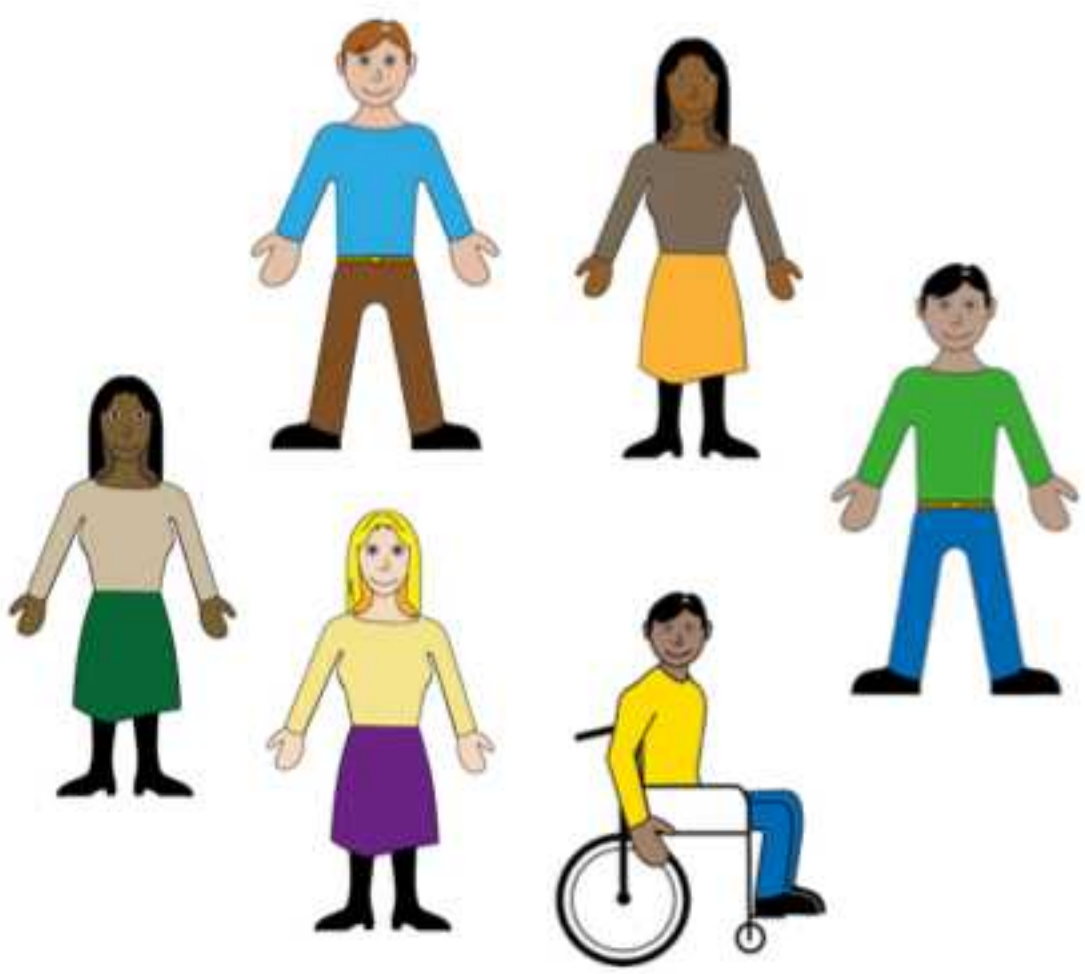


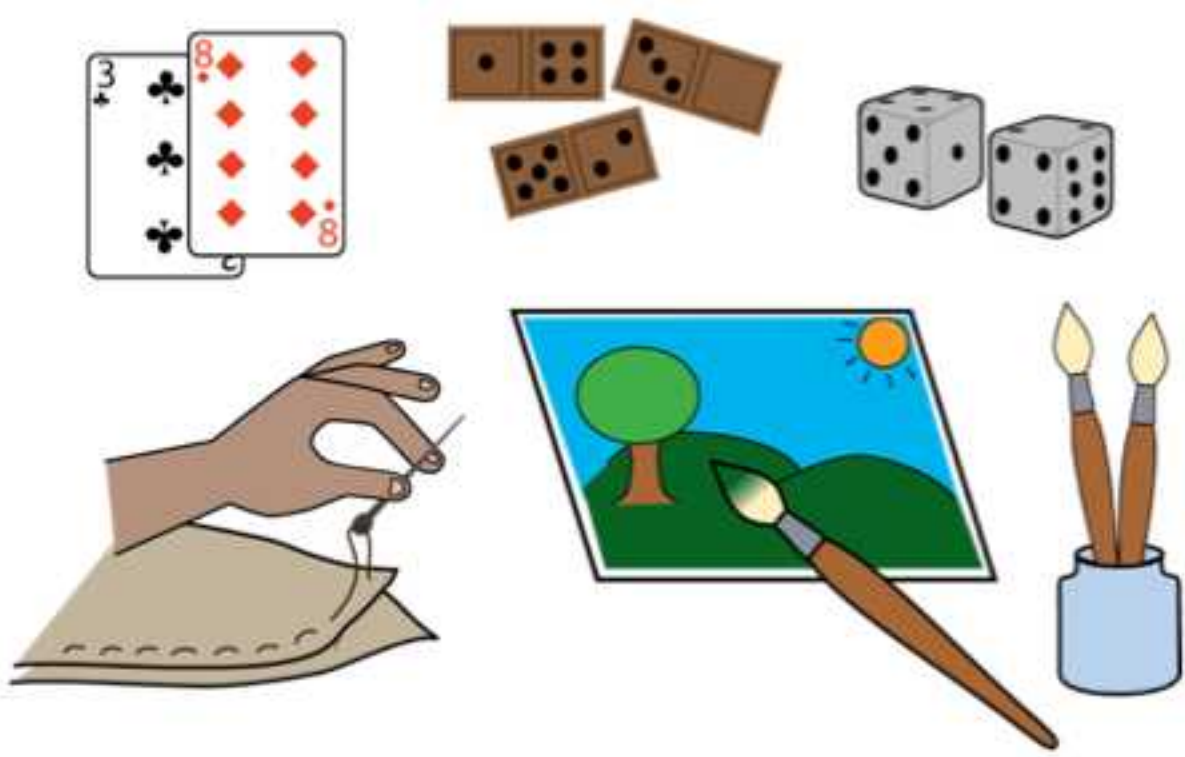


Phab Nottingham  
Charity No 1153383

We are a group in Nottingham called **'Phab'**.



