

## Activity Breaks for bereaved 'Forces' children

Posted by Lucy Aldridge - 2010/08/14 13:54

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Families' Activity Breaks (FAB) is one of the William Aldridge Foundation's chosen beneficiaries and is a non-public funded, tri Service initiative in partnership with the Youth Hostel Association of England and Wales, providing fun and challenging activity holidays around the UK for bereaved Armed Forces families.

If your child is aged up to 19 years old and has suffered the loss of a loved one who was serving in the Armed Forces, then you may be eligible for a FAB holiday. The holidays offer an adventure for all the family and a welcome break to meet and socialising 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 was originally conceived in early 2008, and run as a highly successful pilot in 2009. Over the summer 24 families took part at two locations, Coverack in Cornwall and Whitby in North Yorkshire. In 2010 we aim to send up to 100 families on these exciting breaks, adding extra venues in the beautiful locations of Conwy in Wales and Cairngorm in Scotland.

To find out more information and how to apply to participate in one of these amazing holidays please follow the link below:

<http://www.mod.uk/DefenceInternet/AboutDefence/WhatWeDo/Personnel/Welfare/fab>

FAB also have a facebook page (Friends of FAB) with up to date information on holiday locations, dates and fundraising

<http://www.facebook.com/pages/Friends-of-FAB-Families-Activity-Breaks/120432394642655?ref=ts&v=wall>

[http://www.williamaldridgefoundation.org.uk/images/fbfiles/images/FAB\\_logo\\_tcm8\\_12840.jpg](http://www.williamaldridgefoundation.org.uk/images/fbfiles/images/FAB_logo_tcm8_12840.jpg)

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