



Charity No 283931

Inclusive Living Experiences 2016



Phab is extremely proud of its successful and highly acclaimed annual programme of exciting and challenging Residential Projects, held at fully accessible outdoor activity centres in the New Forest and the Lake District. This year, 110 disabled and disadvantaged children and young people from all around the country were able to take part. For many it was their first time away with Phab and it gave them the opportunity to learn new skills, build confidence and self esteem, make new

friends and spend some independent time away from their parents and carers, all supported by Phab staff and an amazing team of dedicated and enthusiastic volunteers.

The Phab Projects make a huge difference and we are most grateful to all the individual donors and Charitable Trusts who have so generously made it possible for these very special Projects to take place. This includes our Marathon runners and Prudential RideLondon-Surrey cyclists, BBC Children in Need, the May Trust, ACT Foundation, Beatrice Laing Trust, Hospital Saturday Fund, Miss W E Lawrence 1973 Charitable Settlement, Croydon Freemasons, Sir Jules Thorn Charitable Trust, Souter Charitable Trust, SMB Charitable Trust and the Nigel Bruce Charitable Trust.

John Corless OBE
Chairman and Vice President



friends are something most children experience and take for granted but when you have an impairment, it can often be an experience that can be missed out on. Therefore they were determined to make the most of it and there was a lot of laughter and giddiness until the late hours!

The group was raring to go on the Sunday morning so we crammed

it full with as many activities as possible. It had been a fantastic weekend and it was wonderful to meet so many new faces and to see everyone having fun and accomplishing so much.

Rebecca Hargreaves
Project Leader

May Trust Weekend

June 2016



With continued support from the May Trust, eight children experienced a weekend of challenging adventure. It was everyone's first time away with Phab so we organised some fun team building activities and it wasn't long before everyone started to relax and make friends. To support the children we had a fantastic team of volunteers who not only helped with their care needs but also encouraged every child to have a go at all the activities.

There were so many activities to try including canoeing, archery, climbing, football, zip wire, indoor caving, abseiling and much more! Bendrigg Lodge has fantastic facilities

with a huge range of equipment so everyone can take part and it was fantastic to see everyone put in so much effort to reach their goals.

Bendrigg has an absolutely fantastic wall which has a range of climbs from wheelchair accessible ascents and scrambles to challenging overhangs. It was up to the children which climb they wanted to tackle and although some had a few understandable nerves, with the reassurance and support of the rest of the group they all reached the top.

At bedtime there was a huge amount of excitement – especially from the boys' rooms – about having a sleepover. Sleepovers with

Weekend at Bendrigg Lodge

June 2016



seating means that everyone can take part safely and comfortably and enables the children to choose which way they would like to complete the activities. It is important to let the children feel in control of the situation whilst feeling safe and putting their trust in the experienced adults around them and this all helps develop their independence, communication and practical skills.

That weekend everyone pushed themselves as hard as they could and a massive amount was achieved and they all went home, very deservedly, feeling extremely proud of themselves.

Rebecca Hargreaves
Project Leader

The sun was shining when eight children and a team of Phab volunteers arrived for their weekend of amazing adventure. There was so much to get involved with that it was difficult to know where to begin! From the start, the enthusiasm from the group was amazing and it wasn't long before the centre was filled with shouts of encouragement and squeals of laughter.

To enable the children to get the most out of their experience there was a huge amount of support from the Phab staff, volunteers and Bendrigg Lodge instructors and this gave the children an enormous amount of confidence to give everything a go and achieve things they never thought possible!

Having a large amount of equipment such as profile beds, hoists, specialist harnesses and



Bendrigg Lodge, Lake District

July 2016



On a beautiful sunny afternoon in the Lake District and there was a sense of excitement as twenty two children said goodbye to their parents ready for a fun-filled week ahead.

For many of the children this was the first time they had tried outdoor activities and there were plenty on offer. All the activities are fully inclusive and we have a wide range of equipment so this ensures everyone can take part and have a go.



After an exciting night walk, everyone headed off to their new beds to make sure we had plenty of energy for the next day.

The amazing caves gave us plenty to explore from unusual formations and waterfalls to dark passages and despite the challenges they faced some of the children were brave



enough to switch their lights off!