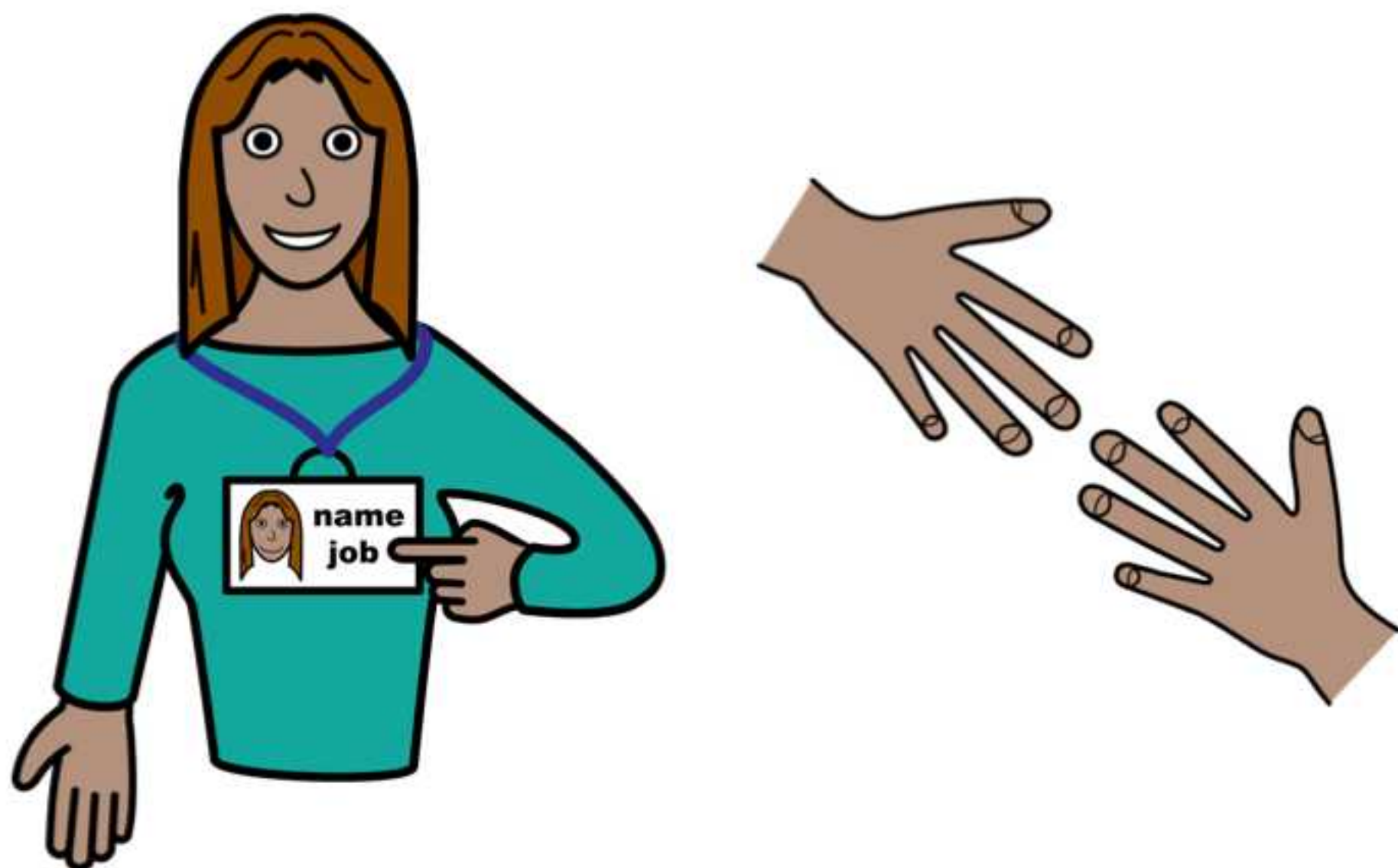
The group is for young people aged between 13 and 18 years old with disabilities, who live in the Nottingham area.



