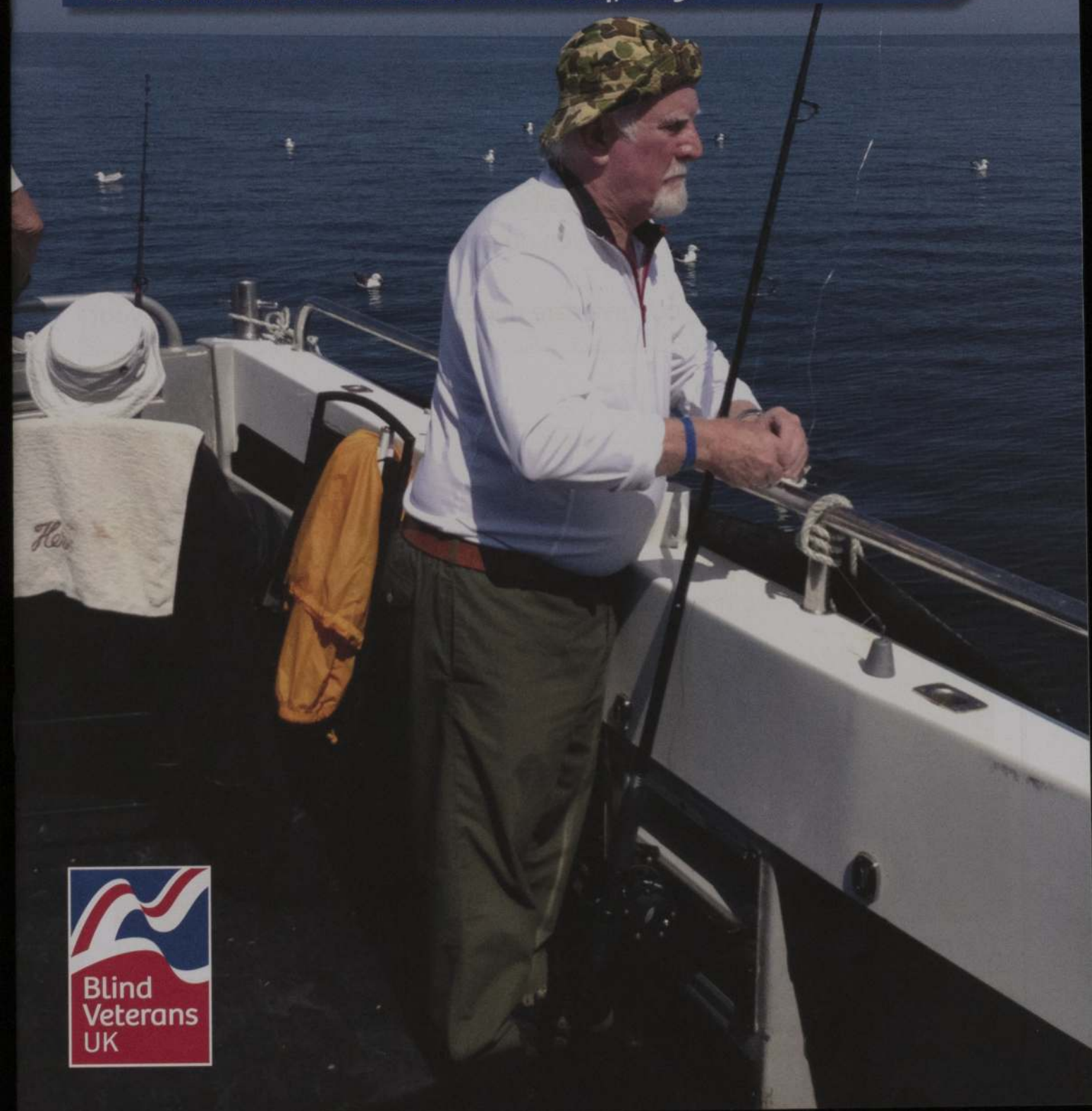


Supplement

Review

Blind Veterans UK | Holiday and activities at the Brighton,
Llandudno and Sheffield centres for 2014/2015.



Introduction to the Activity Week supplement.

We have produced this supplement as a guide for you to choose your activities or holiday(s) at the Brighton, Llandudno and Sheffield centres.

It lists the Activity and Themed weeks and weekends and Club meetings that will take place at our centres throughout 2014 and early 2015.

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

For the Brighton and Llandudno centres booking information is given after each listing. For the Sheffield centre it is given on page 28.

Please do remember that if you have care needs you must initially contact your Welfare Officer.

On the cover: Blind Veterans UK member John Bower takes part in a fishing week.



Review

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



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Brighton Activity and Themed Weeks.

Pages 4 to 19.

Llandudno Activity and Themed Weeks.

Pages 20 to 27.

Sheffield Activity and Themed Weeks.

Pages 28 to 31.



Picture: Blind Veterans UK member and Llandudno centre R&T Liaison Officer Billy Baxter 'flies' over the Snowdonia Mountains on the world's longest zip wire during Adventure Week at the Llandudno centre.

Themed Weeks/activities at the Brighton centre in 2014. Full details are on pages 6 to 19.

February.

Brighton Half Marathon 16th February.

March.

Photography Week 30th March – 5th April.

April.

Brighton Marathon 6th.

Ex POW Reunion 11th – 14th.

Virgin London Marathon 13th.

The Golf Club 19th – 20th.

Masonic Weekend 25th - 27th.

May.

Widows' Week 4th – 10th.

The Golf Club 17th – 18th.

Archery Club 30th May – 9th June.

Water Sports for Heroes Day – date TBC.

June.

Sports & Fitness Week 1st – 7th.

