

We also have:-

- Air Hockey •
- Pool Tables •
- Table Tennis •
- Parachute Games •
  - Karaoke •
  - Play Stations •
  - Arts & crafts •
  - Cooking •
- Nintendo Wii •

As we are part of National Phab, there are also regular opportunities to meet with other Phab clubs throughout the region and Country and enjoy their events.

Uckfield Phab club offers a wide range of activities including days in and out, but more importantly it offers a place where disabled and non-disabled people can meet, have a cup of tea and enjoy each others company.



We meet on Saturdays (fortnightly) at the Community College Youth Club, Downsview Crescent, Uckfield, TN22 1UB  
2.00 pm until 4.30 pm

For further details please contact  
**Janine Williams**  
Club Leader/Chairman  
**01825 749826**  
[janine.williams@phab.org.uk](mailto:janine.williams@phab.org.uk)  
[www.uckfield.phabclub.org](http://www.uckfield.phabclub.org)  
[www.phab.org.uk](http://www.phab.org.uk)

Please note that we are unfortunately unable to provide carers, but your carer will be made most welcome.



Charity No 283931

WELCOME TO  
**Uckfield  
Phab Club**  
A Club for all ages

**ACTIVITY SCHEDULES 2009**

Phab's aim ...  
to promote and encourage people of all abilities to come together on equal terms, to achieve complete inclusion within the wider community.

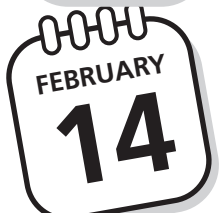
**SPECIAL EVENTS**



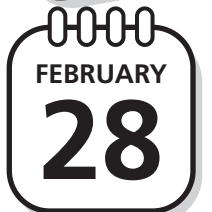
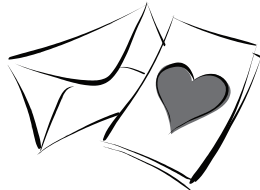
Welcome Back!  
Fabric Bag Painting



Amazing Animals -  
Steve is coming back with a  
selection of  
wonderful  
animals



Valentines Arts  
& crafts



Preparing for Mothers Day  
- Candle Holders



Mothers Day  
Making Candles



Preparing Its a  
Knockout Poster

**SPECIAL EVENTS**



(Sunday) - Lions  
'Its a knockout  
competition - Heathfield -  
more details will follow



South East  
Regional Craft Day  
- Hounslow -  
details to follow



Frantic Theatre -  
please note this  
starts promptly  
at 2.15 pm



X-PHAB-tor  
Talent Competition  
our very own talent  
show - prizes on offer



Disability Fun Day  
Riverside Ice Rink & Leisure  
Centre, Chelmsford,  
more details to follow



Heartbeat Hike Arts,  
Banners, Costumes etc



**SPECIAL EVENTS**



6th June - no club

(Sunday) Heartbeat Hike, London  
- more details will follow



Outing to Bowles Outdoor Centre.  
Date to be confirmed, subject to  
funding.



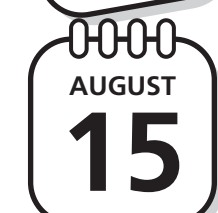
Sports activities 1



Sports activities 2



Sports activities 3



Sports  
presentations  
and Winners Party



Please note that these workshops are reliant on other people,  
so we cannot guarantee that they all will take place

**Call 01825 749826 for more details**

Please note we are trying to plan a weekend camping trip to  
Mersea Island on 29th August 2009 - more details to follow.