



# PHAB LEEDS NEWSLETTER

Welcome to the PHAB Leeds Newsletter  
SUMMER 2011



## NEWS - HERD FARM MAY 2011



The PHAB residential at Herd Farm in May was a tremendous success. Our picture shows from left to right - back row Julie Jenny Liam Ben Sophie Toby and Kirstie—Sophie said “What a great weekend we all had at Herd Farm, from the moment we arrived on Friday to leaving on Sunday. The best bits of the weekend for me were the zip wire, the swing, archery I missed the target and my arrow landed over the top in the woods! On Saturday evening we all went bowling I was the winner out of all my lane, relaxing on the sofas after getting out of my wheelchair and the food was really lovely, I especially liked the roast beef and Yorkshire pudding. I would like to say a big thank you to everybody who organised the trip and all the helpers”

Thank you Sophie for your comments.

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### RECIPE - Wartime Carrot Cake

**Ingredients :** 8oz self raising flour, 2tsp baking powder, 5oz butter, 5oz soft brown sugar, 2oz sultanas, 2oz walnut pieces, 5oz finely grated carrot, half tsp vanilla essence, 2 large eggs lightly beaten.

**Pre-heat oven to 180° c/350 gas mark 4 - sift flour and baking powder into bowl - rub in the butter to form fine bread crumbs - stir in sugar/walnuts/carrot/vanilla extract and beaten eggs. Mix together, spoon into greased 7" tin - bake in centre of oven for one hour - allow to cool in tin for 30 mins.**

Thank you to Doreen Belfield for the recipe



**ENJOY**





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## COMPETITION PAGE

Do you know your Elton John's from your Freddie Mercury's - if you do this is the competition for you!

One point for each correct answer plus 4 extra points on the bonus question

1. Who had a 2005 no1. single with 'don't cha'?
2. Which band released the classic album "wish you were here" in 1975?
3. Who sang about murder on the dance floor in 2001?
4. Who was the lead singer with Pulp?
5. Which artist had a single and an album called born this way in 2011?
6. Which uk band had a 1980 chart topper with walking on the moon?
7. Which tv show featured the dance group pan's people?
8. Who won the 1967 Eurovision song contest with the song "Puppet on a string"?
9. They thanked us for the music in 1983
10. Who scored a hit with "Oh carol"?
11. Which band had a hit with Boom Boom Pow in 2010?

## BONUS QUESTION

Can you name the 4 members of the Beatles?

All entries to be handed to Lee Rowley or Paul Coast by 16th September 2011 .

Prize for the first correct entry pulled out of the bag

Thank you to Lee and Josh for their help with the competition.

Good Luck

The winner of the Spring competition was Pam Robinson -Well Done Pam

## Happy Birthday

PHAB members were pleased to wish **Natalie Stringfellow-Smith** a very Happy **18th Birthday** in June . Everyone sang "Happy Birthday" and shared her lovely cake. We also send our best wishes to **Ernest Heeson** who celebrates his **65th birthday** in August- Ernest also celebrates his well earned retirement.





BILL FAWLEY

**How Long have you been coming to PHAB?**

*37 years and still counting!*

**What made you start coming to PHAB?**

*I was a teacher who used to take children camping & outdoor activities. I saw a PHAB advert in the paper for a driver so I volunteered.*

**Did you have any previous encounters with disability?**

*No, not really. I did have a niece who was blind. I wasn't sure if I would fit into PHAB, but I must have done, I have been here so long.*

**What is your favourite moment ?**

*When I first found out when I was good enough to be asked to be Chairman of Friends of PHAB. Also in 2004 I received the Paul Hope award at PHAB national headquarters. This is given for outstanding work and achievement in fulfilling PHAB'S aims.*

**What have you done at PHAB ?**

*Because I was a teacher I had six weeks free time in the holidays and was able to organise children's holidays in the summer. I also did a lot of driving for John Jamieson's school as I was an emergency driver.*

**What would you like to add to PHAB if you could ?**

*I would like to see PHAB have their own independent building either in the Prince Philip Centre or at a separate location so the club do not have any worries in the future.*

*Bill's closing comments " I am proud to have been associated with PHAB. I have loved seeing youngsters grow up and enjoy themselves in life. Some of them come to PHAB today"*

**Thank you to Omar and Emily for interviewing Bill - Also many thanks Bill**

**GET WELL WISHES**

*Everyone at PHAB send their get well wishes to **Cyril James and Doreen Belfield** who have not been able to attend the club in recent weeks due to ill health. Both have been missed by their friends at PHAB and we all wish **Cyril and Doreen** the very best and look forward to seeing them back at the club soon. 😊*



# EVENTS 2011



## EVENTS 2011

### JULY

8th Making Music Group  
15th Last PHAB - Making Music Group  
22nd – 29th Butlins

### AUGUST

6th - 13th Welburn  
22nd - 26th Play scheme

### SEPTEMBER

3rd - Store collection (HELP NEEDED)  
9th - PHAB re-starts  
24th - Picnic Day at Ripon Races  
24th - Store collection Tesco (HELP NEEDED)  
24th - Store collection Colton (HELP NEEDED)

### 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

*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 Summer theme.*

## CONGRATULATIONS

*The picture below shows PHAB members Josh Emily John Mat Tom Kirstie Christine Annette & Paul successfully completing their Manual Handling course at the William Merritt Centre on 4th June—Well Done*

