



Phab Monthly Update - November 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 - 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](#)



Phab Holiday Projects 2021

What a Phabulous few months we have enjoyed! Over seven Phab Holiday Projects beginning in July and ending in October, we welcomed two hundred and twenty-six people to Bendrigg Lodge Outdoor Centre, a fully accessible centre, set in stunning grounds with a huge range of exciting activities on offer.

Despite all the initial setbacks and difficulties of the past twenty months and having to make the devastating decision to cancel our 2020 holiday projects it was so good to get back to doing what Phab does best – creating new experiences, smashing barriers, making friends, and having fun! And boy did we have fun!

To keep everyone safe and adhere to Covid guidelines, rather than children attending independently, this year we changed the format, so the children attended with their parents or a personal assistant, with a small number of amazing Phab volunteers on hand to offer extra support. In total seventy-seven families joined us and many of them had never done anything like this before, but they threw themselves into their time away with gusto! One parent stated:

“We had an amazing time and loved every minute of it. I don’t think I really knew what to expect but the weekend definitely surpassed all of my expectations”

There is always plenty to do when away with Phab. We really pack it in so there is constantly something on offer to entertain and keep everyone busy. We enjoyed some fantastic days sailing on Windermere, canoeing down the River Leven, caving in the Yorkshire Dales, paddling in the river at Kirkby Lonsdale, rock climbing, abseiling, archery, arts and crafts, parties, film nights, sensory room, bush craft, zip wire, campfires, sensory swing, a range of sporting activities, cycling, tube slide, farm visits, crazy golf, and plenty of visits to the ice-cream shop!

After an incredibly difficult few months, everyone agreed that the Phab

Holiday Project had been exactly what they needed, and it had done them the world of good. To have fun with other people and make new friends whilst learning new skills, had given everyone a more confident outlook for the future.



At the end of each project, we always ask everyone what their favourite activity had been and what their best moment was. Many stated reaching the top of the climbing wall or sailing a boat on Windermere but one that particularly stood out was when Elliot told us that he had enjoyed the fact he could reach and use the taps in his bathroom, so he was able to clean his own teeth without help from his Mum for the first time – not exactly what we were expecting but it just goes to show if you take away the barriers, you take away the disability – exactly what Phab is all about!

We have received a huge amount of thank you letters and positive feedback from families. Here are just a few....

“Seeing a diverse group of people, interacting, understanding different needs, being together, sharing experiences and learning from others has been a huge benefit to our family”

“The whole week has been wonderful. I really feel my family enjoyed sharing experiences together. The Phab volunteers made the week even more perfect with their willingness to help and enthusiasm. A huge THANK YOU!!!!”

“The whole week has been superb. The centre, the activities were first class. All the staff involved worked very hard to provide a fantastic experience and they succeeded.”

“We have had a great week! Both Tom and Chloe were able to be involved in all the activities and they both felt completely included. The staff were patient and kind, and we were never rushed or pressured – we could work at our own pace, which for Tom meant he got so much more out of the experience and his confidence grew throughout the week.”

“David has loved all the new experiences in the outdoors – an environment that he usually has such difficulties in accessing. He has been calm, relaxed and happy all week. Our whole family have all had a ball!”

We now planning our 2022 Phab Holiday Projects. If you would like more information, please contact Rebecca Hargreaves, National Projects Manger, on 01254 824784 or rebecca.hargreaves@phab.org.uk



Phab Christmas Quiz!

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!

Live on our Facebook Page

**PHAB
CHRISTMAS
QUIZ!**

**7pm
15th December**

Phab

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!

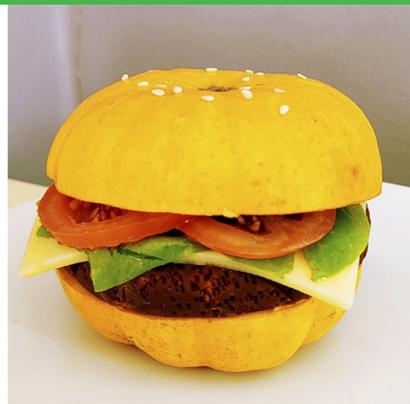
For more details, please contact Janine Williams at janine@phabkids.co.uk or on 01825 749826.



Halloween Pumpkin Carving Competition

Thank you to all those who took part in our Facebook Pumpkin Carving Competition, judging from the success this year, I think we're going to have make this a yearly tradition!

A big congratulations to 9 Year Old Naomi our Pumpkin Carving winner! Naomi's pumpkin recieved the most Facebook likes in order win, and we have to say, we've never seen a Pumpkin Burger before! Well done! You can see Naomi with her Spooktacular prize below.



WINNER!!



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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