

Review

Blind Veterans UK | Activity and Themed Week Review Special



Activity and Themed Week Review Special.

We have produced this supplement for you to choose the activities and holidays that you would like to take part in at the Brighton and Llandudno centres. Details are given for each of the activity and themed weeks that will take place at our centres throughout 2017 and into early 2018.

Booking details are given after each listing. Bookings are limited to one holiday by a blind veteran at each centre, but there is the opportunity place your name on the waiting list if you are interested in more than one week. If you require further information, please telephone the number that is given below the description of the week you are interested in.

Please also 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 if you have not attended an introduction day or week.

The Booking line will open on 1st February 2017. If you have any questions or concerns, please call the main bookings line on 01273 391500, which is open from Monday to Friday from 8am to 5pm. For the Llandudno centre please telephone 01492 864590. We look forward to welcoming you to the Brighton and Llandudno centres.

On the cover: Young blind veteran Shaun Stocker prepares to scale a climbing wall during an Adventure Week from the Llandudno centre.

Back page: The Brighton centres Beach Hut.
Photo by Clare Belasco.



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

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Booking information is given after each listing. The Booking Office will take reservations from 1st February 2017. If you have care needs please first speak with your Welfare Officer.



Riding Week 16th to 22nd April.

This week is centred on the theme of riding, which leaves it very open to interpretation. Riding week encompasses many things and may include horse riding, bike riding (push and motor), fairground rides and riding waves! There will be plenty of excursions throughout the week as we explore what Brighton and the surrounding area has to offer, with a very mixed agenda consisting of some practical activities as well as talks and demonstrations.

You don't need to have a high level of physical fitness as each activity will be tailored to the individual. So come along to have a different week that's full of riding activities!

For further information please contact the Sports & Rec department on 01273 391463 or email sports&rec@blindveterans.org.uk

There are places on the week for 16 attendees in total (including carers or partners).

You can telephone the Bookings Team on 01273 391500 from 1st February 2017 to reserve your place. If you have care needs please contact your Welfare Officer.



Masonic Weekend 21st to 24th April.

In April each year the Masonic Weekend takes place when like-minded men meet to practice Freemasonry, as we catch up with old friends and new friendships are formed. In the spirit of Freemasonry it is a weekend when we meet to raise money for our chosen charities.

During the weekend blind veterans, who are Freemasons, are hosted by The Temple Lodge in Brighton. For many years Temple Lodge has hosted our Masonic group and this very important relationship has remained strong over the course of time.

We welcome all members of the charity who are Freemasons to join us in April to continue friendships and to practice Freemasonry.

If you are a Freemason, and you are interested in becoming part of the group, please contact the group's Chairman & Secretary W.Bro Clive Jones on: mobile 07854 800256 or on email: DragonEye67@sky.com



Technology Week (first) 23rd to 30th April.

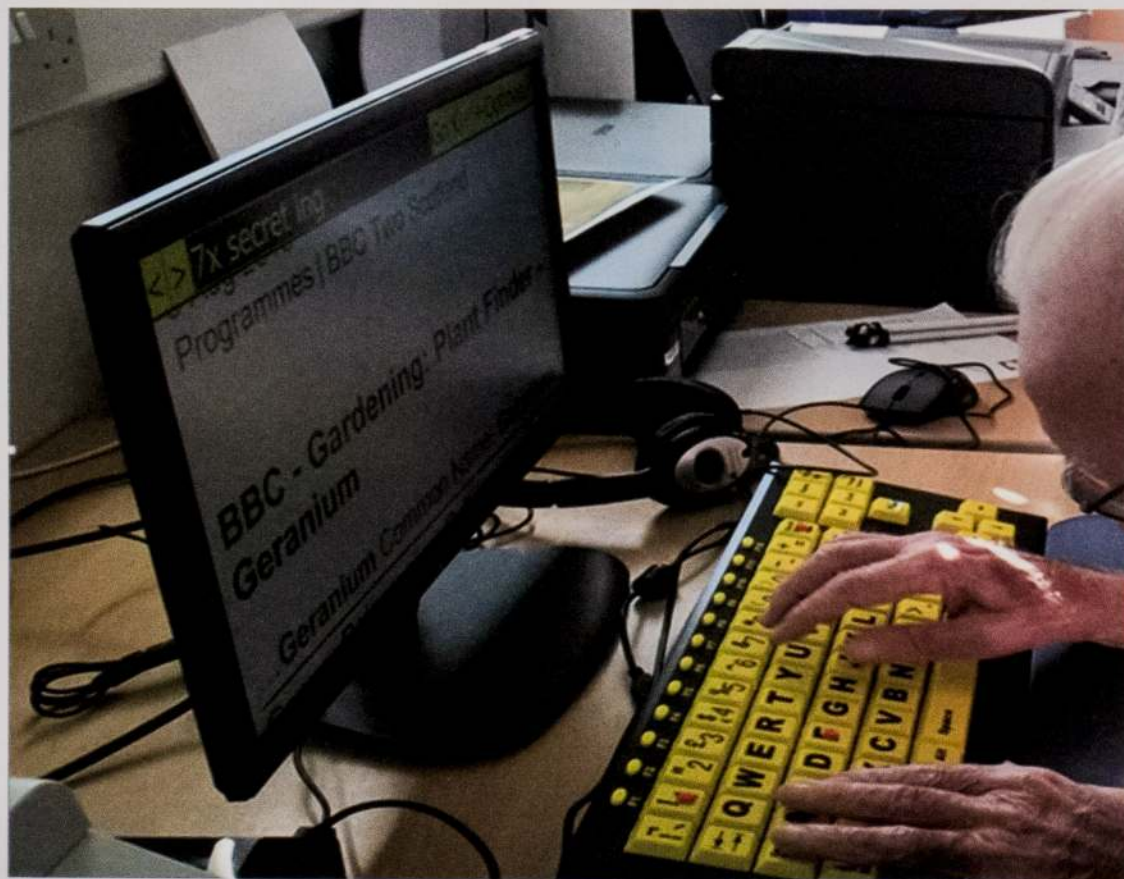
Are you a keen user of computers, tablets or other gadgets, or a beginner who is eager to find out more? The Information Technology Week is a great opportunity to meet other blind veterans who have a shared interest.

