



# PHAB LEEDS NEWSLETTER

**Welcome to the PHAB Leeds Newsletter**  
**Spring 2011 - Easter Edition**

## ROYAL VISIT



*On Friday 11th March 2011 Leeds PHAB was visited by HRH Prince Philip. This was a very special occasion for many of the members and other people involved in our club. The Chris White Jazz Trio and our very own music group entertained us as HRH walked around the club chatting to people and taking an interest in the activities arranged. A great day which was enjoyed by everyone.*

### Inside this issue:

- HRH Visit
- Recipe
- One to One
- Competition
- Spice Girls Exhibition
- Calendar of events
- Tribute to Chris Beaumont

### **NEW ITEM FOR THE NEWSLETTER - RECIPE** **MALT LOAF**

**Ingredients** - 9oz self raising flour, 2 or 3 tablespoons ovaltine, quarter tablespoon salt, 2 or 3 tablespoons sultanas, 2 tablespoons sugar, 2 tablespoons treacle, half pint milk.

Mix all the above together - put into a 2lb loaf tin bake in the oven for 20 mins 425F gas mark 7 and 55 mins 375F gas mark 5 on the middle shelf.

**ENJOY**

Thank you to Doreen Belfield for this recipe



## A Tribute to a friend and member of PHAB



One night dedicated to a dear friend.... After brightening the lives of everyone lucky enough to know Chris Beaumont, a few of us held a themed night in memory of Chris, a theme close to his heart.... football and Leeds United. I consider myself to be fortunate enough to know Chris and felt it important we celebrated his life in a way that could help us move on in life... as Chris would want us to, yet not forget the 22 precious years he graced us with. Balloons were released bearing the colours of Leeds United into the night sky where like memories of Chris will always float on....

R.I.P Chris

We will all miss you... love you.... and never forget you

XXX

Submitted by Omar Asaf and on behalf of PHAB members

Thank you to Omar and friends



## PHAB MEMBER – ONE TO ONE INTERVIEW

### Ann Hart



Ann is President of Leeds PHAB, Secretary of PHAB Management and also Hon. Secretary/ Appeals Secretary of Friends of PHAB Leeds

#### How long have you been involved with PHAB ?

I went to one of the first fund raising events for Friends of PHAB in 1972. Helped with my first PHAB event in May 1973 which was a Sponsored Swim at the International Pool and I have been in daily contact with PHAB since that time.

#### What are your earliest recollections of your membership with PHAB?

Being a little shy on the first day when I was asked to walk round the PHAB Club and take down names for members to go on an outing, but immediately feeling the warmth of the organisation and how well everyone really get on together.

#### You must have seen many changes over the years – how has PHAB has cope with these changes?

Transport has been the main thing. PHAB already had two minibuses when I started. I saw a vehicle with an electric lift and decided PHAB must have one. The other wonderful thing is seeing disabled members, especially children, in electric wheelchairs.

#### You have been a loyal member of PHAB for many years – what does PHAB mean to you?

PHAB is just part of my everyday life. I had employment for 25 years when PHAB was ‘my hobby’. Each day the tasks of being homemaker and Mum and PHAB administrator still seem to fit in well, although I do admit I am often tired in the evenings.

#### What are your aspirations and hopes for the future of PHAB?

To continue just as we are. Personally I want to know that there is someone to take over the responsibility of raising the funds so that we can continue to have the club, outings and holidays,

#### If you had a magic wand and was granted one PHAB wish – what would it be?

If I was twenty years younger I would like to do something about the housing situation for some of our PHAB members who in the future might like a small ‘PHAB cul-de-sac’ with a small residential unit and some individual houses.

#### Leeds PHAB has been successful for many years – what would you say is its greatest strength.

Tolerance: Somehow everyone who really gets involved in PHAB always gives of their very best with total dedication - and the disabled members are so patient with our short comings and don't seem to complain. Where in the world does one find another such wonderful group of people.

#### Apart from PHAB what other interests do you have, assuming of course you have time for other things!

My family, especially my adorable grandchildren, Peter and I are part of Rotary and Inner Wheel which brings us close to friends and an opportunity to travel and my very strong faith and church.

*Many thanks to Ann for agreeing to this interview – we will be doing a further “One to One” with another PHAB member in the next issue – are there any volunteers who would be willing to be interviewed?*

**EVENTS 2011**

**APRIL**

- 1st - Music Group
- 3rd - Rugby
- 12th - Bowling
- 15th - Music Group concert
- 15th - Last PHAB
- 23rd - Store collection (HELP NEEDED)
- 24th - Rugby

**MAY**

- 6th - PHAB re-starts
- 7th - Store collection (HELP NEEDED)
- 13th - 15th Herd - Farm
- 15th - Nidderdale walk
- 19th - Golf Day
- 20th - Store collection (HELP NEEDED)

**JUNE**

- 25th - Flag Day (HELP NEEDED)

**JULY**

- 15th Last PHAB
- 22nd - 29th Butlins

**AUGUST**

- 6th - 13th Welburn
- 22nd - 26th Playscheme

**SEPTEMBER**

- 9th - PHAB re-starts
- 24th - Picnic Day at Ripon Races

**OCTOBER**

- 1st - Store collection (HELP NEEDED)
- 5th - Canal trip

**DECEMBER**

- 16th Last PHAB

**If you are interested in any of the above 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**

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**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.**

**This edition was designed by Lee Rowley—thank you Lee for the Easter theme**

**Fantastic News—Our recent store collection at Morrison's Kirkstall raised £391.49—thank you to Bill Neil Annette Lee Aaron & Josh - well done.**

## COMPETITION

It's that time again - this editions competition. The winner of last months competition was Steven Bates - well done to him. For your chance to win solve the word scrabble below - Find the following words in the grid below. PHAB - PRINCE - PHILIP - CENTRE - BUTLINS - SKEGNESS - WELBURN - MINI BUS - HERD - FARM - JIMMY - SAVILLE -

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

### SPICE GIRLS EXHIBITION

A SPICE GIRLS EXHIBITION IS BEING HELD AT LEEDS CITY MUSEUM  
THIS IS AN EXCELLENT OPPORTUNITY FOR SPICE GIRLS FANS TO VIEW LOTS OF MEMORABILIA AND STORIES AT THE  
PEAK OF THEIR POPULARITY – AND ITS FREE ENTRY

THE MUSEUM IS IN MILLENNIUM SQAURE, LEEDS AND IS OPEN :

TUES WEDS & FRI 10.00AM to 5.00pm

THURS 10.00am to 7.00pm

SAT SUN 11am to 5.00pm

THERE IS ALSO MUCH MORE TO SEE AT THE MUSEUM – A GREAT DAY OUT AND THERE IS A NICE CAFÉ SERVING REFRESHMENTS