

Review

Blind Veterans UK | Activity and Themed Week Review Special



Activity and Themed Week Review Special.

We have produced this supplement as a guide for you to choose your activities or holidays at the Brighton, Llandudno and Sheffield centres. It lists each of the activity and themed weeks and weekends and club meetings that will take place at our centres throughout 2015 and early 2016.

To book your holiday please telephone the Booking Office on 01273 391500. Bookings will be limited to one per member per centre, but you will be given the opportunity to be added to a waiting list for other weeks. If you require further information please telephone the number given below the description of the week you are interested in.

You will need to highlight your support needs in advance of your stay at the centre and if you have care needs please first check with your Welfare Officer. You are eligible to take part in a holiday or themed week even if you have not attended an introduction day or week. If you have any questions or concerns, please call the main bookings line on 01273 391500 which is open Monday to Friday from 8am to 5pm.

We look forward to welcoming you to the Brighton, Llandudno and Sheffield centres.

On the cover: Walking Week from the Brighton centre.

Back page: Have a go sailing on the back page.

Contact: Review Editor, Catherine Goodier 020 7616 8367
Email: revieweditor@blindveterans.org.uk



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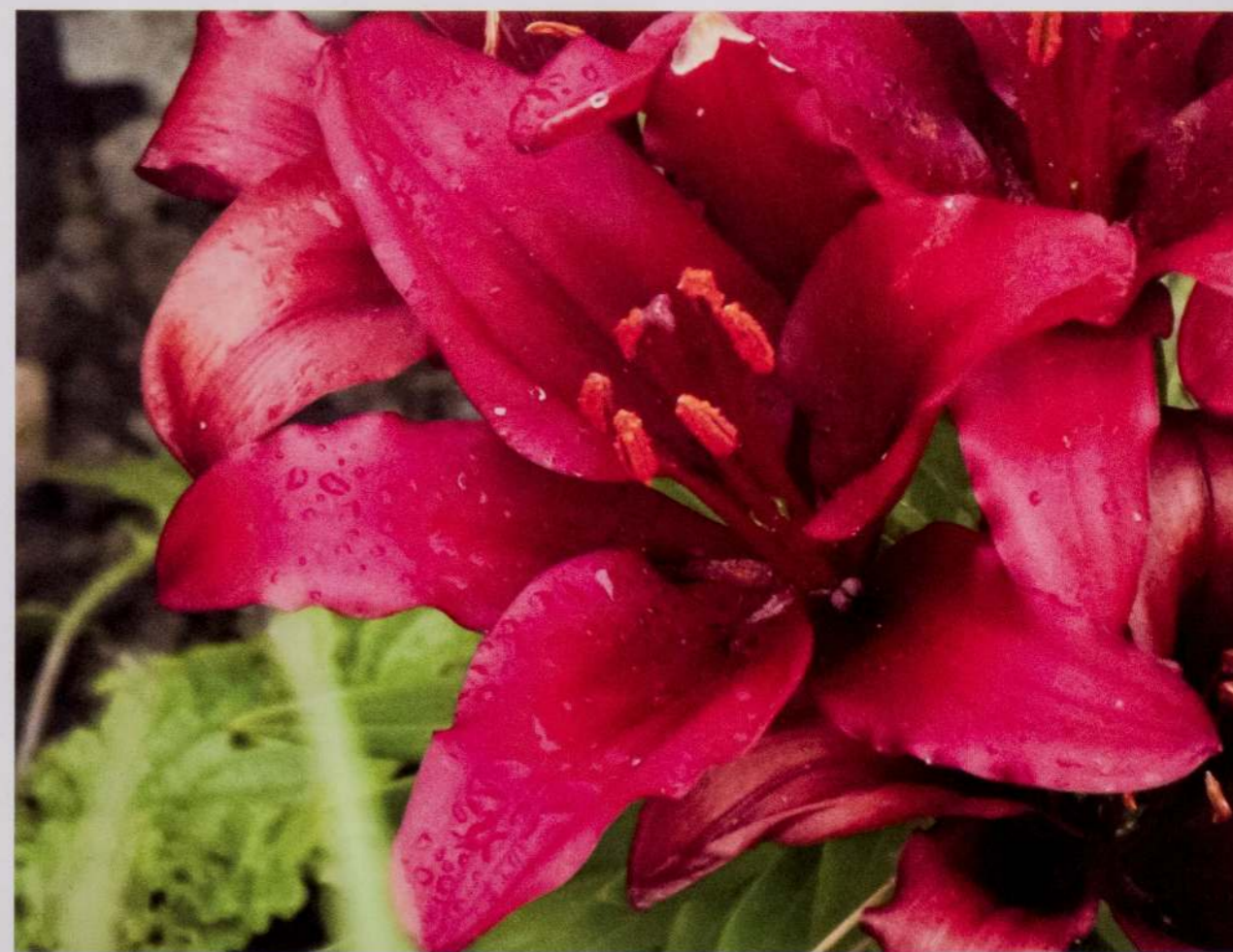
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Llandudno Activity and Themed Weeks.

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Sheffield Activity and Themed Weeks.

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Picture: A photograph of a flower taken by Chris Nowell during a Photography Week from the Sheffield centre.

Themed and Activity Weeks and Clubs at the Brighton centre from April 2015 to April 2016.

Full details are on pages 6 to 21.

April.

Photography Week 5th to 11th.
Computer Club 12th to 18th.
Writers' Forum 18th.
Golf Weekend 18th and 19th.
Masonic Weekend 24th to 27th.

May.

Adrenaline Weekend 1st to 4th.
Widows' Week 10th to 16th.
Golf Weekend 16th and 17th.
Writers' Forum 16th.
Archery Club 24th May to 6th June.

June.

Writers' Forum 20th.
Ex POW Reunion 25th to 29th.
Gardening Week 14th to 20th.
Golf Weekend 27th and 28th.

