



## Thank you letters/emails/texts for Projects 2019



### Family Weekend 10<sup>th</sup> – 12<sup>th</sup> May at Bendrigg Lodge, Lake District

Thank for and all your team for a fantastic weekend. Me and the boys had a great time and we would love to do it again. It was a great opportunity to meet some fantastic families and thank you for giving us that chance. It was lovely to meet you and thank you for such an amazing weekend – Tracey Cox (Mum and two sons)

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 for letting us enjoy Bendrigg and also for making Archie's brothers feel just as important. This is fantastic and cannot be underestimated that these young carers deal with a lot and to see them relax and play with the other children and the incredible volunteers was fantastic. Thanks again – Lisa Bancroft (Mum, Dad, three sons)

Hi Rebecca. Thank you for having us with pack full fun family weekend away. It was lovely to see everyone relax, have fun and make new friends. What a brilliant week with some amazing people and well experience Phab staff. They have done a great job! Big thank you to Bendrigg People too to accompaniment us for our special dietary request. Thank you for letting Rohan being him! I'm definitely changing my tap so my washing up will be done. He's available to hire if you need him 😊 Thank you Nila Patel (Mum, Dad, son and daughter)

Lovely to hear from you. The journey home was an absolute doddle couldn't believe how quickly we were home !! Hadn't realised how close it was to us with all the nightmare traffic on Friday.....I rang my mum as soon as we got home and sent her all our pictures and videos she was so happy for us....I will look at the Whalley Phab group I'm sure it will be worth travelling for if it's something Rosie can enjoy. Is there many her age that attend? Rebecca, we had the most amazing emotional weekend making fabulous memories ... I can't thank you enough for giving us this opportunity ... it was truly priceless ...Karen (Mum, Dad, three children) xxxxx

Hi Rebecca. We cannot thank you 😊 and your wonderful volunteers enough it warmed our spirits to have experienced such an opportunity. Memories were made and recorded and I cannot wait for Leyla to return. I would love to send Leyla for a residential so please let me know when and how I get her name down. I've not

stopped praising your services and spreading the word via Twitter and so forth. See you soon Leanne, Leyla, Leah and Liberty

Thanks so much Rebecca and the rest of the team. We got back home ok it was lovely to meet you all hope we can do this again soon. Antonia and David (Mum and Son)

Hi Rebecca. "The Wayne's" has a lovely time at the weekend (especially big Wayne!). Sounds like they were very well looked after and I must admit I felt a little bit jealous. It was lovely for Wayne junior to have the experience of all the activities and I think it will be happy memories for years to come! We would love for Wayne to come to the Whalley Phab club and we will join Facebook to access the information. Thank you so much for everything, it was a weekend to remember for both of them! Andrea, Wayne & Wayne Jnr 😊 (Mum (did not attend), Dad and adopted son)

Hi Rebecca,

I just wanted to write and say a HUGE thank you to you and PHAB for supporting Kristof to be able to take part on the Tenacious trip. He had the time of his life and has made friends that he is keeping in touch with.

As he is in the dingy sailing world it was a great for him to experience a different way of sailing and working in a team, this has broadened his base to pass on knowledge and skills.

There were lots of lovely photos which enabled us to take a peek into his week and for him to use as a base for conversation to share with us. A very warming experience for all the family.

We would highly recommend this trip to future families.

Once again thank you so much.

Debi

Hi Rebecca

You were right, hard work but SO worth it!!! We had a PHABulous time (sorry, couldn't resist that pun :-))

Our watch were a fantastic bunch (neither Chloe nor Kristoff were in it sadly, but we were with them quite often too!) - we had army cadets and 3 army vets from the RBL village in Kent - we're going off to meet up with them in a couple of week's time. We all got on really well.

The weather was fantastic - only needed the warm clothes for night watch - and the food etc was great (I think mess duty was probably the hardest task, made the ropes seem quite easy in the end!) I even got to get the names of the ropes correct by the end of the week, impressed my son in law at lunch yesterday (he's been a sailor all his life - trouble is, he'll want me to work on their yacht now, instead of drinking tea or gin on the deck as I normally do!!)

Chloe I'm sure will have told you all about it, I think she and Kristoff enjoyed themselves by the looks of things. I know she sent you the photo of the 4 of us on the first day (I thought it may have been the only chance we had to get one together!!) but I have lots of other pics, which I'll sort out and send you a selection of.

As you may have heard, it was very likely that we'd be the last voyage, but the £1m was raised just before the deadline on Friday - very last minute, and I know the ship was on the local BBC News etc.

Sorry to have taken till today to send this, but was back late on Fri (stopped at my son's for a meal en route) Sat, Steve had a Mudmaster challenge at Brands Hatch (retirement pressie from his workmates) and yesterday was his birthday, so out with the family for the day. Today, not so good, as Mum rang me at 6.30am to say she'd had a fall, and there was blood everywhere..... got in from the hospital a couple of hrs ago, glad to say apart from 3 very nasty cuts which bled tidily, she's fine, just a bit shaken (on blood thinners, and currently in the middle of a course of chemo, so she bleeds easily - and is almost 92) glad it didn't happen when

I was away last week!!!

Will try and get something written up for KIT and send it to George - unless Chloe or Kristof already doing?