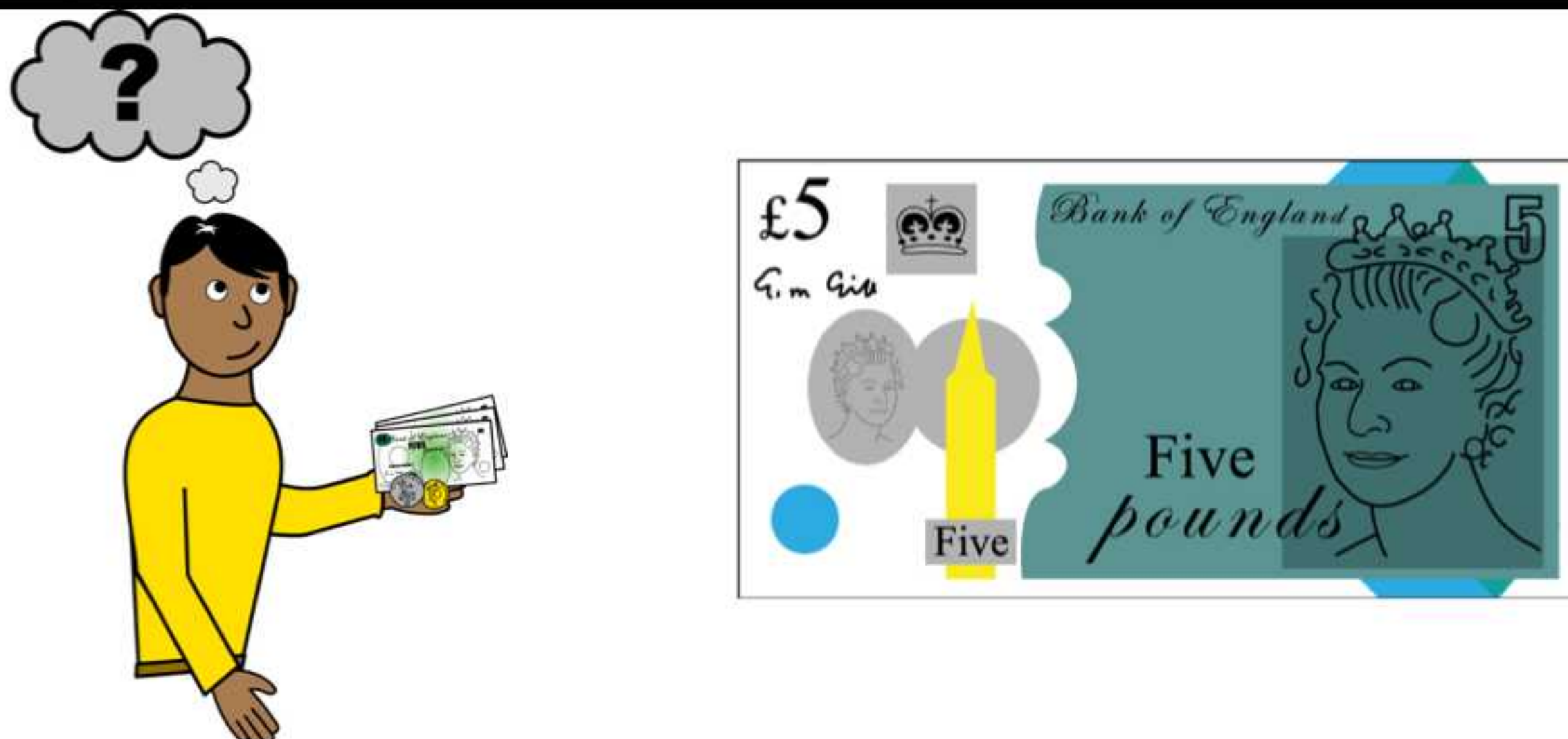
We do activities and visit different places in the community.