July

Writers Weekend 2nd, 3rd and 4th.
Get Fit for Life Week 5th to 11th.
Golf Weekend 18th and 19th.
Centenary Week 19th to 25th.

August

Race Week 2nd to 8th.
Activities Week 2nd to 8th.
London Triathlon 9th.
Writers' Forum 15th.
Golf Weekend 15th and 16th.
Archery Club 16th to 22nd.
Planes, Trains and Automobiles Week 23rd to 29th.
Centenary Walk (100 miles) 31st August to 5th September.

September

Golf Weekend 12th and 13th.
Writers' Forum 19th.
History Week 20th to 26th.
Fishing Week 20th to 26th.

October

International Week 4th to 10th.
Writers' Forum 17th.
Golf Weekend 17th and 18th.
Bowling Club 18th to 31st.

November

Spa Week 8th to 14th.
Writers' Forum 21st.
Amateur Radio Week 22nd to 28th.

December

Turkey & Tinsel Week 6th to 12th.
Writers' Forum 19th.

February 2016.

Computer Club 7th to 13th.
Archery Club 14th to 20th.
Writers' Forum 20th.
Bowling Club 28th February to 12th March.

March 2016.

Writers' Forum 19th.
Arts Week 20th to 26th.

April 2016.

Virgin London Marathon.

Booking of themed and club weeks at the Brighton centre.

Details for booking are given after each listing.

Photography Week — 5th to 11th April.

Photography can be fun, accessible, sociable and satisfying! If you have an interest in digital photography please join us at the Brighton centre with other members who share the same passion, who understand the challenges and have discovered ways to overcome them. We will run a range of exercises both in house and go on trips in the local area. The holiday is designed to cater to members who are confident with their camera.

The Photography Week is suitable for members of all abilities, although there will be trips out of house that may involve walking. For those who feel it may be too strenuous to venture outside there will be alternative sessions in house that you can take part in.

To find out more information about the Photography Week please contact the Activities Team on telephone: 01273 391426 or email:

catherine.corbett@blindveterans.org.uk The Photography Week is for members only.

Computer Club — 12th to 18th April.

Are you a keen computer user, or a beginner who is eager to find out more? A Computer Club Week is a great opportunity to meet other members who share a similar interest and to find out more about technology in a relaxed and sociable atmosphere. Build on your experience, find out what's new, and discover ways to make better use of your computer or tablet. Your week will include talks, trips and practical sessions, as well as the usual facilities and entertainment provided at the Brighton centre.

To book please contact the Bookings team on telephone: 01273 391500. If you have care needs please contact your Welfare Officer.

Golf Weekends from 18th and 19th April.

Blind Veterans UK Golf Club welcomes golfers, old and young and past and present members, to join us in 2015 when we will aim to meet over seven weekends at the Brighton centre from April to October. Our first weekend will take place on 18th and 19th April.

If you are interested in teeing off in 2015, please contact Pam Crossan on telephone: 02381 787636, or email pcrossan@talktalk.net

Masonic Weekend — 24th to 27th April.

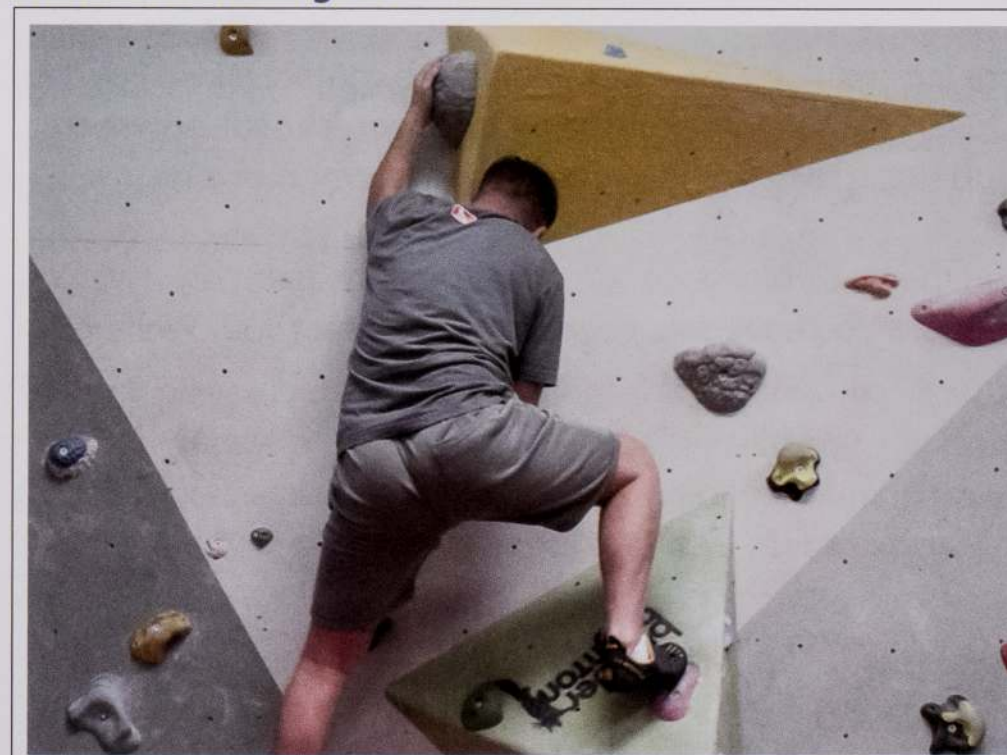
We will once again hold our Masonic Weekend in Brighton. This is an excellent opportunity to get acquainted with and meet friends old and new. The AGM will take place on Saturday morning and in the afternoon we will visit the Brighton Masonic Temple. The formal dinner in the Winter Garden will take place on Sunday before we depart to make our separate ways home.

For those who want to attend please contact W.Bro Bob Strickland, either by email at: robert.strickland1@btinternet.com or telephone him on: 01329 841022 or on: 07777 667550. Or you can write to him at R.W. Strickland, Drawmarc, 3 Thornbury Close, Fareham, Hampshire PO14 3BT.

