

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
www.uckfield.phabclub.org
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

JANUARY
17

Welcome Back!
Fabric Bag Painting



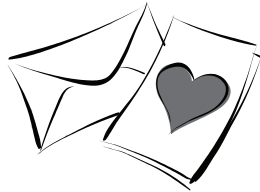
JANUARY
31

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



FEBRUARY
14

Valentines Arts
& crafts



FEBRUARY
28

Preparing for Mothers Day
- Candle Holders



MARCH
14

Mothers Day
Making Candles



MARCH
28

Preparing Its a
Knockout Poster

SPECIAL EVENTS

MARCH
29

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



APRIL
4



South East
Regional Craft Day
- Hounslow -
details to follow

APRIL
11

Frantic Theatre -
please note this
starts promptly
at 2.15 pm



APRIL
25



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

MAY
9

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

MAY
23

Heartbeat Hike Arts,
Banners, Costumes etc



SPECIAL EVENTS

JUNE
7

6th June - no club

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

JUNE
20

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



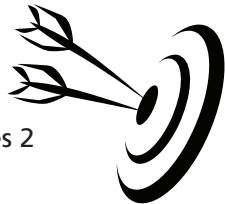
JULY
4

Sports activities 1



JULY
18

Sports activities 2



AUGUST
1

Sports activities 3



AUGUST
15

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.