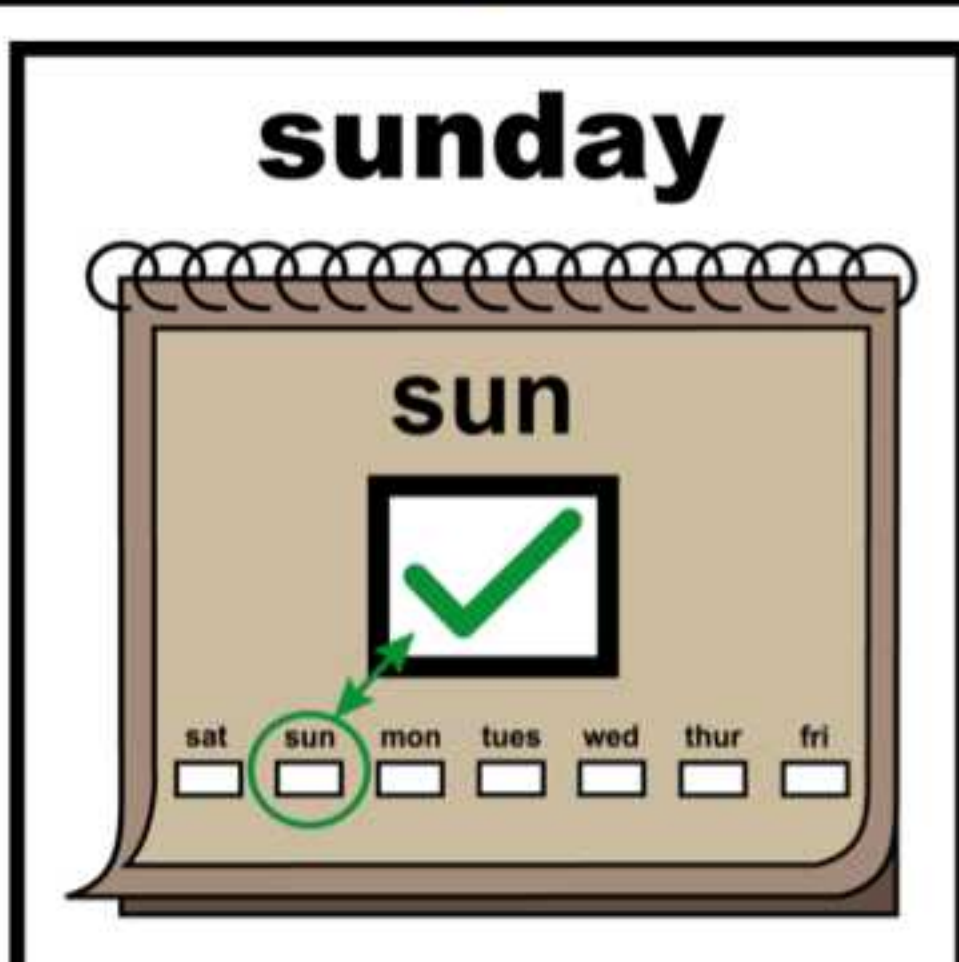
You can make friends at the group.