Build on and share your experience, find out what's new, and discover ways to make the most of what the latest technology has to offer in a relaxed and sociable atmosphere.

Your week will include talks, trips out, and practical sessions, as well as all the usual facilities and entertainment that is provided at the Brighton centre.

There are places on the week for 12 attendees in total (including carers or partners). The April week will be repeated in October for those blind veterans who were unable to attend in the spring. So when you book please do specify if you wish to attend the April or the October Technology Week.

You can telephone the Bookings Team on 01273 391500 from 1st February 2017 to reserve your place. If you have care needs please contact your Welfare Officer.



Photography Week 1st to 6th May.

Our popular Photography Week is back and it's a great week for all photographers, from those of you who are confident behind a lens, and those of you who are trying your hand at photography for the first time.

During the week excursions are offered to local places of natural and urban beauty so that you may have the opportunity to capture images from the sublime to the unusual! Previous trips have included photographing the amazing art work at Goodwood Sculpture Park, capturing the power of the landscape at Seven Sisters and snapping the street life in Hastings Old Town Quarter. Along the way there will be plenty of time to stop for lunch and to take in the scenery.

In-house, a varied range of exercises and workshops will be delivered from expert photographers, and our own in-house Art & Craft team. There will be ample opportunity to compare work with your fellow enthusiasts. It is a week to enjoy the company of old friends and make new ones.

Please note that on this week some trips will involve a certain amount of walking and standing. There are places on the Photography Week for 16 attendees in total (including carers or partners).

You can telephone the Bookings Team on 01273 391500 from 1st February 2017 to reserve your place. If you have care needs please contact your Welfare Officer.



Jurassic Coast Walk 7th to 13th May.

You'll be walking along the world renowned Jurassic coastline from Exmouth to Dorset, which contains a diverse geological knowledge through the past 185 million years. England's first Natural World Heritage site offers a unique location and is a walker's paradise, with a varied coastline that has been carved by ice ages and changing sea levels. The walk will offer lots of long hills, varied terrain, and steep gradients on cliff tops as you travel through the history of time and face a different walking environment every day. You'll need to be well equipped for all sorts of weather, have a good pair of walking boots, lots of stamina and be prepared to experience the breath-taking views and hill climbs as you cover an average of 10 to 15 miles a day. You may even kick up a fossil or two along the way, as this area has plenty of dinosaur remains that have yet to be discovered.

For further information please contact the Sports & Rec department on 01273 391463 or email: sports&rec@blindveterans.org.uk There are places on the week for 10 attendees in total (including carers or partners).

You can telephone the Bookings Team on 01273 391500 from 1st February 2017 to reserve your place. If you have care needs please contact your Welfare Officer.



Women's Military Service Week 14th to 20th May.