The climbing wall had a whole range of options to try including scrambles and overhangs and it was fantastic to see everyone reach the top. We also practised our abseiling skills both on the wall and on a free fall abseil.

Canoeing was a very wet day, splashing and jumping in Lake Windermere and no trip to Bowness would be complete without an ice-cream stop!

A visit to Morecambe was a highlight of the week! We splashed in the splash park, enjoyed a fun afternoon bowling and finished the day with a fish and chip supper whilst playing on the beach.

Our team challenge day was quite a messy affair from eating donuts on strings to silly games with foam and face paints. It was brilliant fun!



Having tried a huge amount of activities, at the end of the week the children had the opportunity to choose what they would like to do. There was a trip to the farm, ghyll scrambling, on-site activities, swimming at Ingleton outdoor pool and Kayaking.

It was an amazing week and it was really special to share everyone's achievements as we all received certificates on the final morning. There were tears as we said goodbye to all the new friends we had made but we left with many stories to share.

**Louise Edgell
Phab Volunteer**



Bendrigg Lodge, Lake District

August 2016

Twenty two very excited children and young people from all around the country arrived at Bendrigg Lodge for a fun filled week of adventurous activities and as soon as we arrived we threw ourselves straight into the activities and set off on a walk along the pretty country lanes where we stopped to admire some of the amazing scenery.



Being away for seven nights means that we can get to experience a huge amount of activities and really get our teeth into everything on offer. There is also the bonus of being situated on the edge of both the Lake District and the Yorkshire Dales and that gives us the opportunity to explore the area and discover the Lakes and caves as well as lots of different ice-cream shops!

So we didn't just canoe – we canoed across Lake Windermere and discovered an island where we ate our picnic lunch. We then paddled down to Bowness and jumped into the Lake from the jetty – it was brilliant fun!

Being a brave bunch we headed to Yordas cave. Legend has it that a giant once lived in the cave and although we saw his pantry, chair and shower, we didn't get to meet him! Some of the children decided to make the most of his shower and walked right underneath the huge waterfall which was at the back of

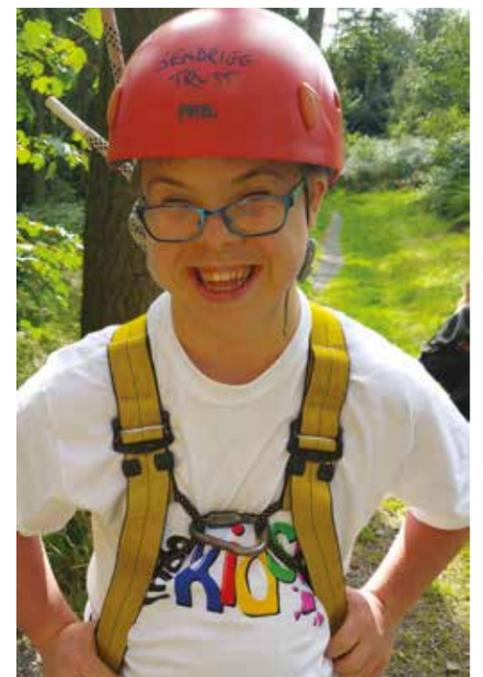
the cave and then they squeezed through the tiny gap to return to the main chamber – a very brave bunch!

During our climbing and abseiling session there were lots of different routes to try with ever increasing difficulty and it was fantastic to see the children challenge themselves and put so much effort into each task. Once we had all got to the top the only way was down. It is a daunting task to put so much trust in the people around you and lower yourself over such a long drop down!

When it was time to experience the zip wire and whizz down the tube slide, the screams of excitement echoed over the Lake District mountains! Being an adventurous group we didn't finish there and decided to tackle Bendi Beam – a huge log which you must balance on and walk up to ring the bell at the top. Everyone had a go and there were some fantastic Superman leaps from the top!

During our day out we visited Happy Mount Park in Morecambe where we played crazy golf, got wet in the splash park, played football and enjoyed a lovely picnic and ice-creams. Later we went tenpin bowling and then had a very breezy walk along the front to find a beach to eat our fish and chips.

