

PRESS RELEASE

'FAB Turns Ten' – ten years of activity breaks for bereaved military families

In 2019 Families' Activity Breaks ([FAB](#)) reaches its tenth year. FAB is a tri-service charity, providing fun and challenging activity camps around the UK for bereaved military families.

We provide our families with an adventurous holiday experience within in safe and nurturing environment in order to encourage self-confidence, resilience and peer support whilst having fun. FAB provides an opportunity for the military community to offer practical and emotional support to bereaved families in times of need.

Come and join us:

We have two camps running this year, and **we would like to invite press/media to join us at 1100 on Monday 5 August at our camp at the PGL Osmington BayCentre, Shortlake Lane, Osmington, Weymouth DT3 6EG**. We have 14 families joining us for this camp. You will have an opportunity to speak to some of the families and the volunteers who give up their time to attend the camps to support the families. Beware - some of the children may also try and convince you to get involved in the activities and they can be very persuasive...

If you are planning to join us, please contact Vicky Griffiths (details at the end) before noon on Sunday 4th August, to ensure we can provide entry to the site etc.

New for this year

Teaming up with [TAPS](#):

This year, we have teamed up with [TAPS, \(Tragedy Assistance Program for Survivors\)](#), an American charitable organisation that offers compassionate care to all those grieving the loss of a loved one who died while serving, or as a result of his or her service in the U.S. military. As part of our new partnership, an American family will be joining us for this camp. We look forward to building this relationship, learning from this organisation and hopefully building an exchange programme with TAPS.

FAB children return as mentors:

This year we are delighted to have two mentors joining the team. Ten years ago, our mentors (a brother and sister in a military family) attended our first FAB Camp with their mum after the tragic loss of their dad. Ten years on, they have volunteered to return as mentors, providing additional help and support to our newer FAB families. We're so proud of them, and pleased that as children who benefited from FAB in its very early days, are now getting involved themselves and helping others in similar situations. We know that they'll be brilliant and look forward to spending the week with them.

The families

Any family (with a child aged up to 19 years old) who has suffered the loss of a loved one who was serving in the Armed Forces is invited to join us. By loved one we mean a parent, a step-parent, a legal guardian, a carer or a sibling. We aim to be as flexible and inclusive as possible providing activity breaks to our families based on the need of children. We welcome returning families, as well as those who not joined us before. We pride ourselves on creating intimate camps where new families quickly become part of the 'FAB Family' and returning families and volunteers become a support to them.

The volunteers

Our volunteers come from across the Service Community including Serving Personnel, Veterans, and Defence. Our volunteers are at the heart of the holidays providing mentoring support, encouragement or just a sympathetic ear. They are fully trained to support bereaved families. It's an exhausting week as they are also actively encouraged to get involved in the activities as well as taking part in the end of week show.

End

Media contact:

Vicky Griffiths

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ABOUT FAB

Families' Activity Breaks (FAB) is a non-public funded, tri-service charity (registered charity no. 1178108), providing fun and challenging activity camps around the UK for bereaved Military families. Families are eligible if a child is aged up to 19 years old and has suffered the loss of a loved one who was serving in the Armed Forces. The holidays offer an adventure for all the family and a welcome break to meet and socialise with others who have experienced a similar loss. A loved one can mean a parent, a step-parent, or a child's legal guardian, carer or sibling. FAB is staffed by volunteers from the Armed Forces, Defence civilians, and Ex-Service personnel, helping as mentors, lending a helping hand or simply being someone to talk to. They are all trained by a bereavement counselling service who specialise in supporting children and young adults facing bereavement. For more go to fabcamps.org.uk. For media enquiries, speak to Vicky Griffiths, FAB Media and Marketing Manager – 07771 622146 or email: marketing@fabcamps.org.uk

ABOUT TAPS

The Tragedy Assistance Program for Survivors (TAPS) is the leading national nonprofit organization providing compassionate care and survivor support services for the families of

America's fallen military heroes. Since 1994, TAPS has offered support to more than 85,000 survivors of fallen military in the form of peer-based emotional support, grief and trauma resources, grief seminars and retreats for adults, Good Grief Camps for children, casework assistance, connections to community-based care, online and in-person support groups and a 24/7 resource and information helpline for all who have been affected by a death in the Armed Forces. Services are provided free of charge. For more information go to www.taps.org or call the toll-free TAPS resource and information helpline at 1.800.959.TAPS (8277). For media inquiries about TAPS please contact Rita Barry-Corke, TAPS VP Media Relations at rita@taps.org.