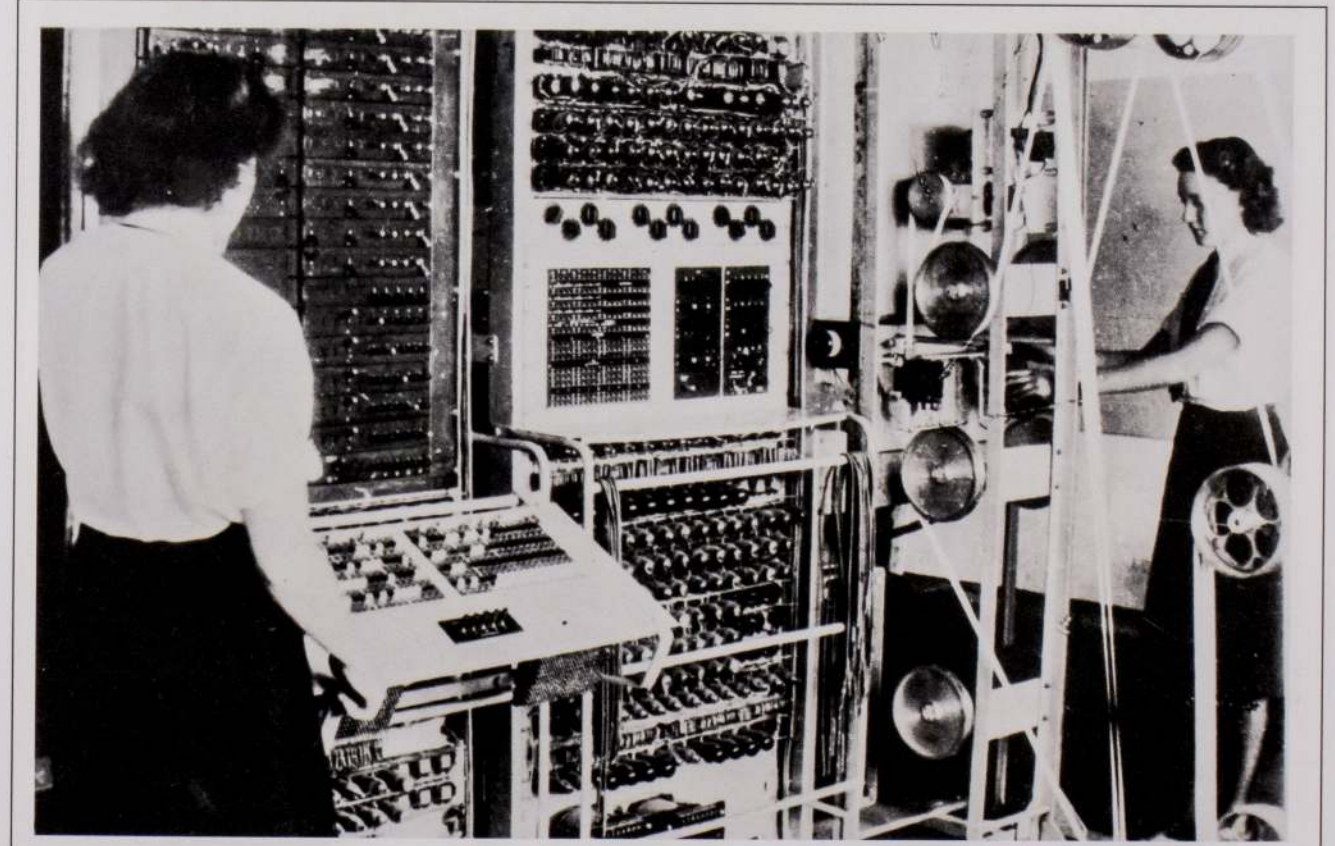
Are you a WREN, WRAF or WRAC? Or did you serve your country at Bletchley Park? We have introduced this new week for you, our wonderful ladies who gave so much.

On offer during this week is the chance to visit local places of interest and importance to service women, enjoy a luxurious afternoon tea and lunch in the beautiful surrounding Sussex countryside. In addition there will be a visit to St Dunstan's Chapel that's set in the grounds of the Brighton centre.

There will be a selection of activities within the centre that will include talks on the role that women have played in both World Wars, a formal three course lunch, and the chance to enjoy relaxation and pampering treatments. There will be plenty of time to make use of the great facilities at the centre, including our heated swimming pool and gym, live music and fantastic seaside location.

Join us for this very special week to make new friends and lasting memories.

There are places on the week for 19 attendees in total (including carers or partners). You can telephone the Bookings Team on 01273 391500 from 1st February 2017 to reserve your place. If you have care needs please contact your Welfare Officer.



Archery Club (first) 4th to 10th June.

Blind Veterans UK Bowmen are the founders of blind archery. The club is known worldwide and is seen as the fount of all knowledge for this exciting sport.

During Archery Week, we shoot against sighted clubs either at home or away, have our own club competitions and there is always time for coaching or equipment tuning.

The week is open to Blind Veterans UK Bowmen and we would welcome new members from our fellow blind veterans.