The Golf Club 21st – 22nd.

Gardening Week 22nd – 28th.

Paddle Round the Pier 29th June – 7th July.

July.

Writers' Forum 3rd – 5th

Planes, Trains and Automobiles 6th – 12th.

Ladies Week 13th – 19th.

The Golf Club - 19th – 20th.

Geocaching/Treasure Hunt Week 27th July – 2nd Aug.

August.

London Triathlon 3rd.

Race Week 3rd – 9th.

Activities Week 17th – 23rd.

The Golf Club 23rd – 24th.

September.

Walking/Exploring 7th – 13th.

Pamper Week 14th – 20th.

Fishing Week 14th – 20th.

The Golf Club 20th – 21st.

History Week 21st – 27th.

October.

Amateur Radio Week 3rd – 11th.

Music Week 12th – 18th.

The Golf Club 18th - 19th.

Bowling Club 19th Oct – 1st Nov.

Great South Run 26th.

November.

Cenotaph 8th – 9th.

Dance Week 23rd – 29th.

December.

Turkey and Tinsel Week 14th – 20th.

January 2015.

Winter Warmer Week 4th – 10th.

Ski Club dates TBC.

February 2015.

Computer Club 10th – 13th

Arts Week - 22nd – 28th.

Sports & Fitness Week 8th – 14th.

March 2015.

Archery Week 6th – 14th.

Bowling Club 15th – 28th.

Booking of themed and Club weeks at the Brighton centre.

Details for booking are given after each listing.

Brighton Half Marathon — Sunday 16th February 2014.

This is the 4th year of the Brighton Half Marathon. In 2013 it was voted 'Most Improved Race' at the Runners World Personal Best Awards and it is now one of the most popular races on the national running calendar. It starts on Madeira Drive where around 10,000 runners congregate. The race heads out on the road towards Ovingdean, past our Brighton centre and back along the seafront. We offer guides to all our members who run the Brighton half marathon and it's a great local event for the Brighton centre. If you would like to book your place on the week or check your eligibility please contact the Sports & Rec Department centre on telephone: 01273 391463.

The Golf Club.

All enquiries about The Golf Club to be directed to Pam Crossan 02381 787636 or email: pcrossan@talktalk.net The Club plays at Rusper Golf Club in Surrey, members need their own equipment and a sighted guide.

Photography Week — Sunday 30th March to Saturday 5th April 2014.

Photography can be fun, accessible, sociable and satisfying! If you have an interest in digital photography past or present please do join us at the Brighton centre to meet other members with the same passion who understand the challenges and have discovered ways to overcome them. We will run a range of exercises in house and go out on trips in the local area. The holiday is designed to cater to all levels – from beginners being introduced to their cameras, to the more advanced, building on their editing software skills.

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 they can take part in.

To book please contact the Bookings Office on telephone: 01273 391500. If you have care needs please contact your Welfare Officer. To find out more information about the Photography Week please contact Esther Freeman, Art & Craft Manager on telephone: 01273 391464 or email her at: esther.freeman@blindveterans.org.uk

Brighton Marathon — Sunday 6th April 2014.

The Brighton Marathon is run on road over 26.2 miles. It is a relatively new race, first starting in 2010, compared to its bigger brother the Virgin London Marathon. It has grown in popularity over recent years and is now ranked in the top 12 running events in the UK. We offer guides to all our members running the marathon to keep you motivated all the way around the course and across the finishing line.

If you would like to book your place on the week or check your eligibility please contact the Sports & Rec Department on telephone: 01273 391463.

Ex Prisoner of War Reunion — Friday 11th April to Monday 14th April 2014.

The Ex-POW reunion is an annual weekend for those members who were captured during World War II and in later wars. Over the weekend a meeting is held at the centre, which is chaired by General Sir Peter de la Billière KCB, KBE, DSO, MC & Bar who is President of the group. Following the meeting there is a reunion lunch with a guest speaker. On Sunday a service in the Chapel is conducted by Father Martin Morgan. The weekend is for Ex POWs only.

For more information, please contact Mandy Markwick on telephone: 01273 391445. To book please contact Claire Taylor in the Booking Office on telephone: 01273 391500. If you have care needs please contact your Welfare Officer.

Virgin London Marathon — Sunday 13th April 2014.

The Virgin London Marathon is one of the most famous races in the world. It started in 1981 with just 7,747 runners and each year it has grown in size. In 2013 37,227 runners took part. It is a spectacular event with thousands of spectators lining the streets offering support as they cheer the runners on. We offer guides to all our members running the marathon and make a whole weekend of it staying over-night at the Union Jack Club hotel and browsing the extensive Expo full of the latest running gear. If you would like to book your place on the week or check your eligibility please contact the Sports & Rec Department at the Brighton centre on telephone: 01273 391463.

Blind Veterans UK Masonic Group Weekend — Friday 25th to Sunday 27th April 2014.

For many years, Blind Veterans UK has held a weekend at our Brighton centre for members who are Freemasons to get together and enjoy an annual meeting. If you are interested in joining fellow Masons for a great weekend in April each year, why not join us down at the Brighton centre, where we are the guests of the Temple Lodge in Brighton. Age, Rank or experience are no barrier; it's a wonderful weekend for all. Please contact W.Bro. Bob Strickland, the group's Secretary, for more details. His email address is: **robert.strickland1@btinternet.com** Or you can telephone Bob on: 01329 841022.

Widows' Week — Sunday 4th May to Saturday 10th May 2014.

Come and join old friends and make new friends 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. The week is for widows only. Please contact the Activities team for more information on telephone: 01273 391426. To book please contact the Booking Office on telephone: 01273 391500. If you have care needs please contact your Welfare Officer.