Adrenaline Weekend — 1st to 4th May.

This will be a fast paced weekend with high octane events designed to push you to your limits. Events planned include: Zat Cating, Indoor Rock Climbing, White Water Rafting and you can go ape at the Go Ape high rope course. You will need to be physically fit to take part in this weekend and not bothered about being in water or at heights. The weekend will take place from the Brighton centre using activity centres and organisers in the local area.

To book please contact the Bookings Team on telephone: 01273 391500. Please book before 1st April 2015. For further information please contact the Activities team for more information on telephone: 01273 391463 or email: sports&rec@blindveterans.org.uk



Picture: Indoor rock climbing.

Widows' Week — 10th to 16th May.

Come and join old friends and make new ones at the Brighton centre for a week of trips out, in-house activities and companionship. The week will culminate in a three course luncheon in the Winter Garden.

To book your place please contact the Bookings Team on telephone: 01273 391500. If you have care needs please contact your Welfare Officer. The week is only for widows. If you require further information please contact the activities team on telephone: 01273 391426 or email: catherine.corbett@blindveterans.org.uk

Archery Club — 24th May to 6th June.

Blind Veterans UK Bowmen, formerly St Dunstan's, was founded in 1977 and the group remain passionate about blind archery. The club is known worldwide and is recognised as the founders of this exciting sport. The archery weeks offer the opportunity to take part in club competitions and they also provide support in the form of coaching or equipment advice. If you'd like to join them and want to shoot for fun it is not necessary to take part in the competitions as they welcome members of Blind Veterans UK and anyone who would like to take up archery.

If you would like more information about the club please contact David Poyner on telephone: 0161 282 9524 or email: chairman@blindveteransukbowmen.org.uk or visit the club site at: www.blindveteransukbowmen.org.uk

To book your place on the week please contact the Bookings Team on telephone: 01273 391500. If you have care needs please contact your Welfare Officer.

Gardening Week — 14th to 20th June.

Are you a keen gardener, a beginner or an accomplished gardener? The Gardening Week at the Brighton centre caters for all levels of gardeners when you will enjoy practical sessions as well as discover the delights of Sussex as you explore a variety of wonderful gardens. Some parts of the trips to visit the gardens in Sussex may be inaccessible for people with mobility difficulties. However all of the in house activities are suitable for everyone.

To book please contact the Bookings team on telephone: 01273 391500. If you have care needs please contact your Welfare Officer. For further information please contact the Activities team on telephone: 01273 391426 or email: catherine.corbett@blindveterans.org.uk

Centenary Week — 19th to 25th July.

2015 marks our centenary and we will celebrate this year in style at the Brighton centre. The Centenary Week is a themed week with a difference, as it will be a one off occasion that is packed full of centenary experiences. We will reflect on the history of our charity and re-enact some of the opportunities and experiences that our members have had. The week will be bursting with a range of activities that celebrate 100 years from our inception in 1915.

We will proudly highlight and recognise the work we have carried out from our origins as the Blinded Soldiers and Sailors Care Committee and under the banner of St Dunstan's and Blind Veterans UK. The week will honour and celebrate our members while we have lots of fun! The week will incorporate the burial of a time capsule, a star studded dinner dance and cabaret and much more. We have extended an invitation to all of our members who are 100 years old!

To book please contact the Bookings team on telephone: 01273 391500. If you have care needs please contact your Welfare Officer. For further information please contact the Activities team for more information on telephone: 01273 391463 or email: catherine.corbett@blindveterans.org.uk

EX POW Reunion — 25th to 29th June.

The Reunion Weekend provides an opportunity for former POWs to meet and talk through their experiences and offer fellowship and support to one another. The weekend will culminate in a three course luncheon in the Winter Garden with a guest speaker. This weekend is for Ex POWs only.

To book please contact the Bookings Team on telephone: 01273 391500. If you have care needs please contact your Welfare Officer.

For further information please contact Mandy Markwick on telephone: 01273 391445 or email: mandy.markwick@blindveterans.org.uk



Picture: Trustee Rear Admiral Stephen Meyer speaks with Kenneth and Brenda Hill with Stefan Cisela in the background. Kenneth was a Far East Prisoner of War who was used as forced labour to build the Burma to Siam Railway, known as the Railway of Death.

Get Fit for Life Week — 5th to 11th July.

The summer is upon us and we want to get you out to enjoy and make the most of it. Our Get Fit for Life Week aims to introduce and get you involved in exercises to enhance your life. You can learn and try new ways to keep active at home, working on functional exercise that include everything from walking to standing up to get out off a chair to chasing your dog around the park!

Each day will offer different activities that include aqua aerobics, strength and conditioning, stretching and mobility to mindful wellbeing. The exercise and activities will be gauged for all abilities, so why not come and get active again. If you are unsure if this week is for you why not call the team and chat about what's involved and what the benefits might be for you.

To book please contact the Bookings team on telephone: 01273 391500. If you have care needs please contact your Welfare Officer. For further information please contact the Activities team for more information on telephone: 01273 391463 or email: sports&rec@blindveterans.org.uk

Race Week — 2nd to 8th August.

Would you like to hedge your bets? If you would then come to the Brighton centre and have a flutter! Race Week will include visits to racecourses, an evening at Hove greyhounds and of course everyone's favourite, wacky races, plus many other themed in house activities. The week is suitable for all members.

To book please contact the Bookings team on telephone: 01273 391500. If you have care needs please contact your Welfare Officer. For further information please contact the Activities team on telephone: 01273 391426 or email: catherine.corbett@blindveterans.org.uk

Activities Week — 2nd to 8th August.

Do you enjoy the excitement and thrill that comes with trying new adrenaline fuelled activities? This year our activity week will include Go Karting, a trip to Thorpe Park, 4x4 driving, clay pigeon shooting, kayaking, zorbing and more — if you can handle it!