If you would like to enquire about becoming a member or find out more information about the club, please contact David Poyner on tel: 0161 282 9524 or email d.poyner@ntlworld.com or go to www.blindveteransukbowmen.org.uk



Adrenaline Weekend 16th to 19th June.

Get set for a buzzing weekend that's packed full of extreme activities to keep you on your toes. You need to be willing to conquer any fears you may have with heights or water, as activities could involve either or both of these! This fast paced weekend has previously involved quad biking, hair raising rides at Thorpe Park and skiing. This year we're looking for new activities to push your limits at activity centres around the Brighton area.

For further information please contact the Sports & Rec department on 01273 391463 or email: sports&rec@blindveterans.org.uk

There are places on the week for 16 attendees in total (including carers or partners). You can telephone the Bookings Team on 01273 391500 from 1st February 2017 to reserve your place. If you have care needs please contact your Welfare Officer.



Ex-POW Week 2nd to 8th July.

The former Prisoner of War Reunion week provides an opportunity for all PoWs to meet up and offer support and fellowship, and if you wish to, you can talk through your experiences with people who know, your fellow ex-PoWs.

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

This week is only open to ex Prisoners of War. There are places on the week for 10 attendees in total (including carers or partners).

You can telephone the Bookings Team on 01273 391500 from 1st February 2017 to reserve your place. If you have care needs please contact your Welfare Officer.



Homes and Gardens Week 16th to 22nd July.

Are you a gardening enthusiast or do you enjoy seeing how the other half live? If you are either of the above then please come along and join us for a magical week to explore elegant interiors and gorgeous gardens!

Excursions to grand stately homes, beautiful gardens and landscaped park land await. Enjoy some of the best architecture, art, antiques and scenery that this beautiful county has to offer, accompanied by leisurely afternoon teas and lunching in style!

A variety of in-house activities are on offer, including talks from expert speakers on gardening and architectural heritage, along with craft and floristry sessions for you to create a lovely memento for your own home.

It will be a week of inspiration and beauty to feed the soul.

There are places on the week for 16 attendees in total (including carers or partners). You can telephone the Bookings Team on 01273 391500 from 1st February 2017 to reserve your place. If you have care needs please contact your Welfare Officer.



Transport Week 6th to 12th August.

It's time to belt up for a fantastic week of activities and excursions that celebrate all aspects of transport! You can enjoy trips to local motor, railway, boat and aviation themed museums and there's the opportunity to try out some different modes of transport. Previous trips have included a journey on the Bluebell Steam Railway and a cruise by barge along the Wey & Arun canal. All fuelled with country pub pit stops!

We have a wonderful variety of guest speakers lined up from the transport world, themed quizzes and games, and of course there's the company of your fellow enthusiasts to ensure this is a week not to be missed!

There are places on the week for 16 attendees in total (including carers or partners). You can telephone the Bookings Team on 01273 391500 from 1st February 2017 to reserve your place. If you have care needs please contact your Welfare Officer.



Archery Club (second) 13th to 19th August.

Blind Veterans UK Bowmen are the founders of blind archery. The club is known worldwide and is seen as the fount of all knowledge for this exciting sport.

During Archery Week, we shoot against sighted clubs either at home or away, have our own club competitions and there is always time for coaching or equipment tuning.

The week is open to Blind Veterans UK Bowmen, however we welcome new members from our fellow blind veterans.

If you would like to enquire about becoming a member or find out more information about the club, please contact David Poyner on tel: 0161 282 9524 or email d.poyner@ntlworld.com or go to www.blindveteransukbowmen.org.uk



Activities Week 20th to 26th August.

If you're looking for a challenge and a chance to test your limits in a range of different tasks, then this is for you. You need to be physically fit for this week, as activities can include anything from water sports to scaling heights, getting your adrenaline flowing and fuelling your sense of adventure.

All activities will take place at specialist activity sites with their fully qualified instructors and professional equipment. This will be a fun week that will leave you with a feeling of great accomplishment and wanting more.

For further information please contact the Sports & Rec department on 01273 391463 or email sports&rec@blindveterans.org.uk

There are places on the week for 16 attendees in total (including carers or partners). You can telephone the Bookings Team on 01273 391500 from 1st February 2017 to reserve your place. If you have care needs please contact your Welfare Officer.



Widows' Week 27th August to 2nd September.

Why not join old friends and make new ones in our ever popular Widows' Week?

We offer memorable day trips for afternoon tea, lunches and shopping in our beautiful South Downs National Park region.

A full itinerary of in-house activities is provided for your enjoyment that includes floristry, complimentary therapies, craft and talks. Or you may prefer to take the opportunity to simply relax and make the most of our excellent centre facilities that include a heated swimming pool and well equipped gym.

