



cycle ride

Having the ride of our lives

Whitby to London | 1st - 7th May 2011

450 miles

7 days

30 adrenaline junkies

All with one goal...

Map key

- Route
- Start
- Finish
- Stage marker
- FAB 2011 camp



visit www.fabcamps.org.uk

... raise money for FAB!



MINISTRY OF DEFENCE



Families' Activity Breaks



FAB 2011

Visit www.fabcamps.org.uk

**It is time
to get involved
with FAB and help
bereaved Service families
have a fantastic holiday
in the summer
of 2011**



What is FAB?

Families' Activity Breaks (FAB) is a charitable initiative to support our bereaved Military families through their most difficult times. FAB provides an activity holiday open to all bereaved Military families in partnership with the YHA (England & Wales) Ltd.

FAB's aim is to provide families with opportunities to enjoy adventurous activities whilst encouraging confidence, friendships and peer support in the aftermath of their loss.

Who is eligible?

Any bereaved Military family where a child (aged 0 – 19 yrs) has suffered the loss of a Serving loved one (parent/step parent/ Legal guardian/carer or sibling).

What is the cost?

The cost for a family to attend a one week-long FAB holiday is £50 which includes full board, accommodation and all organised activities.

What is available on a FAB holiday?

There is a large range of organised activities including horse riding, rock climbing, mountain biking, abseiling, canoeing, coast steering and team tasks and day trips.

Both locations in England are situated near beaches so, if you wished, you could just relax with a bucket and spade. Our Scottish site is located right in the Cairngorm National Park and offers stunning scenic views.

"This is the first tangible thing that I've been able to come to and actually meet with people who are in a similar situation." Lucy, Whitby 2009.

Volunteers - Get Involved!

We are looking for MoD Volunteers to support the project. As FAB volunteers you will be at the heart of the holidays providing mentoring support, encouragement or just a sympathetic ear. Don't worry we will train and support you throughout the experience.

See www.fabcamps.org.uk for further details or email WO2 Louise O'Connell at FABVolunteerCoordinator@gmail.com

FAB 11 Location and dates

Coverack

July 23rd - 30th or 30th Jul - 6th August

Whitby

August 6th - 13th or August 13th -20th

For more information visit www.fabcamps.org.uk or email Maj Belinda Forsythe MBE at FABProjectOfficer@gmail.com.



For more information regarding holiday dates, locations & how to apply for a holiday please visit www.fabcamps.org.uk