Archery Club — Sunday 30th May to Saturday 9th June 2014.

Blind Veterans UK Bowmen formerly St Dunstan's, was founded in 1977 and they are the founders of blind archery. The club name is known worldwide and is seen as the fount of all knowledge for this exciting sport. During these weeks we shoot against sighted clubs either at home or away; we have our own club competitions and there is always time for coaching or equipment tuning. If an archer wants to shoot for pleasure then that is fine, there is no necessity to take part in competitions. Many of our archers compete in national competitions and we hold numerous national records. Some archers have shot for Great Britain. This week is open to members of Blind Veterans UK Bowmen, however we welcome new members. If you would like to enquire about becoming a member or find out more information about the Club please contact David Poyner on telephone: 0161 2829524 or email: **d.poyner@ntlworld.com** Or go to: www.blindveteransukbowmen.org.uk To book please contact the Booking Office on telephone: 01273 391500. Contact your WO if you have care needs.

Water Sports for Heroes Day — May date TBC.

Have you ever wanted to take part in a water sport? If you have a Water Sports for Hero's Day will take place in Cardiff. It includes such activities as; water skiing, wake boarding, power boat rides and sailing. You will be taught by qualified instructors. As the day is for people of all abilities, if you are a seasoned pro or a complete beginner you will have a fantastic time. There will be refreshments before you start your programme of water sports and lunch and dinner are provided during and after your day on the waters of Cardiff Bay.

This event is limited to 10 people, so get in there fast to avoid disappointment. If you would like to book your place on the week or check your eligibility please contact the Sports & Rec Department at the Brighton centre on telephone: 01273 391463.

Sports & Fitness Week — Sunday 1st June to Saturday 7th June 2014.

Following the success of our Sports and Fitness Week in 2013, we have decided to run two dedicated weeks of Sports and Fitness in 2014/15. The first will run from the 2nd to 6th of June, 2014. For this summer event expect a week of fun fitness, sport and team building sessions, mostly in the great outdoors. We will use the new 'Outdoor Fresh Air Fitness Gym,' as well as taking part in a wide array of other activities and sports in and around the local area. Members who apply to take part will need to be mobile as you will have to take part in a range of physical activities.

If you would like to book your place on the week or check your eligibility please contact the Sports & Rec department at the Brighton centre on telephone: 01273 391463.

Lord's Cricket Day — June Date TBC.

This is a one day event that will take place at Lords Cricket Ground when you can enjoy the inter-service cricket matches. All matches are audio described. Historically our members have been invited into the commentary box and they have also enjoyed a tour of the world famous cricket ground. So if you enjoy cricket and would love a day at one of the best known cricket grounds in the world then book your place.

To book your place please contact the Sports & Rec Department at the Brighton centre on telephone: 01273 391463.

Gardening Week — Sunday 22nd June to Saturday 28th June 2014.

Are you green fingered or would you like to learn to be? This week at the Brighton centre caters for all levels of gardeners, where you will enjoy practical sessions as well as discovering the delights of Sussex as you explore a variety of wonderful gardens. The week is suitable for all members.

For more information on the Gardening Week please contact the Activities team on telephone: 01273 391426. To book please contact the Booking Office on telephone: 01273 391500. If you have care needs please contact your Welfare Officer.



Picture:
Three ladies
with the
hanging
baskets they
prepared
during
Gardening
Week in
2013.

Paddle Round the Pier — Sunday 29th June to Monday 7th July 2014.

This is a fun, inventive week with a little bit of exercise at the end. You will design, create and then paddle a wacky raft out on the open seas off the coast of Brighton. Last year this event attracted over 20 rafts and thousands of people watched on the beach as they lapped up the sun and festival vibe. If you have a creative mind, are good with a hammer and can swim, this could be the event for you this year. Create your raft with the Art & Craft Workshop and then paddle round the Pier with the Sports & Recreation Department.

If you would like to book your place on the week or check your eligibility please contact the Sports & Rec Department on telephone: 01273 391463.

Planes, Trains and Automobiles — Sunday 6th July to Saturday 12th July 2014.

An activity week for those interested in getting up close to some full size steam locos at the Bluebell railway and at Amberly Museum to see the Industrial Railways and the Vehicles. There will also be a visit the first commercial aerodrome in Britain at Shoreham Airport. Some smaller scale locomotives will also be featured. Please note: not all venues are wheel chair friendly.

For further information please contact Leigh Gibbins, Art & Craft Instructor on 01273 391464. To book please contact the Booking Office on telephone: 01273 391500. If you have care needs please contact your Welfare Officer.

Ladies' Week — Sunday 13th July to Saturday 19th July 2014.

Come and join your fellow lady members at the Brighton centre, catch up with friends and enjoy all the centre has to offer. As well as trips out, and a variety of in-house activities, the week will conclude with a three course luncheon in the Winter Garden. This week is exclusively for lady members. If you would like further information please contact the Activities team on telephone: 01273 391426. To book please contact the Booking Office on telephone: 01273 391500. If you have care needs please contact your Welfare Officer.

Geocaching/Treasure Hunt Week — Sunday 27th July to Saturday 2nd August 2014.

Geocaching is a treasure hunting game in which players consult lists of directions, latitude and longitude coordinates and cryptic clues, to find items secreted in all sorts of locations. All over the world there are small treasures hidden in thousands of plastic containers or old ammo boxes tucked out of sight of the casual passerby to which you can be guided by GPS. A typical cache will contain a log book — in which you record your visit — and maybe a few trinkets of no monetary value. For those less able to get out and about we will run treasure hunts indoors at the Brighton centre and around the inner garden. This is open to all members. If you would like further information please contact the Activities team on telephone: 01273 391426. To book please contact the Booking Office on telephone: 01273 391500. If you have care needs please contact your Welfare Officer.