Along with our traditional formal three course lunch this will be a week to reminisce on good times past and make some magical new memories.

There are places on the week for 16 attendees in total (including carers or partners). You can telephone the Bookings Team on 01273 391500 from 1st February 2017 to reserve your place. If you have care needs please contact your Welfare Officer.



History Week 10th to 16th September.

Share your passion for all things historical at the Brighton centre this September as we take a journey through times past.

Set between East and West Sussex the Brighton centre is surrounded by a wealth of castles, palaces, hillforts, archaeological sites, and even the odd Roman Villa! Excursions are offered to some of these wonderful locations as we explore the history of this fascinating region, including Regency Brighton itself.

With in-house talks and presentations from local historians and speakers, and a chance to handle original exhibits from Brighton & Hove Museums service, this week is a must for history buffs!

There are places on the week for 16 attendees in total (including carers or partners). You can telephone the Bookings Team on 01273 391500 from 1st February 2017 to reserve your place. If you have care needs please contact your Welfare Officer.



Fishing Week 17th to 23rd September.

For newcomers to the sport or those who have fished since they were a child, this week allows blind veterans of all levels to go fishing. We focus on the fishing techniques for vision impaired as we work 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 to do is sign up, bring your waterproofs (just in case) and then get your photo in the Review with the giant of the depths.

Some of the prizes that are given out during Fishing Week are shown below.

For more information contact Bryan Kilburn on telephone: 01273 391473. You can telephone the Bookings Team on 01273 391500 from 1st February 2017 to reserve your place. If you have care needs please contact your Welfare Officer.



Amateur Radio Club 1st to 7th October.

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 support from long standing members of the group. It's a great opportunity to make new friends and learn new skills with your fellow blind veterans.

Please contact Ray Peart, Chairman Blind Veterans UK's Amateur Radio Society on 01452 533839 or email Raymond.Peart@btinternet.com

If you have care needs, please contact your Welfare Officer.



Technology Week (second) 8th to 14th October.

Are you a keen user of computers, tablets, or other gadgets, or a beginner who is eager to find out more? The Information Technology Week at the Brighton centre is a great opportunity to meet other blind veterans who have a similar interest.

Build on and share your experience, find out what's new, and discover ways to make the most of what the latest technology has to offer, all in a relaxed and sociable atmosphere.

Your week will include talks, trips out, and practical sessions, as well as all the usual facilities and entertainment provided at the Brighton centre.

There are places on the week for 12 attendees in total (including carers or partners). When you book please specify if you would like to attend the April or October Information Technology Week. You can telephone the Bookings Team on 01273 391500 from 1st February 2017 to reserve your place. If you have care needs please contact your Welfare Officer.



Picture: Blind veteran Mark Threadgold uses the Orcam.

Bowling Fortnight (first) 15th to 28th October.

Are you interested in bowls? Bowlers of any level are welcome to come and join us to take part in this bowling fortnight. The weeks are made up of singles, pairs and triples, round robin competitions, and on the final evening there's a bowls club dinner. It's a really social week with a friendly club, but get in quick as these weeks book up fast! Unfortunately it is not available to book for a single week.

If you would like more information on these weeks or information on the Brighton Bowling Club, please contact Joan Osborne on telephone 01273 302115.



Driving week 29th October – 4th November.

New to Brighton, a week to get back behind the wheel — and not just on land!

This week will be very practical and it's a chance for you to reignite your driving skills when you will have the opportunity to take control of a range of different motor vehicles. There will be go-karting to off-roading with one to one assistance by a qualified instructor to help make the most of the experience. However, these vehicles may not always be land based, there's the potential to drive or sail or fly some air and water based vehicles in this very diverse and exciting week.

For further information please contact the Sports & Rec department on 01273 391463 or email sports&rec@blindveterans.org.uk

There are places on the week for 16 attendees in total (including carers or partners). You can telephone the Bookings Team on 01273 391500 from 1st February 2017 to reserve your place. If you have care needs please contact your Welfare Officer.



Turkey & Tinsel Week 10th to 16th December.

Celebrate Christmas in style and in good company at the Brighton centre. With our traditional Deck the Halls Christmas decoration competition, including a 20ft Christmas tree in our Inner Garden, as the centre takes on a magical atmosphere that is not to be missed!

Excursions are offered to festive markets, picturesque local towns, and country inn's to sample seasonal produce and catch up on some last minute Christmas shopping in the beautiful county of Sussex. With a variety of in house activities on offer that include seasonal talks, crafts, music and games, you will be spoilt for choice.

And of course a full Christmas dinner is included in the week so don't forget your favourite Christmas jumper!

There are places on the week for 16 attendees in total (including carers or partners). You can telephone the Bookings Team on 01273 391500 from 1st February 2017 to reserve your place. If you have care needs please contact your Welfare Officer.



