

What is a Phab Adventure Residential?

The Phab Adventure Residentials provide an inclusive and exciting experience away from home to promote confidence, social connections and build personal growth and sense of accomplishment and fun through a range of outdoor activities such as canoeing, rock climbing, caving, archery, sailing and much more.

The Phab Adventures are held at inclusive outdoor centres ensuring that everyone can participate. As well as a large amount of adaptive equipment and accessible accommodation, there is a positive environment where barriers are removed, and everyone belongs.

Each year children, young people, adults and families from around the country join us for an opportunity to learn new skills, make new friends and have a huge amount of fun.

Whilst away, support is received from the Project Leaders and a team of dedicated and enthusiastic volunteers who ensure everyone is safe, happy and having a Phab Adventure!

FAQs

My child has no movement in his/her arms and legs – will they be able to take part fully?

Absolutely! We have a huge range of adapted equipment and a positive attitude to enable everyone to take part in all the activities. All your child would need is the willingness and enthusiasm to have a go!

I have a disabled child, but their siblings/friends are non-disabled– are they able to attend together?

Yes – this is what makes Phab unique and inclusive.

What level of support can you offer whilst away?

Phab understands that everyone is different and we have a person-centred approach to ensure everyone is safe and fully supported whilst away. Subject to our Policies and Procedures (<https://phab.org.uk/wp-content/uploads/2025/03/Personal-Care-Policy-and-Procedures-2025.pdf>), we can offer the following:

Children and Young People: Phab staff and volunteers can offer a high level of supervision, emotional support, medication administration and non-invasive personal care support to children and young people.

If a child or young person requires complex or invasive medical/personal support, then it is advised that a person who knows them attends with them.

Adults: Phab can offer a high level of supervision, emotional support, prompting with personal care and keeping medication safe, but we are unable to offer personal/intimate care support. For adults requiring personal care support, it is advised that a person who knows them attends with them.

My child has behavioural difficulties – can they apply for a place on a Phab Adventure Residential?

Yes – however we are unable to work in a closed one-to-one situation, so it may be advisable to send someone who knows your child along with them.

Please bear in mind that whilst away we work in small groups and all children/participants must be able to undertake the activities alongside other people safely and work in a co-operative manner to ensure the whole group is safeguarded. All places offered are subject to a risk and care assessment and we are happy to answer any specific questions you may have. For further information please refer to our Behaviour Management Policy: <https://phab.org.uk/wp-content/uploads/2025/03/Behaviour-Management-Policy-2025.pdf>

Will my child be left alone with a volunteer?

As well as Phab Staff, we also receive a lot of help from volunteers. Volunteers do not work in a closed one-to-one situation with anyone attending a Phab Adventure, two will always be present. If your child requires one-to-one support either because of complex personal care, medical needs or behavioural or anxiety issues then an adult who knows them must be provided.

All volunteers undergo a DBS check, undergo references and attend a Team Building and Information Weekend which covers Phab's Safeguarding Policy as well as other important policies and procedures such as Health and Safety, Roles and

Responsibilities, Disability Equality etc. Many of our volunteers return year after year and have a huge amount of experience and knowledge.

Can we attend as a family?

Yes, some of our Phab Adventure Residentials are available to families. They are a fabulous way to enjoy time together and experience the same activities without having to think whether everyone in the family can take part about or what to cook for dinner! You can have fun, relax, make memories and meet other families whilst receiving support from Phab staff and volunteers in a completely safe, accepting and inclusive environment.

How long does a Phab Adventure last?

We organise a range of Phab Adventures from weekends to seven nights. The memories last a lifetime!

How much does a Phab Residential Project cost?

All places are subsidised by Phab and the cost varies from project to project depending on the funding we have available. However, Phab does all it can to make these projects affordable for everyone and there are a range of added bursaries available. Phab would not deny anyone a place simply because of cost.

What are the sleeping arrangements?

If attending independently, it is highly likely that participants will share rooms with each other. This is either in twin, triple or larger rooms.

Volunteers and staff do not share rooms with participants. Volunteers and staff will be in rooms very close by and monitors can be used if necessary.

If a person requires personal assistant/adult to share their room because of their support needs, we can discuss this with you, but it must be a person know to them.

If you are attending as a family, you will be offered your own family bedroom and bathroom. Many of the bedrooms have en-suite bathrooms, but some do not but have bathrooms situated very close by.

How many people attend each project and what is the ratio of adults to children?

The projects can range from twenty people up to sixty-five people – this includes participants and Phab staff/volunteers.

The ratio of staff/volunteers to participants depends on the support needs of the people attending. However, there is always a large staff/volunteer presence so close supervision can be maintained and we can adhere to our policy of never working in a closed one-to-one situation. To give you an idea on ratio's, on previous occasions there have been more staff/volunteers present than participants, on other occasions there have been slightly less.

(Please note: Activity instructor staff are provided extra to Phab staff/volunteers)

Can you provide transport from our home to the centre?

Travelling to and from the centres is the responsibility of each family/individual. We have people attending from all over the United Kingdom and it is unfortunately not possible for Phab to arrange transport for each person. However, in some cases and if arranged in advance, we can collect people at the nearest train station. Once at the centre all transport is provided.

Can you provide specialist equipment?

Yes – we have a wide range of equipment including hoists, shower chairs, shower beds, profile beds, bed sides, waterproof mattresses, stairgates, room monitors and door alarms as well as lots of specialist equipment to ensure everyone can join in with all the outdoor activities. If using a hoist, people must bring their own slings with them.

What clothing is required?

Nothing expensive! Loose, casual clothing such as tracksuit bottoms, sweatshirts and t-shirts are best. Old trainers or water shoes are handy for water activities, and an outfit for the disco. At some of the centres, specialist clothing can be provided i.e. waterproof trousers, jackets and wellies. All the centres we use provide harnesses, helmets, knee pads etc. Bedding is provided but towels are not. You will be given a Kit List before you arrive.

Can you cater for specific dietary requirements?

Yes, all diets can be catered for including halal, vegetarian or vegan, dairy free, gluten free, nut allergies etc. We can also provide diets for children who are very particular about what food they choose to eat – for example if your child will only eat a certain brand of food or a certain colour of food. If we know in plenty of advance their diet will not be an issue.

What activities do you do on a Phab Project?

Activities vary from centre to centre but can include climbing, canoeing, abseiling, caving, swimming, team games, archery, days out to the seaside, orienteering, ropes courses, zip wire, discos, sailing, night walks and many others.

What about insurance?

Phab has liability insurance that covers all participants and volunteers for damage caused to them or by them during the week. This does not cover personal possessions and it is advisable to leave them at home or check if they are covered on your home insurance.

How do I apply?

Whilst we are accepting applications, the forms are available on our website. There is no need to print, just fill it in and click submit.

How do you decide who gets a place

Phab receives more applications than it has places available and this means that unfortunately we are not able to accommodate everyone. We have guidelines in place to help up make decisions and you can find out more about it here:

<https://phab.org.uk/wp-content/uploads/2025/03/Adventure-Residential-Application-Criteria-2025.pdf>

Please note: Phab is fundraising constantly to enable us to offer as many people as possible the opportunity to take part.

How can I support Phab?

There are many ways in which you can support Phab from gifting a donation or joining our lottery, to challenge events or simply spreading the word. More information can be found here: <https://phab.org.uk/support-us/>