Jackie xx

Thanks again for the chance to go on this, have always felt it was more for the members, rather than leaders, but SO SO glad we took up the offer.

## Bendrigg Lodge Week One

Charley had such a wonderful time and has been counting down until next years camp already!

She's never enjoyed anything quite like your camp so full credit to you for making magic happen and helping Charley to do activities that otherwise would be quite challenging

I would just like to say thank you so much to you and your amazing team for all the hard work that you clearly do all year round.

When we arrived with Devon at bendrigg lodge she was very nervous and quiet. We were met by your team members who spoke to Devon and us and made us feel very welcome and re assured.

I was sent pictures of Devon enjoying her time with her new friends throughout the week, which was lovely to see.

Devon had an amazing fun filled week and when We came to pick her up she was a different confident young lady!!

Thankyou once again to everyone involved

Many thanks for your email and for such a wonderful holiday! Eshal misses Phab terribly and continues to tell us all about her exciting adventures!

Bendrigg Lodge Week Two – to follow!

Avon Tyrrell

Dear Janine, Amy, and everyone who worked so hard to make Phab last week so amazing,

Richard and I just want to say thank you SO SO much for giving Lettie the time of her life last week at Avon Tyrrell. Amy was obviously FANTASTIC with her, and she came back so full of happy stories - the zip wire was obviously the absolute highlight for her, but she loved telling us all about her new friends she made (thank you for adding them to her talker - it makes all the difference when she wants to talk about things later), and the animals that came (urgh that snake! what fun for her!), the fun things she did.

While Lettie was in camp, Richard stayed in London working in case Lettie had to come home but I took the boys to Legoland in Denmark - something I promised them literally years ago we would do one day. Lettie wouldn't have liked it, so it was the perfect time to whiz over for a few days. It was so nice to spend some time with them as when Lettie is around she demands all my attention, and made all the difference to their summer when they normally have to take second place to their sister. It really was the trip of a lifetime for them and I was so happy being able to give them all my attention for the first time for absolute ages. So good for them.

Lettie meanwhile 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.

I hope you are all resting this week and catching up on sleep. We really can't thank you all enough - it's a life changing week for Lettie and all of us.

Harriet and Richard xxx

Dear Janine and Jackie,

A huge big thank you to you both and to every single one of your team at Avon Tyrell for the fantastic week at Phab camp !

Daniel and Jake have been telling us bits and bobs about their week. They seem to have really enjoyed it and when asked if they would like to go again, a very happy YES came back ! What a wonderful opportunity for them to try so many different activities. It sounds like they tried quite a few and managed a little bit more on the second time of trying.

Tim and I had a very relaxing week on our own, a rare chance for us to have a summer break together, what a treat !

Thank you for getting me out of my Chair at the disco. I have never used my legs at the disco before.  
M aged 15

Dear Janine

Thank you so much for making it such a special week at Phab for A and B they had an amazing time

Dear lovely Janine

Thank you for the fabulous time you gave to H and all the young people at Avon Tyrrell. It never ceases to amaze me how you find the best staff and volunteers and how you organise such a **'fun filled' experienced-filled 'friendship filled'** fantastic week of activities for our kids. You make it look just so easy! When of course it is not! It's really the truth when I tell you that Phab holidays with you are what have given H the confidence, resilience and independence to take on the next exciting stage of his life at college at the Mount Camphill Trust. Without the Phab experience H would not have developed into the amazing young man he is today! So thank you Janine! Love Parent

Dear Janine.

Thank you for letting me attend the week with Phab. I had a great week going mountain biking using that automatic bike! You were the best, especially giving me my certificate love C

Transition Plus Weekend

Thank you for such a wonderful weekend. OB has experience things we never imagined, the canoes and the zip wire particularly excited him and the staff and

volunteers were amazing. Such as sense of community. Heart-warming and so positive. Thank you so much again. I have not shown the photos or videos to his Mum yet for fear that she will have kittens – particularly when he was at the top of the abseil! However, I think it will do her the world of good to see what he can achieve and hopefully she will look to the future in a more positive way.

Thank you so much for such a brilliant experience. SB came home full of her achievements and still can't quite believe she did it! It has given her so much confidence and made her so happy.

Since attending a week long children's Phab Project a few years ago we noticed such a difference in her independence skills and confidence in her ability. The opportunity to do this again as an adult has been so valuable and we know that it will help her to be more confident in her choices and abilities as she moves on through life.

Thank you, thank you!! By giving LB 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!

Here's a somewhat belated note to thank you once again for being one of my favourite leaders to work alongside.

I do think we all shared a brilliant weekend together. Everyone from the bendrigg team loved it! There was a fantastic buzz around the place, and even though we were extremely busy and tight on the activities - with not a lot of flexibility - the laughter and smiles that surrounded us all weekend was amazing.

As ever, your superb organisation was vital to the success of the weekend, as it allowed us to plan ahead and prepare the best 'Plan A'.

Also we can never forget your simply stunning PHAB volunteers, especially the wonderful Mel. Their dedication and commitment is second to none.

So I thank you once again. A very different feel to the weekend, with the coming together of so many characters. But also, it was different with them all being adults - which you handled with your usual panache and relaxed yet organised style.

Here's hoping you'd a safe journey home and that you've had the chance to recoup some of your energies. Take good care, Cheers for now Rex xxx