

Melissa Richards – Participant 2004 – 2014

I really enjoyed these holidays and I made some great friends whilst on these holidays and I was always with some friends from school.

I was a participant on Birmingham PHAB Camps. The first camp I went on was Venture Camp in 2004 and we went to Bendrigg Lodge. After that I went on the Adult Camps which were called 18+ and then changed to Adult Breakaway. We went to Calvert Trust and Belgium! We went into the Euro Tunnel that got us to Belgium it took about 30 minutes in the tunnel, which was amazing. While we were away we got to go shopping to buy gifts for family and friends. I always got my family presents.

I fully recommend Birmingham PHAB Camps to any young non-disabled or disabled bodied young people who love holidays where you do lots of fun and great on-site and off-site activities and go on fun adventures and make new friends. Birmingham PHAB Camps is a friendly charity and you will feel 100% safe and happy with the friendly volunteers and camp leaders who will support you all the way through the holiday. You are on a safe holiday you are all in safe hands with these people. I have been and done this and I felt 100% safe. The only thing I wouldn't do whilst I was on these holidays is anything to do with heights as I am scared of heights but apart from this I felt really happy and safe in the great hands of these lovely people who run these holidays. They are friendly and loving people to be with.



Melissa helping Lin communicate on Venture 2004
This picture was used on the PHAB leaflet at the time

I enjoyed being a participant on PHAB. I wish I could do it all over again with the same people even the camp leaders and volunteers. I have also done a sponsored walk with Birmingham PHAB Camps.



Left: Melissa and James Bashford on Venture Camp 2005

Bottom Left: Melissa on Adult Breakaway 2014

Bottom Right: Melissa on Venture Camp 2006