London Triathlon — Sunday 3rd August 2014.

This is an outstanding event to take part in the London Triathlon is one of the biggest Triathlons in the world with 13,000 people taking part over two days. We are looking for members to take part, whether it is your first Triathlon or if you have competed many times before. For the Triathlon you will swim, cycle and run over various distances. So why not become a multi-sport champion with Blind Veterans UK in 2014. If you would like to book your place on the week or check your eligibility, please contact the Sports & Rec Department on telephone: 01273 391463.

Race Week — Sunday 3rd August to Saturday 9th August 2014.

Why not hedge your bets and come to the Brighton centre and have a flutter? During the week we will go to two racecourses and spend an evening at Hove greyhounds. You can also enjoy some race themed in house activities. The Race Week is suitable for all members.

If you would like further information please contact the Activities team on telephone: 01273 391426. To book please contact the Booking Office on telephone: 01273 391500. If you have care needs please contact your Welfare Officer.

Activities Week — Sunday 17th to Saturday 23rd August.

Described by some last year as the best activities week they had been a part of 2014 promises more of the same. The activities week will be made up of varied land and water-based activities. The activities selected are there to challenge you, help overcome fears and/or try something you never thought was possible.

Previous activities include white water rafting at the 2012 London Olympic Centre, wakeboarding, rock climbing, driving and high-wired tree top assault courses. Everyone will end the week feeling exhilarated from the sense of achievement the activities bring. All you need is to have a basic level of fitness and a sense of adventure to participate. The chosen location for 2014 is yet to be confirmed. If you would like to book your place on the week or check your eligibility please contact the Sports & Rec Department on telephone: 01273 391463.

Walking/Exploring Week — Sunday 7th to Saturday 13th September 2014.

After last year's mammoth achievement when members walked the 75 miles from Winchester to the Blind Veterans UK centre over the course of a week we have decided to dedicate a week to walking in some of the most stunning areas on the south coast. We will take in such sights as Friston Forrest, the Long Man of Wilmington and the Jack and Jill Windmills of Clayton to name but a few. We plan to walk a variety of distances each day — so if you just want a leisurely stroll with picturesque scenery or you want to cover a good number of miles each day this could be the event for you. To take part in the Walking/Exploring Week members must be able to walk more than five miles.

If you would like to book your place on the week or check your eligibility please contact the Sports & Rec department on telephone: 01273 391463.

Pamper Week — Sunday 14th September to Saturday 20th September 2014.

Do you feel in need of a little pampering and gentle exercise? Then this week at the Brighton centre is the week for you. Choose from a wide range of subsidised treatments such as massage, reflexology, hair and nails. You can also take part in gentle exercise sessions and learn how to have a healthy lifestyle. Why not come and spoil yourself?

This is suitable for all members. If you would like further information please contact the Activities team on telephone: 01273 391426. To book please contact the Booking Office on telephone: 01273 391500. If you have care needs please contact your Welfare Officer.



Picture: Therapist Kerry Reed delivers a treatment during the Spa Week at the Brighton centre in 2013.

Fishing Week — Sunday 14th September to Saturday 20th September 2014.

Do you enjoy fishing and would you like to learn how to become a better angler? The Brighton centre runs an annual fishing trip for members that includes professional tuition and advice on fishing techniques for anglers with sight loss. We will spend a number of days fishing at a lake near the historic town of Battle. As the week comes to a close the group will draw up plans for future fishing weeks and look at ways of sharing experiences, tips and techniques with equipment manufacturers and the wider angling community.

Overall it will be a great week that will be fun and help progress the sport for members.

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

History Week — Sunday 21st September to Saturday 27th September 2014.

For those who have a keen interest in Sussex's past, come and join your fellow historians at the Brighton centre. With trips out to places of interest and in-house activities, there is something for everyone.

This is suitable for all members. If you would like further information please contact the Activities team on telephone: 01273 391426. To book please contact the Booking Office on telephone: 01273 391422. If you have care needs please contact your Welfare Officer.

Amateur Radio Week — Friday 3rd October to Saturday 11th October 2014.

If you would like to become an Amateur Radio ham and communicate with people across the globe then please contact Blind Veterans UK President Ray Hazan OBE on telephone: 01323 325904 or email: ray.hazan@googlemail.com

Music Week — Sunday 12th October to Saturday 18th October 2014.

If your toes start to tap when you hear music the Music Week this week at the Brighton centre will allow you to revel in your love of music. From musical trips out to an array of entertainers in-house, there should be something to suit everyone's taste. The Music Week is suitable for all members. If you would like further information please contact the Activities team on telephone: 01273 391426. To book please contact the Booking Office on telephone: 01273 391500. If you have care needs please contact your Welfare Officer.

Great South Run — Sunday 26th October 2014.

The Great South Run is a fast and flat 10 mile route that takes in the iconic sites of Portsmouth's Historic Dockyard, Portsmouth Cathedral, Spinnaker Tower and HMS Victory, which has played host to the Band of HM Royal Marines, who often perform for passing runners at the iconic site. We offer guides to all our members running the Great South run. You could be running shoulder to shoulder with such world class athletes as Sonia O'Sullivan, Paula Radcliffe and Mo Farah. If you would like to book your place on the week or check your eligibility please contact the Sports & Rec Department on telephone: 01273 391463.



Picture: Sports & Rec Instructor Dewi Roberts and Blind Veterans UK member Steve Shepherd take part in the Great South Run.

