

Come and join us!

Oxford Phab are always looking for new members, disabled and non-disabled. If you want to make new friends, meet interesting people and regularly attend an active social club, then come and join us.

What do Phab Clubs do?

Firstly, it's the members, both disabled and non-disabled who decide. Our club elects a committee who in consultation with the members plan a programme for the club.

We mostly meet up on Friday evenings, but sometimes arrange activities outside the regular club night (please see our current programme on the inside of this leaflet).



Your local club is:

Oxford Phab Club

Wesley Memorial Church
New Inn Hall Street
Oxford
OX1 2DH
www.oxfordphab.org.uk
info@oxfordphab.org.uk
Tel: 01865 243216

Co-ordinator: Mary Lines
mary@oxfordphab.org.uk
Tel: 01865 721294

Chair: Tom Bucknell

Oxford Phab is affiliated to a National Charity:- Phab which has been working to **build an inclusive world** for over 65 years, supporting a national network of Phab Clubs and running Phab Adventures, bringing together disabled and non-disabled people of all ages in a spirit of togetherness, fun and creating spaces and places **where everyone belongs, everyone's involved** because **Inclusion Is Phab**

For more details go to
<https://www.phab.org.uk/>



www.oxfordphab.org.uk

The Oxford Phab Aim:

"To promote and encourage people of all abilities, to come together on equal terms, to achieve complete inclusion within the wider community."

Oxford Phab is a Registered Charity
No. 1021037

Oxford Phab Programme **Winter/Spring 2024**

Friday 12th January

Club Night at Wesley Memorial from 7.00pm to 9.30pm.

Friday 19th January

Club Night at Wesley Memorial with Church Party with Barn Dance and Ploughman's supper. Please note earlier time. 6pm to 9pm

Friday 26th January

Club Night at Wesley Memorial from 7.00pm to 9.30pm with Burn's Night Theme.

Friday 9th February

Club Night at Wesley Memorial from 7.00pm to 9.30pm with pancakes. Please bring a filling.

Friday 23rd February

Club Night at Wesley Memorial from 7.00pm to 9.30pm with Zumba with George Martini at 8.30pm.

Friday 8th March

Club Night at Wesley Memorial from 7.00pm to 9.30pm with Boccia

Friday 22nd March

Club Night at Wesley Memorial from 7.00pm to 9.30pm with Easter Bingo. Please bring a prize

Thursday 28th March

Meal out. Venue to be confirmed.

Friday 19th April

Club Night at Wesley Memorial from 7.00pm to 9.30pm

Friday 26th April

Club Night at Wesley Memorial from 7.00pm to 9.30pm



Please join us for Coffee and a chat at Wesley Memorial on Wednesday mornings from 10am to 12pm. It would be great to see Phab members anytime but let's make a special effort on 31st January and 28th February.

Dates for your diary

Sunday 7th July

PhabFest at Parallel Windsor. More details to follow and opportunities for Fundraising.

<https://www.parallellifestyle.com/>



Friday 26th July to Sunday 28th July

Oxford Phab Weekend break at Avon Tyrrell Activity Centre in the New Forest.

Cost to members £80.

Booking forms available

Friday 29th November to Sunday 1st December

Phab Fun Weekend at Marsham Court Hotel, Bournemouth
Cost to members £175 sharing or £215 single occupancy. Please pay deposit of £20 asap to book your place.