

Jump Evolution – Trampoline Park



Through the Jack Petchy Young Achievers Award we were lucky enough to arrange a family trampoline park visit. 10 young people and siblings attended the session. As well as being fun it was a great work out. Our next visit will be Sunday 23rd July – for more information please contact Louise Harris.



‘An American In Paris’ – Theatre show

The young people were given another opportunity to visit the theatre this may half term – this time we saw ‘An American in Paris’. A love story set in Paris, post WWII with lots of dancing and ballet to accompany the songs.

Our young people scored the play out of 5 -4’s and 5’s all round – a definite success!



Stubbers Day Trip – Wet Activities



We were back again but this time we took part in water sports; we did kayaking, raft building, banana boats and paddleboarding

Despite the water being cold, the members were not discouraged from jumping in and having a go. Members showed team work and communication skills whilst building their raft (which stayed afloat!)

Everyone practiced their balance and improved their physical co-ordination for the kayaking and paddle boarding session. Last but certainly not least everyone loved the banana boat rides and by far was the favorite of the day.



Bowling

Ab Phab Youth Club were able to enjoy a friendly but competitive game of bowling at Romford Bowling Alley in May. We’ve now collected over 700 tickets and will continue to save them up to win a fantastic prize for the youth club.



Health and Fitness

Ab Phab were given the opportunity to take part in an Essex Boys and Girls club lead program 'changing young attitudes' for 6 weeks. This programs aim was to get more young people involved in physical activity outside of school and educated young people about the benefits of a healthy lifestyle and importance of physical activity. The sports we took part in were: Hockey, Tag Rugby and Badminton.



We have also signed up for 8 sessions at Cycle4All. Some of the young people had never been on a bike before and so experienced cycling for the first time.

With a lot of persistence and determination from the members they are developing their co-ordination and balance, physical fitness and confidence on our bikes. Big thank you to Coach Alison.



Scrap Booking – Positive Change



Ab Phab are currently taking part in a project with Positive Change to create scrap books filled with photos, drawings and memorabilia. The aim of the project is for the young people to create their own art work which will improve their confidence and their communication skills.

Members were keen to share their memories and some of the barriers they have faced with their disability. These Scrap books will be presented to the members at Barking and Dagenham's International Day of Disabled People on Thursday 30th November.

This project is still on going so if anyone else would like to take part, please bring down your photos!



Congratulations to our Jack Petchey

Award Winners:

Adedayo A

Shannon Q

Andrea T