Bowling Club — Sunday 19th October to Saturday 1st November 2014.

Are you interested in bowls? All bowlers, of any level, are welcome on these two weeks. The week is 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. Get in quick though as these weeks book up fast! Unfortunately this is not available to book for a single week.

If you would like more information please contact Joan Osborne on telephone: 01273 302115. If you have care needs please contact your Welfare Officer.

Dance Week — Sunday 23rd November to Saturday 29th November 2014.

Get your dancing shoes on and take a partner by the hand for a fun filled week of dance. You don't need to be Fred Astaire but we may make a Ginger Rogers out of you. With dance lessons throughout the week for all abilities, you can show off your fancy footwork at the end of week dance. This is suitable for all members.

If you would like further information please contact the Activities team on telephone: 01273 391426. To book please contact the Booking Office on telephone: 01273 391500. If you have care needs please contact your Welfare Officer.

Turkey and Tinsel Week — Sunday 14th December to Saturday 20th December 2014.

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 before everyone else does? 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 it's going to be a cracker! If you would like further information please contact the Activities team on telephone: 01273 391426. To book please contact the Booking Office on telephone: 01273 391500. If you have care needs please contact your Welfare Officer.

Winter Warmer Week — Sunday 4th January to Saturday 10th January 2015.

This week celebrates all that's great about winter. The dark nights and chilly weather give us an excuse to do just what we like, whether it's to wrap up and take gentle strolls on a beautiful crisp day, or stay cosy indoors and sip whisky, singing around the piano or listening to a winter themed play. Join us to celebrate the season and enjoy a Winter Wonderland! Make a plan to come with friends, or on your own for the lively evening atmosphere, where you can enjoy live music, great food and drink, all home from home. There's something for everyone. This is suitable for all members.

If you would like further information please contact the Activities team on telephone: 01273 391426. To book please contact the Booking Office on telephone: 01273 391500. If you have care needs please contact your Welfare Officer.

Ski Club — Dates to be confirmed.

The Blind Veterans UK ski club has been hitting the slopes of Canazei, Canazei Val Fasse in the Italian Dolomites, for many years.

To find out more information about the Ski Club and this trip, please contact Louise Timms, R&T Manager (Sports & Rec) on telephone: 01271 391463.

Sports & Fitness Week — Sunday 8th to Saturday 14th February 2015.

For the second of our sports weeks and due to the weather at this time of year we will make use of the brilliant facilities at the Brighton centre. Expect swimming, gym sessions and various sports in our sports hall, as well as activities outside the centre and talks about your nutrition. This action packed week will aim to increase your fitness, get you working as part of a team and get you to do things you didn't think possible, all the time smiling from ear to ear.

If you would like to book your place on the week or check your eligibility please contact the Sports & Rec Department on telephone: 01273 391463.

Arts Week — Sunday 22nd February to Saturday 28th February 2015.

Arts week is an opportunity for a wonderful week away: expect the unexpected, be inspired and delighted — and go home with a unique artwork of your own. You'll become the creators, we will visit a range of creative venues, you can take part in making music, listening to performances, and much 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. If you would like further information please contact the Activities team on telephone: 01273 391426. To book please contact the Booking Office on telephone: 01273 391500. If you have care needs please contact your Welfare Officer.

Archery Club — Friday 6th to Saturday 14th March 2015.

Blind Veterans UK Bowmen formerly St Dunstan's, was founded in 1977 and they are the founders of blind archery. The club name is known worldwide and is seen as the fount of all knowledge for this exciting sport. During these weeks we shoot against sighted clubs either at home or away; we have our own club competitions and there is always time for coaching or equipment tuning. If an archer wants to shoot for pleasure then that is fine, there is no necessity to take part in competitions.

Many of our archers compete in national competitions and we hold numerous national records. Some archers have shot for Great Britain.

This week is open to members of Blind Veterans UK Bowmen; however we welcome new members.

If you would like to enquire about becoming a member or find out more information about the Club please contact David Poyner on telephone: 0161 2829524 or email: d.poyner@ntlworld.com Or go to: www.blindveteransukbowmen.org.uk

To book please contact the Booking Office on telephone: 01273 391500. Contact your WO if you have care needs.



Picture: Norman Perry takes part in an archery competition at the Brighton centre.

Bowling Club — Sunday 15th March to Saturday 28th March 2015.

Are you interested in bowls? All bowlers are welcome of any level on these two weeks. The week is 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. Get in quick though, these weeks book up fast! (Unfortunately not available to book for a single week.) The week is for Bowling Club members only. If you would like to take part please contact Joan Osborne on telephone: 01273 302115. To book please contact the Booking Office on: 01273 391500. If you have care needs please contact your Welfare Officer.

Themed Weeks at the Llandudno centre in 2014/2015. Full details are on pages 21 to 27.

April.

Adventure Week 13th - 19th.

May.

Potting & Plants Week 4th - 10th.

Welsh History and Culture Week 11th - 17th.

Wood-fest 25th May - 31st.

June.

Welsh Water Week 8th - 14th.

Next Level Fishing Week 29th - 5th July.

July.

Music Week 6th - 12th.

Fishing Taster/Beginners Week 20th - 26th.

August.

Amateur Radio Club 1st - 9th.

Recreation Taster Week 10th - 16th.

Family Weekend 22nd - 25th.

September.

Canal Boat/Cycling Week 21st - 27th.

Mostyn Arts Week 21st - 27th.

October.

Walking/Photography Week 12th - 18th.

Computer Club 14th - 18th.

November.

Military Week 2nd - 10th.

Christmas Crafts 23rd November - 6th December.

December.

Christmas Crafts 14th - 31st.