There was plenty to do in the evenings as well including getting creative with the potter's wheel where we had a go at making bowls, jugs and other interesting items.





of the Phab volunteer team gets covered in shaving foam so their team members can throw Wotsit crisps at them and gain a point for each one that sticks! Very silly but brilliant fun!

On the last full day of our week the children got to choose their activity. Some of the group went to the challenging ghyll scramble where they climbed up three waterfalls to reach the top. Others enjoyed a kayaking session or a trip to the local farm where we fed the calves and lambs and in the afternoon there was a chance to swim in the outdoor pool at Ingleton or have another go at some of the activities on site.

On the final evening we got dressed up in our Olympic fancy dress costumes and danced the night away! It had been a great week with some impressive achievements which were recognised at our awards ceremony.

When it came to saying goodbye there were a few tears and some very proud children and I am sure it will be an experience they will never forget.

Rebecca Hargreaves
Project Manager

Being an Olympic year we decided to hold our own Olympic challenge day where we all took part in a range of tasks to win points for our teams. We dropped balls into canoes from the zip wire, went orienteering, hunted for treasure in the indoor cave and hit the targets in archery. We also organised some silly games such as Human Hungry Hippos, a donut eating challenge, a blindfolded hoopla game and the very funny Wotsit challenge in which a member

Avon Tyrrell, New Forest

August 2016



On the 13th August, 32 children and young people arrived excitedly for the Phab project.

The wonderful Phab volunteers had arrived the day before and all beds were made and the marquee, where we have all our food, was decorated for our Olympic theme.

The guests arrived and quickly settled into their lodges eagerly looking at the board to see which Country their team was going to represent.

The first night was spent with ice breaking - 'getting to know you games' - organised by the Avon Tyrrell staff which involved very noisy, but fun games. The next day, everyone started to settle into their team's activities. We had six teams named after Countries that had taken part in the Olympics. The activities started every day at 9.15 right through to lunch and then again until 5.00.



Avon Tyrrell is a wonderful accessible centre, and it was so good to see everyone 'having a go' at low and high ropes, zip wire, archery, swimming, mini beast hunt, abseiling, treasure hunt, cycling, and so much more. We were thrilled to have our own 'bake off' with Steve who came in to do cooking with the older participants.

disco and, in-keeping with the Olympic theme watching 'Rio' the movie, on our cinema night with popcorn and sweets.

All too soon the week came to a close and, as usual, it was an emotional certificate and award ceremony. But everyone achieved so much and, as Project Leader, I am so immensely proud of each and every one as there are so many success stories and personal triumphs over the course of the week.

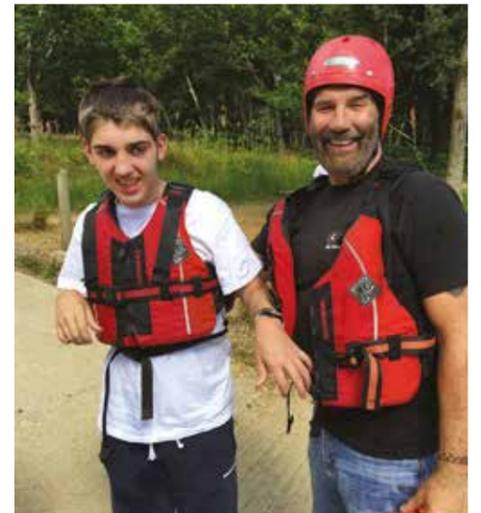
Goodbyes on the Friday were hard as you never want them to go, but a lot of friendships for life were made. I could not run this week without my volunteer team, and Phab is immensely grateful to each and every one of you - thank you.



Our two lake sessions are my particular favourite when all of the six activity groups are on the lake at one time, with various lake activities from kayaking to canoeing and raft building, and of course a good deal of splashing!

Evenings were spent with a choice of seeing the animals, a night walk, the legendary soak the instructors and volunteers water fights, BBQ,

Janine Williams
Project Manager



Family Weekend, Bendrigg Lodge October 2016



Eight families joined us for our first ever family weekend for an exciting weekend of adventurous activities. The project was supported by five Phab volunteers who were there to help the families get the most out of their experience.

