, 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. David and I have had a lovely calm peaceful week and have benefitted enormously from knowing James was happy and so well cared for, while concentrating on us. Thanks to all your amazing staff and volunteers. Thanks Again Mum

Hi Rebecca. A big thank you again for the wonderful time you gave Pip and Alix (and Lizzie and Lisa) on the Phab project. Seriously, it has been life changing for the girls. If you ever need a Phab advocate let me know! Lisa mentioned there may be a chance of a young adult trip – keep me posted and if you need any help…. Mum

Thanks for giving Ruby a wonderful week Rebecca - I can't tell you how much she loved it, please bear her in mind for any future residentials she gets so much out of it.  Mum

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**Avon Tyrrell**

Dear Janine and team. Thank you so much for making it such a special week at Phab for Anya and Bella. They had an amazing time. Lots of love. Parents

Dear Janine. We are so grateful to ou and your team for giving Lettice this amazing opportunity. It must have been incredibly hard work but I am sure you have kept a smile on our face the whole time. Thank you and you team for giving Lettice a chance to do so many amazing things that she otherwise would never do. And a taste of independence which she is longing for! It was also a real break for us. We really cant thank you enough. Parents

Hi Rebecca. Thank you to everyone in your organisation for a fantastic holiday , both facilities and volunteers were 5 star. Nathan wished that the holiday had been 3 weeks and has asked me to contact you immediately to put him on the waiting list for next year. Thank you also for the parenting break, much needed by that point in the college holidays. Kind regards Mum

Thank you so much for having David at the New Forest he has gained so much confidence from his experiences , you all work incredibly hard and we are so grateful, we aren’t lucky enough to have grandparents and aunts and uncles to give ourselves and David a break and to share new things so your organisation is absolutely invaluable xxx Davids made lots more friends which is lovely as he is so isolated at home with his school being so far away , we do try clubs with not a lot of success so being away with other children is fantastic for him he absolutely loved his time away 😃

All the kids were amazing and it was such a pleasure to look after them. It’s amazing how much they learned in the space of a week. This morning a girl in my lodge told me “I didn’t dress myself before but now I know I can do it. Next time I want to make tea for myself” and honestly it made all the exhaustion worthwhile and made my day. (Volunteer)

Dear Janine & Amy. I wanted to say a really big THANK YOU for taking Alex to Avon Tyrrell. It is the first time I have had a week’s break since he moved in and really benefitted from it. Most importantly Alex benefitted from the break. He was very happy when I collected him and still is. He hasn't been negative about the holiday once which is very rare for him.  He is usually a glass half empty kind of boy. He has told me so much about the activities and people (especially Asha), he truly had a great and positive week. Trying and doing things he finds difficult but overcoming his fears and anxieties with everyones support.  He has made me promise to apply next year and that is a first for him, he usually goes to places and then says "I'm never going back".Having done voluntary work at a children's camp when my own children were younger I know how much hard work goes into it all and how tiring it can be. I really appreciate each and every one of you that made the week possible. Please pass my thanks and appreciation on to everyone. Also can you please send me info on the Phab group in Uckfield, if it doesn't clash with Funky Teens I will look at bringing him along as it will be good for him. Many Thanks Mum

Hello Janine. I hope you are well and have a week of rest. As promised here is feedback from Cameron's experience of the week. First of all we bought home a very calm and relaxed child who was very very talkative - most unlike him - he had a lot to say about the activities he did and the people he met. He thoroughly enjoyed the week with no complaints about anything. He felt more relaxed than at Merchant Taylors Phab residential, he told us. He seemed to like everything he did particularly the zip wire. He is still quite chilled 4 days later and went to a lake activity where he met new people in a confident manner. Usually he would be stressed beforehand but no sign of that. You have done a wonderful job Janine as I expect you always do. I want to thank you and all the marvellous volunteers for your dedication and hard work. I hope you have recovered and are raring to go for the next year. Cameron wants to do it again so we will apply again in January. On top of all that he has a new food item to add to the list, hooray. Many many thanks. Mum