March 2015.

Health & Wellbeing Week 8th - 14th.

Technology Week 22nd - 28th.

Booking of themed and Club weeks at the Llandudno centre.

Details for booking are given after each listing.

Adventure Week — Sunday 13th to Saturday 19th April 2014.

This is an incredible opportunity to develop self-confidence, 'push your boundaries' and above all have a fun, safe week of adventure. Experience the delights of Snowdonia from the rivers and lakes to the hills and mountains, demonstrating a willingness to achieve and a sense of camaraderie. It's a great chance to interact with nature as you take part in such mountain based activities as trekking, climbing, abseiling, gorge walking. You can also sea kayak and surf for great fun on the water. The aim of the week is to stretch you from your comfort zone and help you reach your goals. It will be fun, wet and high!

There are places for eight members and their partners. To book your place, or to find out if you are eligible, please contact the Sports & Rec Department on 01492 868700.

Potting & Planting Week — Sunday 4th to Saturday 10th May 2014.

With the advent of spring, this week is an opportunity to plant flowers in and around the centre and prepare potted plants and flowers to take home. You will spend time with other keen gardeners, go on trips to places of interest and hear tips and guidance from guest speakers. You will also have the chance to be creative with flora as you try your hand at arranging flowers and learn how to grow and manage your own vegetable patch.

There are places for 10 members and their partner or carer. To book your place, please contact the Sports & Rec Department on 01492 868700.

Welsh History & Culture Week — Sunday 11th to Saturday 17th May 2014.

Through a wide range of activities you will encounter a taste of Welsh culture. The week promises to be a social, fun week including activities such as music, drama, arts, food and history. As we visit local historic sites on and around the North Wales coast you can practice useful Welsh phrases whilst purchasing local products or creating your own Welsh cultural gifts.

Max Availability: No restrictions, the week is open-to-all. To book your place please contact the Sports & Rec Department on 01492 868700.

Wood Fest — Sunday 25th to Saturday 31st May 2014.

If you enjoy working with wood, this week is for you. Spend time with like minded crafts people doing carving, willow work and joinery, in and outside the centre. Make the most of guest speakers and demonstrations to connect further with wood and learn new skills. The week will culminate in a showcase and visit to Wood-fest Wales. Wood-fest Wales is a celebration of all things wood. The festival showcases a variety of wood related activities, crafts and forest industries. Timber professionals come together to compete in a range of competitions. Timber businesses, organisations and associations use the event to showcase their own areas of speciality and interest giving advice on all things timber related.

There are places for six members and their partners or carers. To book your place please contact the Sports & Rec Department on 01492 868700.

Welsh Water Week — Sunday 8th to Saturday 14th June 2014.

This is an extraordinary opportunity for any of our members to take part in water based adventure activities. You can pitch yourself against nature as you try to conquer the rapid rivers, the lustrous lakes and the salty sea. You are instructed and accompanied by fully qualified professionals at all times.

There will be a chance to visit highly acclaimed water sports centres, as well as work alongside military personnel from the Joint Services Adventurous Training centre based in Snowdonia. 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 experiences and achieve something new. There may well be a night or two away from the centre, allowing you to develop independent living skills such as making camp and cooking.

The week will be similar to last year's canoeing week, described by one member, David Greenwood, as "brilliant and a week that I will never forget!"

There are places for eight members and their partners or carers. To book your place, or to find out if you are eligible, please contact the Sports & Rec Department on 01492 868700.

Next Level Fishing Week — Sunday 29th June to Saturday 5th July 2014.

This week is aimed at those members who have a keen interest in fishing, as well as those who have the skills and experience which are a step ahead of the beginner. Develop your fishing techniques on a full day boat trip or on the pier on a sunny summer's day, as well as visit local trout farms during the calm, warm evenings when the fish are always biting!

There are places for eight members and their partners or carers. To book your place please contact the Sports & Rec Department on 01492 868700.

Music Week — Sunday 6th to Saturday 12th July 2014.

"Llangollen International Musical Eisteddfod is more than a renowned choral music festival. It is a celebration of music, dance, costume and culture from nations around the world."

If you have musical tone and would love to be involved in music, or you want to learn how to play a new instrument, then come and join us for Music Week. There will be opportunities to jam to an African drums session, learn how to play the Ukulele, and learn about some of the cultural traditions involved in the International Eisteddfod, which is held locally in Llangollen. The festival is a cultural exchange of dance and choral music: singers, dancers and audiences alike have a wonderful opportunity to enjoy the talents of performers from around the globe. Max Availability: No restrictions as the week is open-to-all. To book your place please contact the Sports & Rec Department on 01492 868700.

Fishing Taster Week — Sunday 20th to Saturday 26th July 2014.

This week is for those new to the sport or who would like to return to the sport of fishing. During the week you can 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! No matter what your ability or age, we will cater for any of our members and adapt the programme.

There are places for 10 members and their partners or carers. To book your place please contact the Sports & Rec Department on 01492 868700.

Amateur Radio Club — Friday 1st to Saturday 9th August 2014.

If you would like to become an Amateur Radio ham and communicate with people across the globe then please contact Blind Veterans UK President Ray Hazan OBE on telephone: 01323 325904 or email: ray.hazan@googlemail.com

Recreation Taster Week — Sunday 10th to Saturday 16th August 2014.

Have a go at trying out a variety of recreational activities in our flexible programme; suited and adapted for any member, no matter what age, gender, or ability.

There will be a full range of activities that includes tennis, horse riding, clay pigeon shooting, swimming, ten-pin & crown green bowling, croquet & games on the front lawn — so come and have a go!