To ensure you get the most out of the week each event will be run by professionals. After each day's event you will be able to relax and swap stories with your fellow members. Accommodation and food will be provided throughout the week but please book before 1st June.

To book please contact the Bookings team on telephone: 01273 391500. If you have care needs please contact your Welfare Officer. For further information please contact the Activities team on telephone: 01273 391463 or email: sports&rec@blindveterans.org.uk



Picture: Shooting during activities week.

London Triathlon — 9th August.

Swim, cycle and run. You will be a master of these three disciplines by the time you complete the London Triathlon! This is a great event to take part in as each stage of the race will push you in a different way. Throughout the race you will be supported by your guide but you will also be boosted by the overwhelming support of the assembled crowds that you pass and additional support teams are on hand to ensure that you enjoy the race. So if you have a good level of general fitness and feel confident swimming, cycling and running then please contact us for a chat about the event. You do not need to have ridden a tandem before. As part of the support for the London Triathlon you will visit the Brighton centre for a week of training to work, iron out and improve in all three disciplines.

Please book your place before 1st April. To book please contact the Bookings team on telephone: 01273 391500. For further information please contact the Activities team on telephone: 01273 391463 or email: sports&rec@blindveterans.org.uk

Archery Club — 16th to 22nd August.

Blind Veterans UK Bowmen, formerly St Dunstan's, was founded in 1977 and the group remain passionate about blind archery. The club is known worldwide and is recognised as the founders of this exciting sport. The archery weeks offer the opportunity to take part in club competitions and they also provide support in the form of coaching or equipment advice. If you'd like to join them and want to shoot for fun it is not necessary to take part in the competitions as they welcome members of Blind Veterans UK and anyone who would like to take up archery.

If you would like more information about the club please contact David Poyner on telephone: 0161 282 9524 or email: chairman@blindveteransukbowmen.org.uk or visit the club site at: www.blindveteransukbowmen.org.uk

To book your place on the week please contact the Bookings Team on telephone: 01273 391500. If you have care needs please contact your Welfare Officer.

Planes, Trains and Automobiles Week — 23rd to 29th August.

Building on last year's action packed activity week we go all planes, trains and autos crazy again in 2015. For those interested in all things vehicle this year we will take in full size steam locos at the Bluebell Railway, visit the Industrial Railways at Amberly Museum, plus take a trip to Bentley Motor Museum. There will also be a return to the aerodrome at Shoreham. We will also feature some smaller scale locomotives in house too. Please note: not all venues are wheelchair friendly and escorts are recommended.

For further information please contact Leigh Gibbins, Art & Craft Instructor on telephone: 01273 391464 or email: catherine.corbett@blindveterans.org.uk To book you place on the week please contact the Bookings Team on telephone: 01273 391500. If you have care needs please contact your Welfare Officer.



Picture: Everyone having a splendid time at the Bluebell Railway.

100 Mile Centenary Walk — 31st August to 5th September.

To celebrate the centenary of Blind Veterans UK, formerly St Dunstan's, we hope that you will join us to walk the South Downs Way from Winchester to Eastbourne. This centenary walk will take place over seven days when you will average 15 miles a day. The walk takes in the stunning views over Portsmouth and Brighton crossing interesting and varied terrain as you wind your way up and down rolling hills, clamber over styles and meander through forestry to open fields. You will need to bring a good level of walking, fitness and appropriate clothing. Be aware that some of the walking will be on uneven pathways with some steep inclines and declines.

Each day you will be supported by staff and volunteers, but why not bring a friend or partner to join us for this challenge? We will reward you with the luxury of sleeping in a bed every night, so don't panic you won't be camping in the great outdoors! Please book by 1st May 2015.

To book please contact the Bookings team on telephone: 01273 391500. If you have care needs please contact your Welfare Officer. For further information please contact the Activities team on telephone: 01273 391463 or email: catherine.corbett@blindveterans.org.uk

History Week — 20th to 26th September.

Visit the Brighton centre to explore and experience a wealth of historical knowledge with local guides, speakers and trips. If you've dreamt of discovering the secrets of Sussex's past or are intrigued to find out about other histories we offer an array of history adventures. Get ready to dive head first under the skin of history and find out how we became who we are today. With trips out to places of interest and in-house activities, there is something for everyone. The week is suitable for all members.

To book please contact the Bookings team on telephone: 01273 391500. If you have care needs please contact your Welfare Officer. For further information please contact the Activities team on telephone: 01273 391426 or email: catherine.corbett@blindveterans.org.uk

Fishing Week — 20th to 26th September.

For newcomers to the sport or those who have been fishing since they were a child, this week allows any of our members to go fishing. We focus on fishing techniques for vision impairment — working with each individual to discover the approaches that work best for you. With staff support as appropriate we'll spend four or five days at various venues as we catch a range of freshwater species of fish! We'll provide the kit, the food and the venues. All you need do is to sign up, bring your waterproofs (just in case) and then get your photo in the Review with the giant of the depths! We will hopefully visit three venues this year, two different lakes and a river, all within half an hour of our Brighton centre.

For more information please contact Bryan Kilburn on telephone: 01273 391473. To book please contact the Bookings team on telephone: 01273 391500. If you have care needs please contact your Welfare Officer.



Picture: Gary Ogden with his impressive catch.

International Week — 4th to 10th October.

Come and travel the world from the comfort and safety of the Brighton centre! Our International Week invites you to take advantage of a mix of décor, food and fun. International visitors will introduce us to their culture, traditions and history; take trips to sites which link with different countries and continents.

We will cross the globe experiencing what different countries have to offer: prepare scones and brew beer in England; visit exotic animals native to the Amazon rainforest in Brazil; visit Brighton Pavilion where the Indian Army spend some time, get in the spirit of America with dance displays or join in the making and eating of Italian food.

To book please contact the Bookings team on telephone: 01273 391500. If you have care needs please contact your Welfare Officer. For further information please contact the Activities team on telephone: 01273 391426 or email: catherine.corbett@blindveterans.org.uk

Bowling Club — 18th to 31st October.