Our student volunteers can help you.



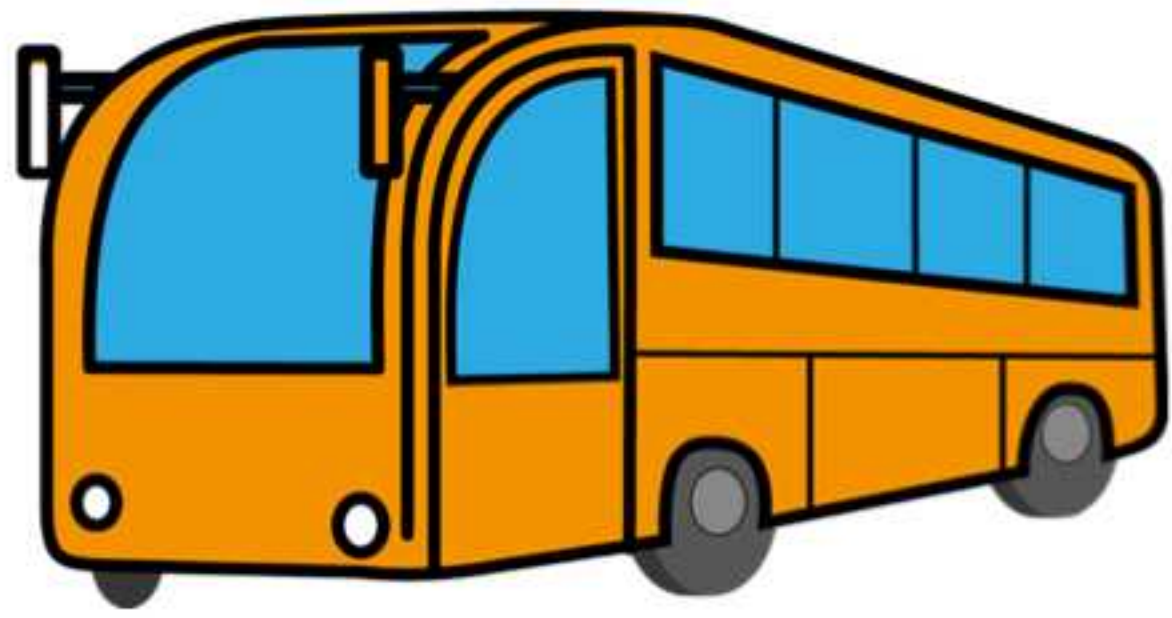
It costs £5 each time you attend the group but you can still attend even if you are not able to pay.