There's an old saying that goes: "You can't teach an old dog new tricks," but in this case it's far from the truth. Be inspired by venturing into unknown territory, by learning and achieving a new skill, or become reunited with your favourite sport, and take home priceless memories.

There are places for 20 members and their partners or carers. To book your place please contact the Sports & Rec Department on 01492 868700.

Family Weekend — Friday 22nd to Monday 25th August 2014.

This bank holiday weekend is aimed at offering families of all ages a first class weekend when they can enjoy quality time together. You can visit local attractions and back at the centre you can enjoy activities and games and a barbeque in our extensive grounds.

A wide range of activities will vary from creative Art & Crafts sessions to archery and other sports activities. We are open to suggestions, so please do tell us what you want to do!

There are places for 10 people. To book your place, or to find out if you are eligible, please contact the Sports & Rec Department on 01492 868700.

Canal Boat and Cycling Week — Sunday 21st to Saturday 27th September 2014.

This is a multi-activity week for those who are looking for a challenge! Staying at the centre, members will set out from Llandudno towards the beautiful Vale of Llangollen where the famous Pontcysyllte Aqueduct is located; a World Heritage Site. We will rent a canal boat for the week where you'll be able to do some independent living skills on board the boat, practice your cooking skills and soak up the peaceful atmosphere of the area. The canal stretch from Llangollen towards Ellesmere has many cycle paths and routes which you'll be able to access during the day. We will have tandem bikes and experienced pilot riders to suit your needs. There will also be an opportunity to ride on the National Velodrome in Manchester.

There are places for 6 members and their partners or carers. To book your place please contact the Sports & Rec Department on 01492 868700.



Picture: Enjoy life on a canal boat during the Canal Boat and Cycling Week.

Walking and Photography Week — Sunday 12th to Saturday 18th October 2014.

Walk, talk and take the opportunity to document your venture into the Welsh landscape. Your journeys will be varied from walking on beaches, through mountains, across rivers and waterfalls. Learn new tips and skills to ensure you use your camera effectively. During the week you will listen to talks from guest speakers, share knowledge and contribute to a showcase exhibition in the centre. The week promises to be inspiring and full of adventure. Please bring your own camera. There are places for 10 members and their partners or carers. To book your place please contact the Sports & Rec Department on 01492 868700.

Military Week — 2nd to 10th November 2014.

Coinciding with the Remembrance Sunday parade at Llandudno's Cenotaph that is located on the promenade, our Military Week promises to deliver an unforgettable week.

We will visit local military camps and museums such as RAF Valley, Caernarfon Air Museum and the Dale Barracks when members 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 try some of the up-to-date equipment. There will also 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 at the Llandudno centre.

This is open to all. There are no restrictions. To book your place please contact the Sports & Rec Department on 01492 868700.



Picture: Llandudno centre R&T Manager Steve Boswell and Blind Veterans UK member and R&T Liaison Officer Billy Baxter take part in the Service of Remembrance at the Cenotaph in Llandudno.

Christmas Crafts Weeks — Sunday 23rd November to Saturday 6th December.

The Llandudno centre offers a warm, welcoming atmosphere during the Christmas period, and there are always plenty of activities on the go so you'll never miss out. From shopping trips, to panto, Christmas dinner and arts & crafts (where we'll be making Christmas decorations and family gifts) there will be plenty of things to keep you busy. Take time to relax in front of the fire, watch a Christmas movie and listen to guest singers and the harpist, spreading the festive joy! The gym will also be open at set times for you to work off the pigs in blankets, and there will also be an opportunity to take part in activities such as quizzes in the lounge and board games. And of course, there will be daily trip outings to local garden centres, 10 pin bowling and the Queen's hotel tea dance.

This is open to all. There are no restrictions. To book your place please contact the Sports & Rec Department on 01492 868700.

Health and Wellbeing Week — Sunday 8th to Saturday 14th March 2015.

This week aims to rejuvenate and energise through health and well being activities such as pedicures, manicures and massages. There will also be an opportunity to learn about health related therapies such as Swedish massage, aromatherapy and reflexology. The week is open to all members and partners, of all ages and abilities. If you fancy letting your hair down, relaxing with fellow members, and want to treat yourself then this is the week for you.

This is open to all. There are no restrictions. To book your place please contact the Sports & Rec Department on 01492 868700.

Themed Weeks at the Sheffield centre in 2014/2015. Full details are on pages 29 to 31.

February.

Sheffield Holiday Week 3rd - 7th.

April.

Exploring the Peaks 7th - 11th.

June.

Gardens Week 30th - 4th July.

July.

Photography Week 28th - 31st.

August .

Luncheon Club 18th - 22nd.

G.O.A.L Group 26th to 29th.

September.

Culture Week 8th - 12th.

October.

The Big Draw 6th - 10th.

December.

Christmas theme Week 15th - 19th.

Booking of themed and Club weeks at the Sheffield centre.

If you would like further information please contact the Booking Office on telephone: 01273 391500. If you have care needs please contact your Welfare Officer.

All of the activities will take place from Monday to Friday.

Sheffield Holiday Week — 3rd to 7th February 2014.

Situated on the edge of Yorkshire and Derbyshire, Sheffield is the perfect base for a week of variety. This week is a chance for people to come to the Sheffield centre, which we will make our base as we set off to explore the local area. There are opportunities to visit the numerous galleries and museums the city has to offer. You can also take time out to shop in the city centre or Meadowhall and we will take trips into the countryside and grand country houses. There will be a visit to the theatre and time spent enjoying the vast array of restaurants for a great evening out.

Exploring the Peaks – Active Outdoors — 7th to 11th April 2014.