Would you like to join us and try your hand at bowls? With our fantastic facilities this is the holiday for you with our friendly bowling team, we're the number one choice for bowls holidays — with many of our visiting bowlers returning time and again. We welcome our bowlers both new and returning players, of any level to join in. The week is made up of singles, pairs and trips and round robin competitions and there is a club dinner on the final evening. It's a brilliant week made up of gentle sporting activity, competitions and socialising with a friendly bunch of members that provides fellowship both on and off the greens. Get booked in quickly though as these weeks are very popular and book up fast!

If you would like more information please contact Joan Osborne on telephone: 01273 302115.

To book please contact the Bookings team on telephone: 01273 391500. If you have care needs please contact your Welfare Officer.

Spa Week — 8th to 14th November.

Who doesn't like to be pampered and looked after! Let us take care of you at the Brighton centre with a little pampering and gentle exercise. Choose from a wide range of treatments that include massage and reflexology. Take part in gentle exercise sessions and learn how to lead a healthy lifestyle. So come and spoil yourself. What's stopping you?

To book please contact the Bookings team on telephone: 01273 391500. If you have care needs please contact your Welfare Officer. For further information please contact the Activities team on telephone: 01273 391426 or email: catherine.corbett@blindveterans.org.uk

Amateur Radio Week — 22nd to 28th November.

Would you like to become an Amateur Radio ham and communicate with people across the globe? Then please join us at the Brighton centre to learn how to operate the systems and create networks with the support of long standing members of this group. Make new friends and learn new skills with your fellow members.

Please contact Blind Veterans UK President Ray Hazan OBE on telephone: 01323 325904 or email: ray.hazan@googlemail.com



Picture: James McGoff in the Amateur Radio Shack.

Turkey & Tinsel Week — 6th to 12th December.

Can't wait until December 25th to begin your week of good cheer? Wish you could celebrate Christmas and the New Year with old or new friends? We love Christmas so much at the Brighton centre that we are celebrating it early this year! Join us and get involved in decoration making, games, pantos, sing-a-longs, cookery, gift making and much, much more! Plus all sorts of trips to get you in the festive spirit. We will have a full Christmas dinner too so get your best gear and hats on as it's going to be a cracker!

To book please contact the Bookings team on telephone: 01273 391500. If you have care needs please contact your Welfare Officer. For further information please contact the Activities team on telephone: 01273 391426 or email: catherine.corbett@blindveterans.org.uk

Computer Club — 7th to 13th February.

Are you a keen computer user, or a beginner who is eager to find out more? A Computer Club Week is a great opportunity to meet other members who share a similar interest and to find out more about technology in a relaxed and sociable atmosphere. Build on your experience, find out what's new, and discover ways to make better use of your computer or tablet. Your week will include talks, trips and practical sessions, as well as the usual facilities and entertainment provided at the Brighton centre.

To book please contact the Bookings team on telephone: 01273 391500. If you have care needs please contact your Welfare Officer.



Picture: The Computer Club.

Archery Club — 14th to 20th February 2016.

Blind Veterans UK Bowmen, formerly St Dunstan's, was founded in 1977 and the group remain passionate about blind archery. The club is known worldwide and is recognised as the founders of this exciting sport. The archery weeks offer the opportunity to take part in club competitions and they also provide support in the form of coaching or equipment advice. If you'd like to join them and want to shoot for fun it is not necessary to take part in the competitions as they welcome members of Blind Veterans UK and anyone who would like to take up archery.

If you would like more information about the club please contact David Poyner on telephone: 0161 282 9524 or email: chairman@blindveteransukbowmen.org.uk or visit the club site at: www.blindveteransukbowmen.org.uk

To book your place on the week please contact the Bookings Team on telephone: 01273 391500. If you have care needs please contact your Welfare Officer.

Bowling Club — 28th February to 12th March 2016.

Would you like to join us and try your hand at bowls? With our fantastic facilities this is the holiday for you with our friendly bowling team, we're the number one choice for bowls holidays — with many of our visiting bowlers returning time and again. We welcome our bowlers both new and returning players, of any level to join in. The week is made up of singles, pairs and trips and round robin competitions. Plus a club dinner on the final evening. It's a brilliant week made up of gentle sporting activity, competitions, socialising with a friendly bunch of members providing fellowship both on and off the greens. Get booked in quickly though as these weeks are very popular and book up fast!

If you would like more information please contact Joan Osborne on telephone: 01273 302115.

To book please contact the Bookings team on telephone: 01273 391500. If you have care needs please contact your Welfare Officer.

Arts Week — 20th to 26th March 2016.

Arts Week is an opportunity for a wonderful week away: expect the unexpected, be inspired and delighted! You'll become the creators; we will visit a range of creative venues, get involved in literature, art, theatre and more. It will be a feast of creative activity; all you need to bring is your imagination and any hidden talents. We will explore all aspects of The Arts and by the time you leave you will be drunk with culture! This is suitable for all members. To book please contact the Bookings team on telephone: 01273 391500. If you have care needs please contact your Welfare Officer.

For further information please contact the Activities team on telephone: 01273 391426 or email: catherine.corbett@blindveterans.org.uk

Virgin London Marathon — April 2016.

Do you enjoy running? Have you ever wanted to run a marathon? Yes? Then why not contact the Sports and Recreation department to put your name down in the ballot to run the Virgin London Marathon with us! You will take in the buzz and views of the capital with its iconic land marks as the crowds cheer you on to the finish line. This event requires training and dedication as the distance is 26.2 miles. We will support you in training weeks at our Brighton centre which incorporates specific running training, general fitness training, utilising the centres facilities as well as nutrition and clothing advice.

You will not run alone, we can provide you with a running guide for the race or you could persuade a friend or family member to complete the race with you! We only have limited spaces so if this event appeals to you please contact the Sports & Recreation department on telephone: 01273 391463 or email: sports&rec@blindveterans.org.uk

Please be aware that all 2015 places have been filled. However please contact the Sports & Rec department if you are interested in a place for 2016. There will be five member places available, please book before December 2015.