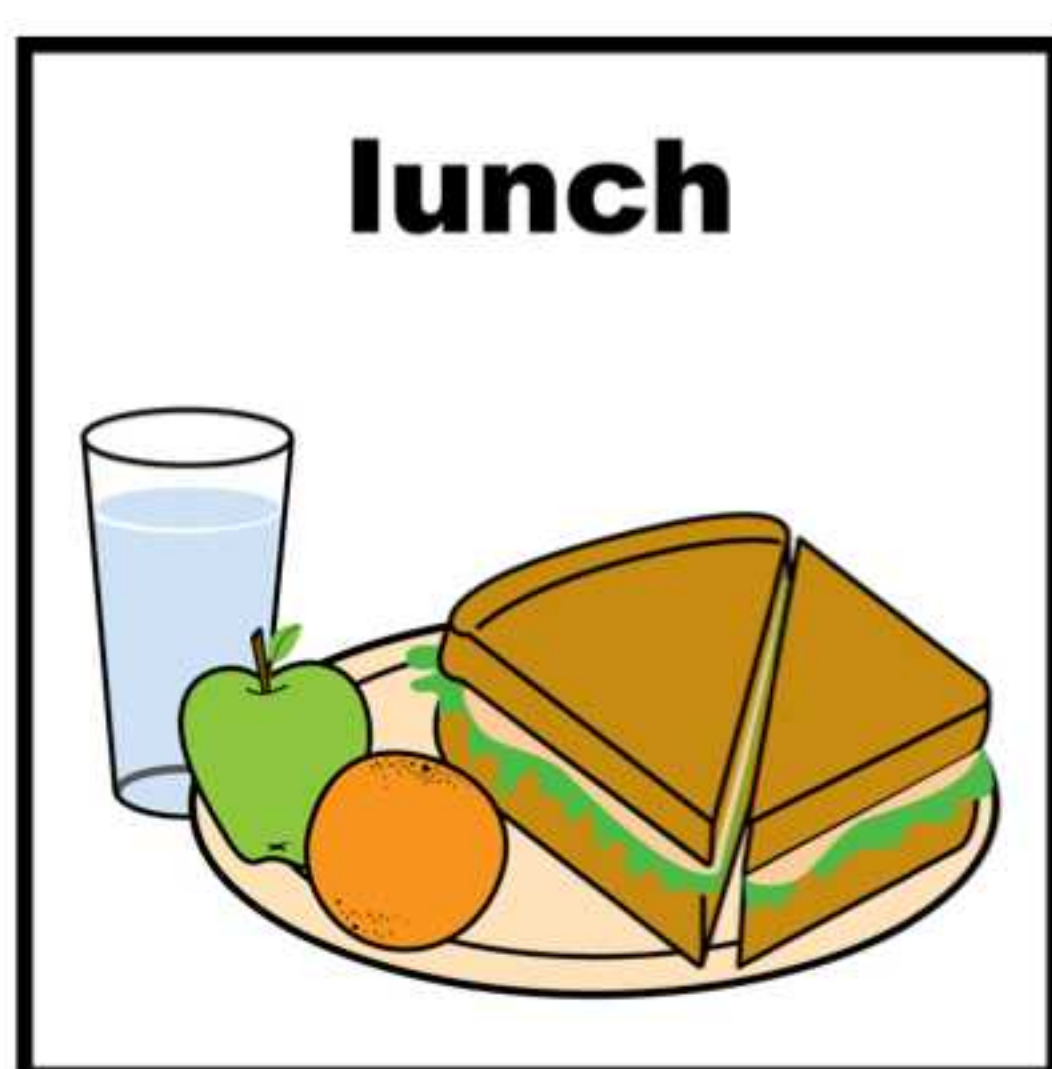
We meet on a Sunday.



Sometimes we go out and visit different places.



We usually go on a coach.



You should bring a packed lunch with you.



You should wear appropriate clothing. You should bring a coat and wear comfortable footwear.



If you have a question about the group you or your guardian can contact us.



You can apply to join Phab by clicking on this link..

Thank you!