Beginner's archery, shooting and bowls 28th January to 3rd February.

Perhaps you have not had the opportunity to participate in archery, acoustic rifle shooting or bowls. Or you may have tried it once and want to learn more. If so then this week is the one for you.

With our fully qualified instructors you will have the chance for lots of practice in all three disciplines, as you learn the more specific techniques to improve your aim and raise your game. Make sure to bring your competitive edge with you as there will be ample opportunity to participate against your fellow rivals with plenty of competitions throughout the week. There will also be a chance to try some similar sports that have been adapted for vision impaired people.

For further information please contact the Sports & Rec department on 01273 391463 or email sports&rec@blindveterans.org.uk

There are places on the week for 16 attendees in total (including carers or partners). You can telephone the Bookings Team on 01273 391500 from 1st February 2017 to reserve your place. If you have care needs please contact your Welfare Officer.



Archery Club (third) 18th to 24th February.

Blind Veterans UK Bowmen are the founders of blind archery. The club is known worldwide and is seen as the fount of all knowledge for this exciting sport.

During Archery Week, we shoot against sighted clubs either at home or away, have our own club competitions and there is always time for coaching or equipment tuning.

The week is open to Blind Veterans UK Bowmen, however we welcome new members from our fellow blind veterans.

If you would like to enquire about becoming a member or find out more information about the club, please contact David Poyner on tel: 0161 282 9524 or email d.poyner@ntlworld.com or go to www.blindveteransukbowmen.org.uk



Bowling Fortnight (second) 11th to 24th March.

Are you interested in bowls? Bowlers of any level are welcome to come and join us to take part in this bowling fortnight. The weeks are made up of singles, pairs and triples, round robin competitions, and on the final evening there's a bowls club dinner. It's a really social week with a friendly club, but get in quick as these weeks book up fast! Unfortunately it is not available to book for a single week.

If you would like more information on these weeks or information on the Brighton Bowling Club, please contact Joan Osborne on telephone 01273 302115.



Themed and Activity Weeks at the Llandudno centre from April 2017 to March 2018.

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March 2018.

Page 47 Health & Wellbeing Week 6th to 10th March 2018.

Page 47 Music Week 25th to 31st March 2018.

To book your place, or to find out if you are eligible, please telephone the Llandudno centre on to 01492 864590. The booking line will open on 1st February 2017. If you have care needs please first speak with your Welfare Officer.



Music Week (first) 9th to 15th April.

A particularly sociable week with the opportunity to create and listen to a wide range of music. The week will be filled with live music, singers, ukulele bands and an evening dance to finish the week. Once again 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, to shake a leg and meet old friends and make new ones.

We have 20 places for blind veterans who would like to take part in Music Week, not including partners. To book your place, or to find out if you are eligible, please contact the Activity Team at the Llandudno centre on 01492 864590. The booking line will open on 1st February 2017 to take your reservation.



Wood Week 14th to 20th May.

If you enjoy working with wood then this week is for you. Spend time with likeminded people as you do such activities as carving, willow work and joinery in the centre and outside in our on-site four acre woodland area. 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.

We have 12 places for blind veterans who would like to take part in Wood Week, not including partners. To book your place, or to find out if you are eligible, please contact the Activity Team at the Llandudno centre on 01492 864590. The booking line will open on 1st February 2017 to take your reservation.



Picture left: Willow work in the Llandudno centre.



Picture right: Mark Earp of Hebsta Chain Saw Art who donated his time to create this beautiful owl on a dead sycamore tree close to the woodland entrance.

Horse Riding Week 28th May to 3rd June.

Do come and join us to learn the basics of horse riding during this taster week. It will be a varied week as you are taught to ride using the latest in technology on a mechanical horse at a specialist riding centre, and more usual methods as we go out into the Welsh countryside. At local riding schools you will learn how to groom and look after these magnificent animals and we are quite sure that this week will provide something for everyone who is interested in the equine world.

We have 12 places for blind veterans who would like to take part in the Horse Riding Week, not including partners. To book your place, or to find out if you are eligible, please contact the Activity Team at the Llandudno centre on 01492 864590. The booking line will open on 1st February 2017 to take your reservation.



Sea Fishing Week 18th to 24th June.

This week is aimed at all members who have an interest in fishing, from novices to old hands. No matter what your age, skill or mobility we will cater for all our members and adapt the programme to suit you. We will help you develop your fishing techniques either; on a full day boat trip or on the pier or beach on a sunny day. You will also have time to learn how to fillet a fish, as well as smoking them for a delicious barbeque — but that depends on how many fish you catch!