Themed and Activity Weeks at the Llandudno centre from April 2015 to March 2016. Full details are on pages 23 to 33.

April.

Adventure Week 12th to 18th.

May.

Potting & Plants Week 3rd to 9th.

History Week 10th to 16th.

Wood Week 24th to 30th.

June.

Welsh Water Week 7th to 13th.

Next Level Fishing Week 21st to 27th.

July.

Music Week 5th to 11th.

Fishing Taster Week 19th to 25th.

Recreation Taster Week 26th to 1st August.

August.

Driving Week 16th to 22nd.

Amateur Radio Week 28th August to 5th September.

September

Cycling Week 6th to 12th.

October

Walking Week 4th to 10th.

Photography Week 11th to 17th.

November

Military Week 2nd to 9th.

March 2016.

Health & Wellbeing Week 6th to 12th.

Themed and Club weeks at the Llandudno centre.

Details for booking are given after each listing.

Adventure Week — 12th to 18th April.

The Adventure Week provides an incredible opportunity for you to develop your self-confidence, push your boundaries, and above all have a fun and safe week of adventure. During the week you will experience the delights of Snowdonia from the rivers and lakes to the hills and mountains, as you demonstrate a willingness to achieve and enjoy the camaraderie of the group. It is a great chance to interact with nature as you take part in such mountain based activities as mountaineering, climbing, abseiling, gorge walking and skiing. To make the most of water borne activities the Adventure Week also includes coasteering and kayaking. The aim of the week is to take you out of your comfort zone to really challenge yourself. To help you reach that goal the week will be fun, wet and high! It will be a very challenging experience for those of you who have do not have a history of adventurous training or if you have major mobility difficulties.

There are places on the week for seven members and their partners or carers. For further information and to book your place telephone: 01492 864580.



Picture: White Water Rafting from the Llandudno centre during the 2014 Adventure Week.

Potting & Planting Week — 3rd to 9th May.

With the advent of spring, this week is an opportunity to plant flowers in and around the centre and make desktop herb gardens and gifts to take home. During the week you will spend time with other keen gardeners, go on trips and hear tips and guidance from guest speakers. You will also have the chance to be inspired and let loose your creative side.

There are places on the week for 10 members and their partners or carers. For further information and to book your place telephone: 01492 864580.



Picture: Hanging baskets are prepared in the Llandudno centre during the 2014 Potting & Planting Week.

History Week — 10th to 16th May.

Through a wide range of activities you will experience the industrial aspect of history; learning how it has helped shape modern life as well as looking back at the advancements in technology. The week promises to be a social, fun week with activities showcasing the science, technology, arts, food and local history. Visiting local historic sites on and around the North Wales coast as well as the North West, you will be able to go on excursions with like minded people as well as attending exhibitions and talks at the Llandudno centre.

There are places on the week for 12 members and their partners or carers. For further information and to book your place telephone: 01492 864580.

Wood Week — 24th to 30th May.

If you enjoy working with wood, this week is for you. Spend time with like minded people doing carving, willow work and joinery in the Llandudno centre and outside in the grounds. Be inspired by the North Wales Scenery and visit a local wood skills centre to experience traditional wood working methods. There will be an opportunity to brush up your skills and learn new ones.

There are places on the week for six members and their partners or carers. For further information and to book your place telephone: 01492 864580.



Picture: Wood carvings in Llandudno.

Welsh Water Week — 7th to 13th June.

This is an extraordinary opportunity for any of our members to take part in water based adventurous activities. Have a go at conquering the rapid rivers, the lustrous lakes and the salty sea as you are instructed by qualified professionals. There may also be the opportunity to visit highly acclaimed water sports centres as well as working alongside military personnel from the Joint Services Adventurous Training centre that is based in Snowdonia. During the week activities will include raft building, kayaking, sailing open boats and various water sports. This week promises to deliver high quality training, as well as a chance to develop self confidence, build on life experience and gain a sense of achievement. There may well be a night or two away from the centre, allowing you to develop such independent living skills as making camp and cooking.

The objective for the week is to stretch you from your comfort zone and help you reach that goal; it will be fun, and may include immersion in cold water. This will be a very challenging experience for those who have no history of adventurous training or have major mobility difficulties.

There are places on the week for seven members and their partners or carers. For further information and to book your place telephone: 01492 864580.



Picture: Challenge yourself during Welsh Water Week.

Next Level Fishing Week — 21st to 27th June.

The Next Level Fishing Week is aimed at those members who have a keen interest in fishing and have the skills and experience that are a step ahead of the beginner. During the week you will develop your fishing techniques on a full day boat trip or on the pier on a sunny summer's day, as well as visiting local trout farms during the calm, warm evenings when the fish are always biting! You will also have time to learn how to fillet a fish as well as smoke them for a delicious fish barbeque — although of course that depends on how many fish you catch!

There are places on the week for eight members and their partners or carers. For further information and to book your place telephone: 01492 864580.



Picture: Fun in the sun fishing from Llandudno beach.

Music Week — 5th to 11th July.

During the week there will be opportunities to create and listen to a wide range of music. We will visit the renowned International Eisteddfod in Llangollen to experience the talents of performers from around the globe. The festival is a cultural exchange of dance and choral music, and showcases the traditional Welsh form of song and dance. You will have the chance for a sing-a-long and to create your own musical instruments.

The week is open to everyone who wishes to attend with their partners or carers. For further information or to book in for the Music Week please telephone: 01492 864580.



Picture: Music appreciation in the grand setting of the dining room at the Llandudno centre.

Fishing Taster Week — 19th to 25th July.

This week is for those new to the sport or who would like to start back up again. Try your hand at beach casting, experience pier and boat fishing, as well as tempting a local trout with a tasty looking fly! Visit a fresh water lake or river and bag that monster carp! You will also learn how to fillet a fish as well as smoke them for a delicious fish barbeque. No matter what your ability or age, we will cater for any of our members and adapt the programme. However some mobility is required on some activities.

