

Uckfield Phab at Mersea Island – August 28th – 31st, 2009



Members from Oxford Phab enjoying the pool

This was the first year that we have been away as a club, and thanks to a grant towards the cost from Awards for All, we were able to offer our members a camping and activity trip at a greatly reduced price.



One of the many workshops available

We took 42 members in all which included 8 volunteers as well as support staff to provide personal care for the members that needed it.



'All aboard' with Oxford Phab

Uckfield Phab having fun!



Tina, Lucy, Nici



Martin, & Stephen tackle the climbing wall



Aaran, Sarah, and Theresa



Sam, Janine, Kerry, Amy some of the Uckfield volunteers



Uckfield Phab members waiting to go on the water



Jo, Jacky, Sam



All the Phab members at Mersea for the weekend



Phab members having fun



Sally Beadle, with Mersea Guest

It was the first time that the majority had camped, but the weather was kind to us for the weekend, and the members enjoyed a huge array of activities from arts and crafts, quad biking, zip wire, crabbing, being pulled along on inflatables behind a speed boat, climbing wall and swimming just to mention a few activities.

The evening activities were endless as well, and it was good to meet up



with other Phab groups, like Bushey & Watford, Chichester, Oxford, Banbury.

Our members would like to go back, for details of Mersea Island Contact Phil Ager on 01206 383226 or email phil.ager@merseaoutdoors.com or visit their website www.merseaoutdoors.com

We can thoroughly recommend you give it a try!

Sarah Johnson
Deputy Leader Uckfield Phab