Dear Janine & the Phab team, I would like to express my huge thank you for all your hard work, professionalism and a very friendly culture which has reflected on the absolutely amazing, fun, friendly, welcoming atmosphere in the New Forest holiday centre, where my son enjoyed his stay packed with activities he utterly loved. In the end of his stay, when I collected him, he was buzzing from excitement telling me so many great things he has done. He just simply loved it all. As his SEND statement says he finds it too difficult to initiate and maintain a conversation and therefore struggles to make friendships. However, he certainly did not hesitate to approach and speak to anyone in the Phab holiday and he feels he did make friends. As a parent I found it astonishing and could not wish for more. His stay had also immensely positive impact on his mental health. Aston was able to relax, be himself, make decisions, think for himself, speak to others which gave him a confidence. Aston likes to please everyone, so he does not take it lightly when he makes a mistake. In his normal daily life, he usually lives in a fear of making a mistake as he is being constantly corrected. That makes him feel tensed. So having a break from it whilst achieving great communication milestones is terrific. Aston was even talking to me on the phone whilst he was there! Normally, he would avoid talking into the phone at any cost or he would not know what to say if he was put into the situation having to use it. I was pleasantly surprised! Again, thank you so much for helping to create wonderful childhood memories for my son. P.S. Aston is incredibly proud of his “bug hotel” he has built during his stay. Best wishes, Mum

A very big and heartfelt thank-you to you and your fantastic team and all the amazing volunteers at PHAB.

Dear Janine. Thank you for the wonderful week Benedict spent at Avon Tyrrell. You and your staff made him so welcome. When he 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. He came home relaxed, happy and wanting to carry on with activities like the zip wire that he really found he really loved! Benedict’s only experience of being away from home eleven years ago was a disaster. This trip, because it was so positive, has done wonders for his self-esteem and improved his independence skills massively. All the hard work that you and the staff put into his welfare and emotional wellbeing was staggering, so just thank you for the whole thing it was amazing! All the very best, Mum

Please pass on our thanks to everyone for enabling Shannon   to have a fantastic week away in Avon Tyrrell, she thoroughly enjoyed all aspects of the holiday. Regards Mum

Dear Janine. I just wanted to thank you again for the lovely time our Lucas had during the Avon Tyrrell camp. Lucas had enjoyed being away from home for the first time and all the exiting activities and  so did we as it provided us with the much needed respite . Both of our children have ASD and the life can get sometimes overwhelming so having a chance to have few days just to relax while knowing that our son was enjoying himself ( didn't have to feel guilty )was so wonderful. Such a gorgeous setting too. Lucas said he didn't want to have a "special menu next time" and wanted to eat what other children eat was a great improvement too. It was great to see that he is so independent and managing to spent six days perfectly well without us ( with your help of course).He also said that a volunteer called Hannah was "mega incredible" and was trillion times prettier than me :))) Thank you so much for making it all happen as I can imagine organizing and coordinating everything must have a mission. Best wishes Mum

Chloe had a fantastic time.  She really enjoys the opportunity to be with others as this is something there aren’t any opportunities for her to do at home. Please thank everyone involved for us. Many thanks Mum

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**Jubilee Sailing Trust**

Hi Rebecca. Thank you to Phab and JST for organising a bursary for us to go on Tenacious, we all had an amazing trip. Graham said he would send a group photo of all the Phab sailors on the trip.  I can send more photos and maybe a small article if you would like me to. Will give you a ring when it’s good for you - lots of lovely sailing stories to tell you. Best wishes, Ros, Dave, Graham & Heather (Littleton Phab Sail)

Thank you so much from both of us for giving us this amazing (but challenging!) opportunity. We had a great time despite and it was a fantastic adventure. Stuart and Helen (Rossendale Phab)