There are places on the week for 10 members and their partners or carers. For further information and to book your place telephone: 01492 864580.

Recreation Taster Week — 26th July to 1st August.

Have a go at trying out a variety of recreational activities in our flexible programme; that has been suited and adapted for any member to take part in, regardless of age, gender or ability. There will be a full range of activities that include tennis, horse riding, clay pigeon shooting, swimming, 10 pin and crown green bowling, croquet, boccia and golf and games on the front lawn of the Llandudno centre — so come and join us and have a go! Be inspired and venture into unknown territory as you learn and achieve a new skill, or reacquaint yourself with your favourite sport, and take home priceless memories.

There are places on the week for 20 members and their partners or carers. For further information please telephone the Llandudno centre on 01492 864580.



Picture: Highland Games during Recreation Taster Week at the Llandudno centre in 2014.

Driving Week — 16th to 22nd August.

This is a fantastic opportunity comprised of a range of driving activities that include vehicle demonstrations, guest speakers, off road driving and go karting. Members may have the chance to be behind the wheel once again with one to one assistance as well as learning about the mechanics of automobiles.

There are places on the week for eight members and their partners or carers. For further information and to book your place telephone: 01492 864580.



Picture: Petrol head Roger Williams took part in a past Driving Week from the Llandudno centre.

Cycling Week — 6th to 12th September.

"Life is like riding a bicycle. To keep your balance you must keep moving." Albert Einstein.

Take yourself away from day to day life and feel the excitement and thrill of riding on a tandem around the North Wales landscape, feel the sea breeze on your face and the burn in your legs as you ascend the hills of Snowdonia and top the experience off with a well deserved meal with the team. You do not need a high level of cycling ability or physical fitness as we can tailor the routes and distances for each individual. We will provide each member with a pilot rider, safety equipment: helmet, bike maintenance kits, and a big dose of endorphins! If you have not ridden a tandem before there will be a training session and if you're a bit rusty there will be guidance on ways to improve your technique before we head out to cycle along the local routes. There will also be an opportunity to ride on the National Velodrome in Manchester.

There are places on the week for six members and their partners or carers. For further information and to book your place telephone: 01492 864580.



Picture: At the Manchester Velodrome during Cycling Week.

Walking Week — 4th to 10th October.

Walk, talk and take the opportunity to document your ventures into the Welsh landscape. Your journeys will be varied as you walk across beaches and along paths that take you through mountains and across rivers and waterfalls. For those who require one to one assistance we will provide sighted guides. In terms of clothing, you will need to bring a set of waterproofs, warm clothing and a good pair of walking shoes or boots. There will be talks by guest speakers and you can share knowledge during a week that promises to be inspiring and full of adventure.

There are places on the week for 10 members and their partners or carers. For further information and to book your place telephone: 01492 864580.



Picture: Walking Week from the Llandudno centre.

Photography Week — 11th to 17th October.

Take the opportunity to learn new tips and share skills about using your camera effectively. Listen to and learn from guest speakers and explore different aspects of photography. Take photos of the breathtaking North Wales Landscape, explore portraiture pictures and experiment with still life arrangements to create your own small portfolio. Please bring your own camera.

There are places on the week for 10 members and their partners or carers. For further information and to book your place telephone: 01492 864580.

Military Week — 2nd to 9th November.

Culminating with the Remembrance Sunday parade at Llandudno's Cenotaph on the promenade, our Military Week promises to deliver an unforgettable week. During the week you will visit local military camps and museums when you will have the opportunity to interact with serving soldiers and military personnel. This will be a great chance to share stories, compare modern military lifestyles and even try out some of the up to date equipment. And there will be guest speakers for you to enjoy listening to. Fittingly the week will end when we remember those who served, and celebrate with a Military style dinner in the grand dining room at the Llandudno centre. Please bring your formal lounge wear and medals to wear at the dinner.

The week is open to everyone who wishes to attend with their partners or carers. For further information or to book please telephone: 01492 864580.



Health and Wellbeing Week — 6th to 12th March.

The aim of the health and wellbeing week is to make you feel revitalised as you make and enjoy fruit and veg smoothies as part of a healthier eating regime, exercise to music, take part in local trips and walks and yoga sessions. There may also be an opportunity for health and beauty therapy sessions as you enjoy a massage, reflexology, manicures and pedicures. The week is open to everyone who wishes to attend with their partners or carers. For further information and to book your place telephone: 01492 864580.

Themed and Activity Weeks at the Sheffield centre from March to December 2015. Full details are on pages 35 to 39.

March and April.

Photography Week 30th March to 3rd April.

May.

Younger Week 4th to 8th.

August.

Gardens Week 10th to 14th.

Photography Week 31st August to 4th September.

September and October.

Culture Week 28th September to 2nd October.

December.

Christmas Week 14th to 18th.

Younger Group 21st to 24th.

Themed and Club weeks at the Sheffield centre.

