



PHAB LEEDS NEWSLETTER



Welcome to the PHAB Leeds Newsletter AUTUMN 2011



HOLIDAY NEWS



PHAB residential Summer Holidays this year were again a great success -the top picture shows members David R Ken Ann Bill Christine Barry Annette Neil John Ernest David C Pam and Peter enjoying fun time at Butlins Skegness. The bottom picture shows Omar Kirsty Nathan Ben and Lee on the seafront at Scarborough which was one of the day trips during the Welburn holiday. Everyone had a brilliant holiday and returned home with lots of happy memories. Many thanks to all the **PHAB** voluntary drivers, helpers and fund raisers who made the holidays possible.

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AUTUMN - RECIPE
POUND CAKE

Ingredients - 1/2lb butter, 1/2lb castor sugar, 6 eggs lightly beaten, 1/2lb plain flour, 1/2 teaspoon baking powder, 1/2 teaspoon Mace, 1/2lb currants, 1/2lb raisins, 2oz peel.
Method - Set oven to 150°C, 300°F, Gas mark 2. Cream butter and sugar until light and fluffy - add the beaten eggs one at a time with flour baking flour and mace. Spoon mixture into a 7" tin and bake in the centre of the oven for 1 to 1 1/2 hrs until skewer comes out cleanly when cooked - ENJOY.

Many thanks again to PHAB member Doreen Belfield for this recipe.





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FUND RAISING

A VERY BIG THANK YOU TO EVERYONE WHO HAS HELPED THIS YEAR WITH OUR FUND RAISING EVENTS - THE PICTURE BELOW SHOWS : ANNETTE - NEIL - JOSH AND LEE ON A RECENT STORE COLLECTION AT TESCO SEACROFT WHICH RAISED THE FANTASTIC SUM OF £ 307.21 - WELL DONE

If anyone would like to help with future fund raising events please have a word with a member of the Committee



“Happy Birthday”

PHAB members were pleased to wish Jenny Robinson & Paul Donough a very Happy **18th Birthday** recently also, a very happy **40th birthday** to Joanne Belfield and **50th birthday** to Andrew Dawson. Everyone sang “Happy Birthday” and shared their lovely cake. Are there any members with a special Birthday coming up or any other special anniversary? - If so let us know so we can share it with PHAB members in our Newsletter.

[Also please let Lee Rowley have your stories asap for the winter edition of the Newsletter](#)

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COMPETITION



It's that time again - This editions competition - Many thanks to PHAB member Sophie for the word search below which has a Herd Farm theme. For your chance to win find the following words in the grid : Archery : Bowling : Farm : Friday : Herd : Phab : Roastbeef : Sunday : Swing : Wire : Yorkshirepudding : Zip.

V	T	N	O	O	Q	S	N	F	D	G	H	F	P	T	N	D	L
G	N	I	W	S	H	X	G	I	R	C	J	N	A	Z	A	E	P
G	T	A	H	B	C	A	W	B	E	Z	V	B	V	R	B	T	X
R	N	R	Y	G	C	I	O	Y	H	O	R	Z	Q	R	M	V	C
Q	Y	I	M	U	U	A	W	G	C	H	T	T	H	V	Z	R	W
O	Y	S	D	E	N	J	M	A	T	L	E	I	Y	E	S	R	Y
P	V	X	B	D	Q	A	Y	M	T	M	H	N	O	P	O	Q	T
N	Y	B	I	M	U	B	A	R	L	H	Q	L	Z	A	O	R	A
K	Z	G	C	G	Q	P	D	R	Y	E	Q	D	S	F	Y	A	F
U	H	W	B	G	E	T	E	B	C	G	C	T	J	J	J	Z	H
B	B	B	Z	J	W	Y	U	R	W	H	B	X	I	A	B	Y	G
Y	A	A	X	A	W	M	E	J	I	E	E	F	W	O	L	A	V
A	D	H	P	I	Z	I	A	E	E	H	R	R	W	W	H	D	U
L	T	Z	P	X	V	N	R	F	B	I	S	L	Y	V	Y	N	C
B	Z	C	Y	V	A	F	W	E	D	H	I	K	C	W	W	U	V
G	J	J	J	P	N	R	J	A	B	N	E	T	R	I	Y	S	K
Y	I	H	Q	O	B	Z	Y	G	G	W	R	O	K	O	F	R	R
V	S	Z	R	J	O	H	L	H	L	V	J	E	H	E	Y	T	U

Prize for the first correct entry pulled out of the hat.

The winner of the competition in the Summer edition was Sophie Allison.

Well done Sophie.

AGM - PHAB Leeds Committee 2011/2012

President : Ann Hart

Chairman : Mike Ball

Vice Chairman : Christine Young

Secretary : Jenny Wilson

Social Secretary : Emily Davison

Treasurer : Paul Coast

Committee Members : Sophie Allison - Omar Asif - Tom Ade - Ann Bates - Julie Wilson - John Young - Annette Townsend - Ann Shuter - Andrew Dawson - Paul Jeffrey - Haley Kenny - Cameron Deuchars

Maureen Kennedy Award : Ken Bates



EVENTS 2011

SEPTEMBER

- 9th - PHAB re - starts - making music group
- 16th - Making music group
- 23rd - Karaoke evening
- 24th - Store collection Tesco Seacroft
- 24th - Store collection Sainsbury Colton
- 30th - Indoor Games

OCTOBER

- 5th - Canal trip
- 7th - Indoor Games
- 14th - Making music group
- 21st - AGM
- 28th - Halloween disco

NOVEMBER

- 4th - Pie & peas
- 11th - card making session
- 18th - kurling session & making music group
- 25th - Christmas card making session
- 26th Xmas shopping trip to Meadowhall

DECEMBER

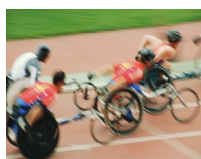
- 2nd - Making music group
- 9th - chocolate making session & making music group
- 16th - Making music group & Christmas party
- 16th Last PHAB - returns 13th Jan 2012

Other activities being planned - details to follow. If you are interested in any of the events and want more information please talk to a member of the PHAB committee on a Friday night.

Please note - all events may be subject to change.

DISABILITY SPORT - *Sport & Active Recreation*

All sorts of sporting activities for disabled and able bodied people available at Leeds City Council Leisure centres. If you would like to join in the fun check the web site www.leeds.gov.uk or see Paul Coast for details.



THIS EDITION WAS DESIGNED BY PHAB MEMBER LEE ROWLEY
THANK YOU LEE FOR THE FANTASTIC AUTUMN THEME