We have six places for blind veterans who would like to take part in Sea Fishing Week, not including partners. To book your place, or to find out if you are eligible, please contact the Activity Team at the Llandudno centre on 01492 864590. The booking line will open on 1st February 2017 to take your reservation.



Potting & Planting Week 25th June to 1st July.

With summer well and truly started we invite you to come and join us to take the opportunity during this week to re-stock the planters in and around the centre, and make hanging baskets and other green fingered gifts to take home. You will spend time with other keen gardeners, go on trips to local gardens and hear tips and guidance from guest speakers. You will also have the chance to be inspired and let loose your creative side.

We have 12 places for blind veterans who would like to take part in Potting & Planting Week, not including partners. To book your place, or to find out if you are eligible, please contact the Activity Team at the Llandudno centre on 01492 864590. The booking line will open on 1st February 2017 to take your reservation.



Adventure Week 2nd to 8th July.

North Wales is the perfect destination for an adventure week where you can experience the real Snowdonia National Park from the mountains to the sea. We will 'push your boundaries', whilst still having fun taking part in such adventurous activities as climbing and abseiling and water based activities will include paddle boarding and kayaking. This year's programme includes a quad bike and go-kart driving day and an indoor skydive experience. All activities are supervised by qualified instructors and include specialist kit and equipment.

We have six places for blind veterans who would like to take part in Adventure Week, not including partners. To book your place, or to find out if you are eligible, please contact the Activity Team at the Llandudno centre on 01492 864590. The booking line will open on 1st February 2017 to take your reservation.



Recreation Taster Week 16th to 22nd July.

Have a go at a variety of recreational activities in our flexible programme that's suited and adapted for all members. Dip your toe into the waters of adventure and experience the activities delivered by the centre, which may include water based fun with paddle boarding and kayaking, tandem cycling, driving experiences on hovercraft and buggies, archery, horse riding and zip wire adventures. So come and join us and have a go! Be inspired to venture into new territory, as you learn and achieve a new skill, or become reacquainted with a forgotten one. Whatever the reason come and make some priceless memories with friends old and new.

We have 12 places for blind veterans who would like to take part in Recreation Taster Week, not including partners. To book your place, or to find out if you are eligible, please contact the Activity Team at the Llandudno centre on 01492 864590. The booking line will open on 1st February 2017 to take your reservation.



Cycling Week 30th July to 5th August.

Feel the wind in your hair, the rain on your face, and the burn in your legs, which all add to the excitement of riding a tandem around North Wales. This year we will discover Anglesey from the safety of the Blind Veterans UK peloton, you do not need a high level of cycling ability or physical fitness, as we will tailor the routes and distances travelled to your individual needs. We will provide each blind veteran with a pilot rider and safety equipment includes, helmet, bike maintenance kits, and a big dose of endorphins! There will be training should you need to learn how to cycle a tandem and ways to improve your technique before we head out on local routes. During the week we will also take the opportunity to have a day in Manchester and ride at the National Velodrome.

We have six places for blind veterans who would like to take part in this Cycling Week, not including partners. To book your place, or to find out if you are eligible, please contact the Activity Team at the Llandudno centre on 01492 864590. The booking line will open on 1st February 2017 to take your reservation.



Water Week 13th to 19th August.

This is an extraordinary opportunity for any of our blind veterans who wish to take part in water based adventurous activities. You can have a go at conquering the rapid rivers, the lustrous lakes and the salty sea, all instructed by fully qualified professionals. Activities may include raft-building, kayaking, sailing open boats, paddle boarding, coastering and other water sports. The week promises to deliver high quality training, develop self-confidence and give you a sense of achievement. The aim of the week is to push your boundaries and reach new goals and it promises to be fun and very wet! This will be a very challenging experience for everyone and, especially those who have major mobility difficulties, but all are welcome.

We have six places for blind veterans who would like to take part in Water Week, not including partners. To book your place, or to find out if you are eligible, please contact the Activity Team at the Llandudno centre on 01492 864590. The booking line will open on 1st February 2017 to take your reservation.



Archery Week 3rd to 9th September.

All budding Robin Hoods and Maid Marion's come and join us for Archery Week at Llandudno. This week is designed for the new or novice archer, it will give you the skills and confidence to take up this inclusive sport as a hobby at home or with a club. We will use both indoor and outdoor ranges, with a variety of targets, and coaching from Archery GB members to hone your skills. So come along and enjoy a Welsh summer whilst shooting a few arrows.

We have 12 places for blind veterans who would like to take part in Archery Week, not including partners. To book your place, or to find out if you are eligible, please contact the Activity Team at the Llandudno centre on 01492 864590. The booking line will open on 1st February 2017 to take your reservation. 13th – 19th



Picture: Young blind veteran Carl Adamson honed his archery skills at the Llandudno centre to become an instructor.