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**Family Weekend**

Hi Rebecca Thank you so much for facilitating such an enjoyable weekend. We all had amazing time. Can you pass on our thanks to all the PHAB volunteers and all the staff at Bendrigg. Everyone was brilliant and very accommodating in supporting us all to participate. Mum, Dad and Kids

Hi Rebecca. We just wanted to say a big thank you for the weekend, we all got so much from it. There were some very eye opening conversations in the car on the way home, Sophie and Daniel surprised us with what they had learnt about respecting others and taking responsibility.  It was quite touching to hear their views. Mum and Dad

Max and I thoroughly enjoyed our time away with Phab. Thank you so much. Mum

Hi Rebecca. We wanted to say thank you so much again. We haven’t stopped talking about it since we got home. Such a fantastic weekend thanks to Phab. Although it was nerve wracking watching Connor do so of the activities I am so pleased he did everything – we never thought it would be possible. If there is anything we can do to help with fundraising for future projects please let me know.

Thank you to you and Janine for all your help in helping us come on the Phab holiday. We have had a great time. Mum

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**Feedback from a Parent whose daughter attended Avon Tyrrell:**

Asha came back from PHAB Camp so happy and 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! Ever since knowing she'd go to a summer camp - her first - she has been in a much happier place. This has made everything so much more manageable for us at home. After taking part in the summer camp she continues to be in a much happier state of mind than ever before as clearly she has found some of what she very much needed: **fun, joy, welcome, acceptance, integration, happiness, achievement, friendship, belonging...** I lack the appropriate words to tell you how much this means to all of us. We are a family that has on more than one occasion been close to breaking point due to the issues we face (which also affect Asha's younger brother massively). This summer has for the first time been a success for us as a family. For the first time ever Asha did not boycott absolutely everything we wanted to do and this is clearly directly related to her having had something to look forward to.

From the moment we mentioned "going on a youth camp" to her, she couldn't stop dreaming about it and looking forward to it! Asha had been wanting to go on a summer camp for many years as she loves spending time with other young people, like most teenagers. For many years she had to endure her younger brother going away on Scout Camp, which due to her hidden disabilities and related safeguarding issues was never an option for her. In fact, she has never been able to have a sleepover, a pyjama party, a youth camp, a "proper" birthday party or anything of the sort and she has always suffered from rejection and a near-total lack of acceptance. We are delighted and grateful that her time with PHAB has turned out so wonderfully for her. She has come back from it so fulfilled and happy and clearly she is feeling a lot better about herself. She had an amazing experience and feels very accomplished and satisfied!

We simply cannot say **THANK-YOU loudly enough, often enough, explicitly enough, meaningfully enough!**

On another note: 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. Again a very big thank-you to everybody at PHAB for dedicating their time, energy, effort, care, love and passion to this amazing project.

What you provide to families such as ours is a lifeline and, simply put, **hope**. What you do makes an enormous difference not only for the young people affected by disabilities, but also to their siblings and parents/carers. What you do is priceless and means the world to us and families such as ours. We are enormously humbled by what you do.

**Please keep doing what you are doing so amazingly well. We couldn't do it without you.**

Thank-you. Martina Keyte. (On behalf of Asha and all our family).

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**Feedback from Rex Pickles – Bendrigg Senior Tutor**

Hi Rebecca. I can’t thank you enough for helping create such a wonderful atmosphere on all the Phab holidays. You and your fantastic team did an amazing job supporting all the children and families. You think of everything to make sure each person gets the most out of their experience. You know us so well now, every aspect, every detail and it just makes our lives sooo much easier. I’ve really enjoyed working alongside you all, and it’s done me the world of good. Thank you. I hope you find a little time to sit back, relax and congratulate yourself again for enriching other people’s lives. Cheers Rebecca,  See you next year,  Rex… (Bendrigg Senior Tutor)