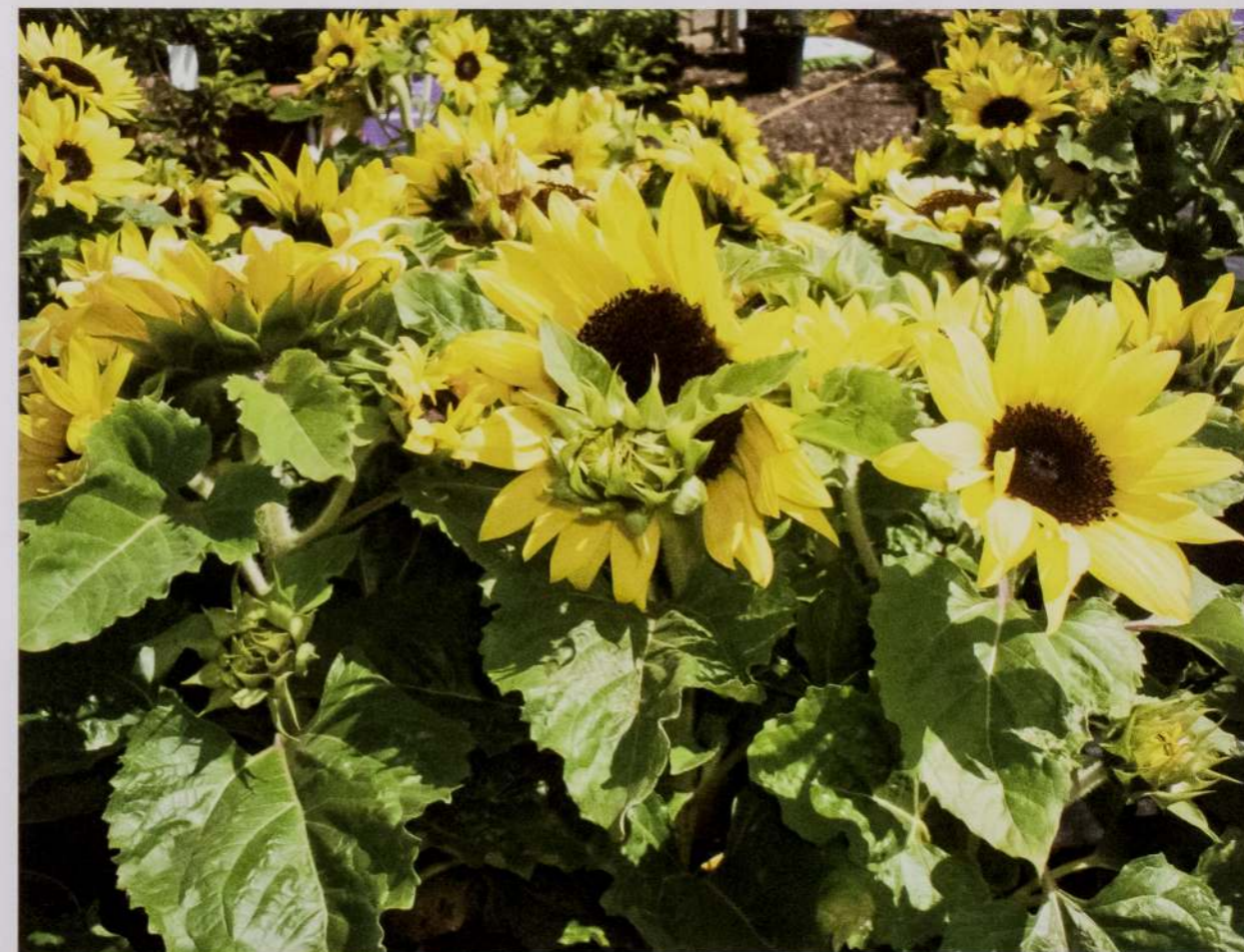
Details for booking are given after each listing.

Photography Week — 30th March to 3rd April.

Once again we will host our ever popular Photography Club Holiday Week.

You are invited to make your way to the Sheffield centre for the photography week that encourages you to share your passion for snapping! Everyone who takes part is encouraged to find out what type of photography they are interested in, share their experiences with the group and discover new techniques and approaches, highlighting some real talent! The holiday is also a great place to discuss how blind photographers can work, and to explore the many challenges they face and how they manage to overcome them.

For further information please telephone the Sheffield centre on 0114 267 2550. Or to book your place please telephone the Booking Office on 01273 391500.



Picture: Just one of the many beautiful photos taken during Photography Week.

Gardens Week 10th to 14th August.

Enjoy a week of garden themed activities that will include visits to the Sheffield Botanical and Winter Gardens and local country house gardens. We will visit some of the finest gardens that Yorkshire has to offer! Participate in garden themed activities and a chance to get your hands dirty at our table top gardening session.

For further information please telephone the Sheffield centre on 0114 267 2550. Or to book your place please telephone the Booking Office on 01273 391500.



Picture: You will visit beautiful gardens during the week.

Photography Week — 31st August to 4th September.

Once again we will host our ever popular Photography Club Holiday Week.

You are invited to make your way to the Sheffield centre for the photography week that encourages you to share your passion for snapping! Everyone who takes part is encouraged to find out what type of photography they are interested in, share their experiences with the group and discover new techniques and approaches, highlighting some real talent! The holiday is also a great place to discuss how blind photographers can work, and to explore the many challenges they face and how they manage to overcome them.

For further information please telephone the Sheffield centre on 0114 267 2550. Or to book your place please telephone the Booking Office on 01273 391500.



Picture: The Sheffield centre in the snow.

Culture Week 28th September to 2nd October.

Enjoy a week sampling some of the finer things in life as we visit galleries, museums and other cultural places of interest.

There will be a chance to wear your finery as you dress up for an evening of glamour and fine dining at our formal dinner.

Indulge your senses and relax as you listen to your favourite classical music whilst sampling cheeses and wines. There will also be an evening of poetry and port when you can write your own poems or rhymes and there will be a prize for the favourite verse.

For further information please telephone the Sheffield centre on 0114 267 2550. Or to book your place please telephone the Booking Office on 01273 391500.



Picture: Fine dining at the Sheffield centre.

Christmas Week 14th to 18th December.

Get into the Christmas spirit during our Christmas Week. We will visit the local Christmas markets where you can browse and take part in the wonderful yuletide atmosphere or stop to shop and buy presents for your family and friends — or a treat for yourself. We will take a trip to the theatre and during the week, there will of course, be a traditional Christmas lunch. You can try your hand at baking Christmas treats and Christmas crafts as you make seasonal decorations. This is the perfect week to get you into full festive swing in the build up to Christmas.

For further information please telephone the Sheffield centre on 0114 267 2550. Or to book your place please telephone the Booking Office on 01273 391500.



Picture: Making table decorations and crackers during Christmas Week.

