



# PHAB LEEDS NEWSLETTER



**Welcome to the first PHAB Leeds Newsletter**

**October 2010**

Welcome to the first issue of PHAB Leeds. This is **YOUR** newsletter which can only continue with **YOUR** help and interest.

Please have a look at the newsletter and let us know what you think. Initially it is anticipated that the newsletter will be produced quarterly and contain news and articles for the benefit of all members of PHAB.

Remember the newsletter can only happen if **YOU** want it to and submit articles and stories.

A willing production team of PHAB members is needed to take on the challenge. This involves collecting stories and researching articles which would make the newsletter interesting.

Could **YOU** be one of them?



**Inside this issue:**

**AGM Friday 22  
October 2010**

**Holiday news  
Top picture -  
Welburn  
Holiday  
Bottom picture  
Skegness  
Holiday**

**Wheelchair  
push—  
Roundhay Park**

**New Music  
session worker**

**Competition**

Everyone can contribute - Do you have an interesting story to share with fellow PHAB members - do you have a recipe - tell us what your special interest is—do you like sport—reading - music - etc

Tell us your holiday stories - do you have a birthday coming up? - Have you a special anniversary in the next few weeks?

Let's have a great PHAB newsletter and share our ideas with each other.

PTO



## PHAB LEEDS COMMITTEE 2010 - 2011

**Chairman**  
**Secretary**  
**President**  
**Treasurer**  
**Social & Activities**  
**Committee Member**

## WHAT'S NEW

NEWSLETTER - We now have a Newsletter exclusively for PHAB Leeds members

MUSIC GROUP - We welcome Heather as a new session worker in the music room - members' feedback is very positive.

WHEELCHAIR PUSH - Roundhay Park Sunday 3 October

The sponsored wheelchair push was supported by members of PHAB, family & friends, volunteers, other charities.. In spite of the rain the day proved to be a great success with members completing several circuits of the car park - The song "Singing in the Rain" was on everyone's lips as we walked round the car park!

## COMPETITION

1. Where is the regular Friday night PHAB club held?
2. Noddy Holder was a vocalist with which group?
3. What is the name of the brewery that supplies "The Rovers Return in Coronation Street"
4. Which club won the 2010 FA Cup
5. Which instrument did Dizzy Gillespie play?
6. What is the capital of Canada?
7. Who played George 111 in the film "The Madness of King George"?
8. Brian Dennis Carl Wilson Mike Love & Al Jardine formed which group?
9. Which capital city is hosting the 2012 Olympic Games?
10. Who is President of the USA?

Please write your answers on a piece of paper and print your name at the top. Prize for the first correct entry pulled out of the bag. Closing date Friday 5th November - You can give your entry to Paul Coast or Ann Hart.