Picture: Chris Lee takes aim at the target.

Photography Week 17th to 23rd September.

Join like-minded people and visit spectacular locations across North Wales. Capture the mountains, the sea side, architecture and people. Learn new tips and share skills with members who are advanced photographers.

You will have the opportunity to create, print and mount your own photography and showcase your work within an exhibition for the whole centre to enjoy. Please bring your own camera.

We have eight places for blind veterans who would like to take part in Photography Week, not including partners. To book your place, or to find out if you are eligible, please contact the Activity Team at the Llandudno centre on 01492 864590. The booking line will open on 1st February 2017 to take your reservation.



Walking Week 24th to 30th September.

Walk, talk and take the opportunity to enjoy the Welsh countryside from the mountains, to the sea, and everything in between. This is an inclusive week and blind veterans of all abilities are welcome to take part as all the routes we take can be adapted to suit your needs, so age and ability or mobility are not barriers. Your journeys will be varied from walking on beaches, through mountains and across rivers and waterfalls. We will provide sighted guides for those who require one to one assistance. In terms of clothing, you will need to bring a set of waterproofs, warm clothing, a good pair of walking shoes or boots and a sense of humour. This is an ideal week to enjoy the Welsh air, make new friends and share knowledge as it promises to be inspiring and full of adventure.

We have six places for blind veterans who would like to take part in Walking Week, not including partners. To book your place, or to find out if you are eligible, please contact the Activity Team at the Llandudno centre on 01492 864590. The booking line will open on 1st February 2017 to take your reservation.



History Week 22nd to 28th October.

This week is themed around the rich history of North Wales and its links with the North West of England. During the week we will explore the different ages of Welsh History, travelling from the Bronze Age, to the development of North Wales as a premier holiday destination through the growth of railways, and the Victorian's love of Tourism. We will explore the importance of the Industrial Revolution on the area and find out why Liverpool is called 'the unofficial capital of North Wales'.

We have 20 places for blind veterans who would like to take part in History Week, not including partners. To book your place, or to find out if you are eligible, please contact the Activity Team at the Llandudno centre on 01492 864590. The booking line will open on 1st February 2017 to take your reservation.



Military Week 5th to 13th November.

Culminating with the Remembrance Sunday Parade at Llandudno's Cenotaph that is located on the promenade our Military Week promises to deliver an exceptional and unforgettable week.

During the week we will visit local military camps and museums when you will have the opportunity to interact with present day soldiers and service 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. There will be guest speakers for you to enjoy listening to. The week will end fittingly as we remember those who served and celebrate with a military style dinner in our grand dining room at the Llandudno centre, for which we invite you to dress in formal lounge wear, and should you wish to do so, to wear your medals.

There are no restrictions on this incredible week as it is open to everyone. Please do come and join us. To book your place, or to find out if you are eligible, please contact the Activity Team at the Llandudno centre on 01492 864590. The booking line will open on 1st February 2017 to take your reservation.



Sewing Week 3rd to 9th December.

Do you know you're over locker from your Singer? Join us for our sewing week and learn the basics of machine sewing. There will be opportunities to do patch work and discuss designs and gift making using pre-made templates. You will also be able to go on a day trip to purchase all necessary supplies for your own personal designs. The Craft Room with its warm and relaxing atmosphere will act as the main space for the activities with several members of staff from across departments offering help and guidance.

We have six places for blind veterans who would like to take part in Walking Week, not including partners. To book your place, or to find out if you are eligible, please contact the Activity Team at the Llandudno centre on 01492 864590. The booking line will open on 1st February 2017 to take your reservation.



Health & Wellbeing Week 6th to 10th March 2018.

Health & Wellbeing Week is a normal holiday week with a twist, all the week's activities will be themed around your Health & Wellbeing. You can expect such activities as; making fruit and vegetable smoothies to aid healthier eating, meditation, yoga, a soothing massage, manicures and local trips and walks. By the end of the week we aim to send you home feeling revitalised and relaxed.

As this week must be booked as a holiday and not as a themed week please telephone 01492 864590 and ask for the Bookings Clerk to book your place on this rejuvenating holiday. The booking line will open on 1st February 2017 to take your reservation.

Music Week from 25th to 31st March 2018.

A particularly sociable week with the opportunity to create and listen to a wide range of music. The week will be filled with live music, singers, ukulele band and an evening dance to finish the week. Once again we will be visiting 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, to shake a leg and meet old friends and make new ones.

We have 20 places for blind veterans who would like to take part in Music Week, not including partners. To book your place, or to find out if you are eligible, please contact the Activity Team at the Llandudno centre on 01492 864590. The booking line will open on 1st February 2017 to take your reservation.

