

## What activities are there on Phab Week?

At Phab we aim to celebrate everyone's abilities and put together a schedule with lots of activities to make sure everyone is able to find something they enjoy.

### A typical week at Phab:

<b>Monday</b>	Arrival, settling in and a petting zoo with lots of exotic animals
<b>Tuesday</b>	On-site activities such as: <ul style="list-style-type: none"> <li>• Sailing on the school lake</li> <li>• Cooking</li> <li>• Science</li> <li>• Sports</li> <li>• Swimming</li> <li>• Art and crafts</li> </ul> Watford Bowling alley - bowling and use of the arcade machines Movie night!
<b>Wednesday</b>	Our big day out! In previous years we have visited Harry Potter World, the Zoo, Chessington World of Adventures, and even flown aeroplanes!
<b>Thursday</b>	Often a highlight for many of our guests - the Talent Show! All guests are encouraged to perform something for the whole group, e.g. a poem, a song or a dance, helped by their hosts.
<b>Friday</b>	Shopping day and eating out at a restaurant, at Watford Intu shopping centre. In the evening there are musical performances by the pupils of the two host schools.
<b>Saturday</b>	Parents of hosts and guests are invited to visit for a special lunch where we present awards to all the guests based on something they have achieved during the week. It is a chance for our guests' parents to see what their son/daughter has been up to and help us celebrate their abilities. In the evening we have our much anticipated fancy dress disco where everyone is encouraged to dress up and dance and have a great time!
<b>Sunday</b>	Firm friendships are made and often our guests and hosts keep in contact for many years.

## Who would be looking after my child?

Two same-sex Sixth Form carers look after each guest, acting as a parent figure and befriending their guest for the week. Staff are always present or nearby. When we go on trips guests are accompanied by their 6th form carers/friends and there is always a minimum of one member of staff for every 2 guests. When not on trips a nurse is always available on site or nearby.

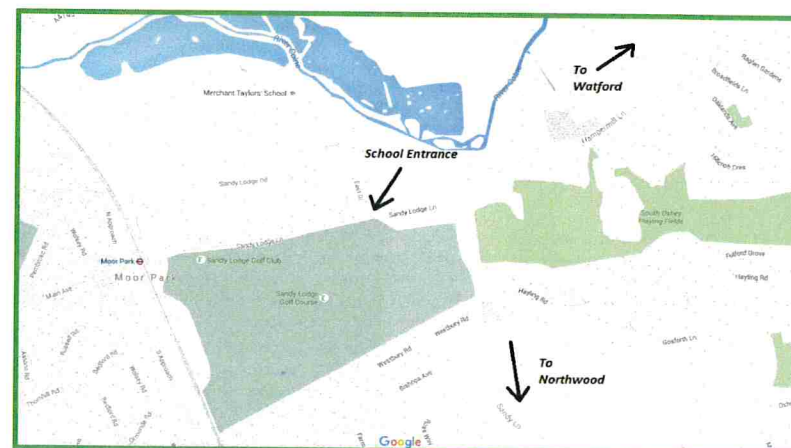
Sixth Form and staff are all formally first aid trained and have informal training in hygienic practice, basic medical care, delivering and recording medication, communication with disabled people, and disability awareness.

## When and where is Phab Week?

Phab Week happens once a year, during the school Easter holidays, from Monday to Sunday.

Accommodation is in dormitories. The boys' and girls' dormitories are in separate buildings and are patrolled at night by the hosts to make sure everyone is sleeping soundly and to administer any night time help, such as turning in bed or toilet trips.

The activity week is held in the grounds of Merchant Taylors' School, Sandy Lodge Road, Moor Park, Northwood, HA6 2HT.

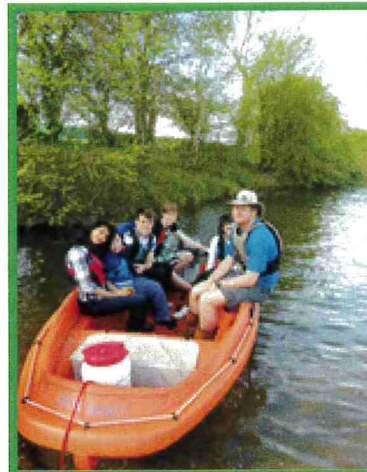


## How do I apply for my child to attend Phab Week and how much does it cost?

If you are interested in your son or daughter attending Phab Week please email one of the addresses below with your telephone number and someone will call you to find out more about your son/daughter and to see if we can accommodate them on Phab Week.

For male guests: [phab@mtsn.org.uk](mailto:phab@mtsn.org.uk)  
For female guests: [phab@sthelens.london](mailto:phab@sthelens.london)

Most costs are paid for through fundraising, all we ask for is £50 per guest to secure the place on Phab Week.



# Phab Week

A residential activity week for  
12-19 year olds



### What is Phab?

Phab UK are a country-wide charity working to bring disabled and able-bodied people together to work together and play together.



At Merchant Taylors' and St Helen's Schools we run a one-week residential activity week for 12-19 year-old young people.



### Who is Phab Week for?

Phab Week is for any disabled young person, aged 12-19, though in some cases older young people will be considered. Phab Week at Merchant Taylors' and St Helen's Schools has run for over 40 years and in that time we have accommodated children with a wide

range of disabilities, including:

- Cerebral palsy
- Spastic quadriplegia
- Down's syndrome
- Spinal muscular atrophy
- Duchenne muscular dystrophy
- Angelman syndrome

Each young person is considered on an individual basis, so if you are unsure please contact us to discuss.