For each family it was their first time away with Phab so to get to know one another we spent the evening playing parachute games in the sports hall, exploring the indoor cave and chatting and chilling in the sensory room. It wasn't long before friendships were being formed and there was a huge amount of excitement about the challenges that lay ahead.



During the weekend every family member had the opportunity to try a huge range of activities. During the day time there was climbing, abseiling, canoeing, archery and zip wire. On the Saturday evening we spent time descending the tube slide and then we were taken on a thrilling night time walk through the woods. Kitted out with head torches we set off for our adventure to spot the sculptures, swing on the ropes and explore the yurt. There was a beautiful moon that night so we decided to switch off our

head torches so we could admire the amazing sky. Steve, a Bendrigg Instructor, brought along his digeridoo and he entertained us with a hilarious game of Name That Tune!

Once the children had gone to bed, there was an opportunity for parents to spend some social time together, watch a film and enjoy some cheese, nibbles and a glass of wine. It was lovely to relax, swap stories and talk about shared interests and experiences.

Following our lunch on Sunday, it was time to leave, but not before everyone was awarded with a certificate and medal. Everyone got the chance to tell the group about their favourite activity and it was clear to see that a great time was had by all!

Rebecca Hargreaves
Project Leader



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

I would like to thank you and your team for putting on the residential project. Cecelia has returned with a more positive outlook on life. She is happier and motivated. It has allowed her the opportunity to make friends which is something that she really struggles with. I would also like to thank you for the respite time that the residential has provided me, which I think might sometimes get forgotten about.

This week provided me with some "me time" to recharge my batteries. Thank you to you and the team.

Jocelyn, Parent

Thank you to you and all the staff at Phab for giving Charlotte a wonderful time. She has thoroughly enjoyed herself and we realise these experiences will help her become more independent.

Charlotte's Mother

What a brilliant week away with some amazing people. I truly am blessed to get to meet and work with such brilliant young people and have a good catch up with the Phabulous volunteers – hope to see you all next year!

Lisa, Carer for Jessica and Rebecca

Thank you for making last weekend such a fabulous time and experience for Savannah. She had an amazing time and we were able to have some time with her brother and sister. Many, many thanks.

Savannah's family

Once again my heartfelt thanks to you, everyone at Phab and all the volunteers who work tirelessly to ensure all the participants are able to make the most of their week, in overcoming personal challenges and doing things they wouldn't normally have the opportunity to do. I know that Chris always returns home more confident and talkative!

Chris's Mother

Wow! They are amazing photos. They look like they are having so much fun and they look sooooo happy. My husband and I have used the week away from the kids to have a honeymoon. We got married last July and we have never been able to go away without the kids so thank you.

Owen and Lydia's Mother

Just to say a big THANK YOU for all the effort put in to make JD's residential a great success. Rebecca, for pre-trip organisation and Janine and your volunteers for all your work at Avon Tyrrell with JD and all the kids. He really enjoyed himself and would like to go again next year if possible! You are all stars!!!

Elaine, Foster Parent

Thank you so much for a fantastic weekend. We have had a brilliant time and met great people. Thank you for taking us – you do a great job!

The Hughes Family

Abigail's Story

Abigail is eight years old and has quadriplegic cerebral palsy, learning disabilities and severe speech and language difficulties and is a full time wheelchair user. She is an extremely happy and positive girl with a great sense of humour – and as we were to discover, a bit of an adrenalin junky!

This was a completely new experience for Abigail. It was her first time away without her Mum and Dad and she had never had the opportunity to try outdoor activities.

Abigail was very excited about having a go at the climbing. We explained to her that she could climb in her wheelchair but she was absolutely determined to climb up the wall herself. After discussing all the options and harness requirements with the Bendrigg Lodge instructors and with the extra

support of two Phab volunteers, Abigail did indeed climb the wall the way she wanted to. It was amazing to watch her sheer determination and hard work. She put as much effort as she could into her legs so she could push herself towards the top. It took her around 25 minutes and she must have been so tired when she reached the top but she was so proud of herself she couldn't stop smiling!



For dates and further details of Phab's 2017 projects, please visit www.phab.org.uk

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