A third of Sheffield lies in the Peak District boundary. This makes it the perfect base for a week to explore the natural beauty and possibilities that the area holds. With quaint villages, traditional pubs and stunning wide open spaces the Peak District is home to a range of outdoor pursuits. As this week will include various activities around the Peak District it is essential that you have good mobility, along with a good pair of walking boots!

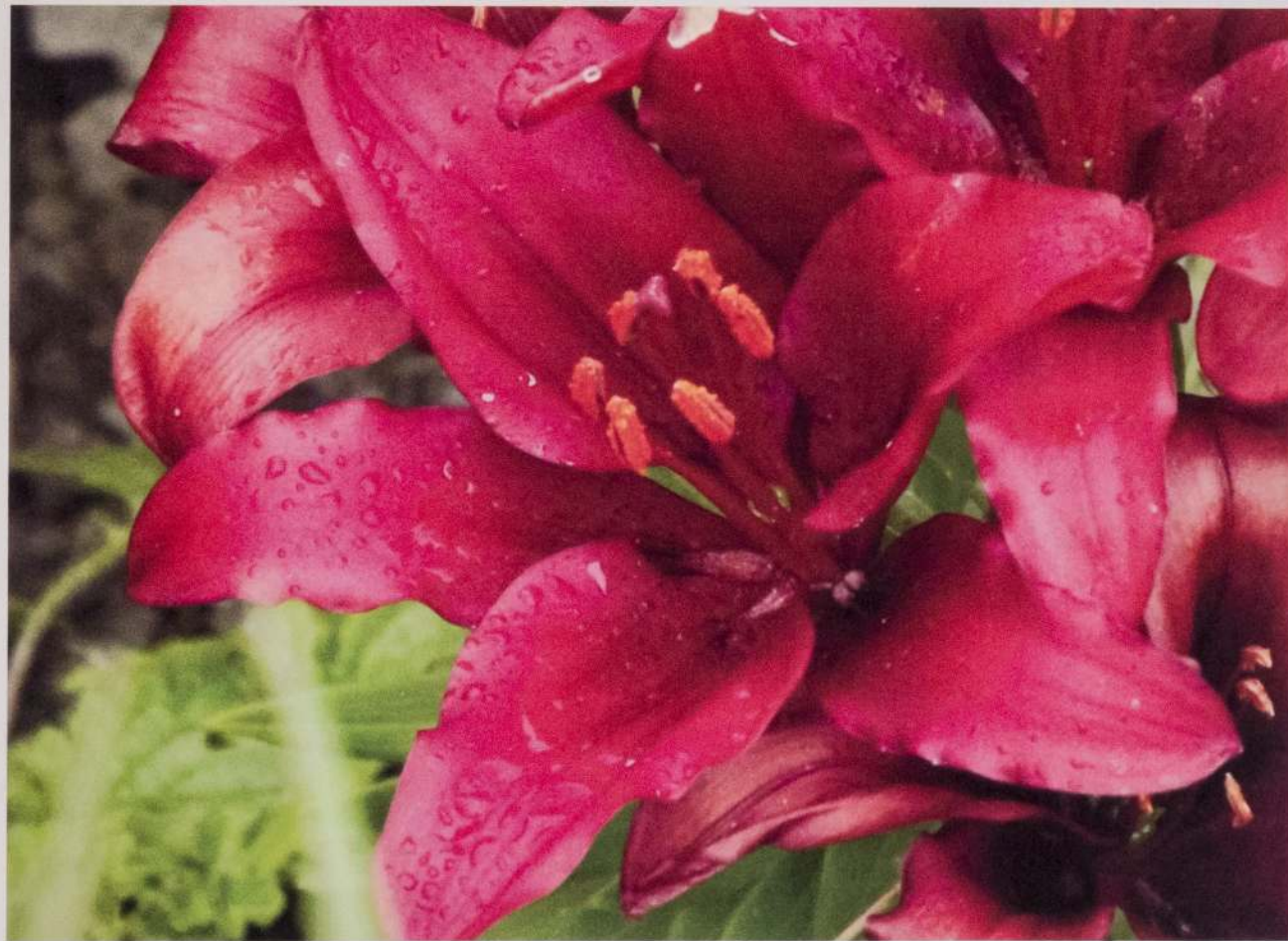
Gardens Week — 30th June to 4th July 2014.

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



Photography Week — 28th to 31st July 2014.

Once again we will host our ever popular Photography Club Holiday Week. Members are invited to make their way to the Sheffield Centre for the photography holiday; this holiday encourages members to share their passion for snapping! Everyone who takes part is encouraged to find out what type of photography you 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 why they pursue it despite the challenges.



Picture: A photography by Chris Nowell.

Culture Week — 8th to 12th September 2014.

Soak up some true Yorkshire culture during the week. You can enjoy days out at local cultural favourites and then sample new cheeses and enjoy tasting different wine in our Cheese and Wine evening. Bring a fancy frock or black tie for our formal dinner. Enjoy your favourite classical songs and bring your poems of choice to share during a poetry evening.

The Big Draw — 6th to 10th October 2014.

During the week you will visit local venues including a visit to a brewery to learn how they make real ale the traditional way and maybe sample the results. We will have a talk about the history of British ales back at the centre. There will be plenty of opportunities to share your stories with fellow members who have shared, served through and formed a bond that you all share. You will also be encouraged to take part in 'The Big Draw' and design your own label or coaster.

Christmas Week — 15th to 19th December 2014.

Get into the Christmas spirit during our Christmas Week. We will visit the local Christmas markets where you can browse and take in the wonderful yuletide atmosphere or stop to shop and buy present for your family and friends - or a treat for yourself. We will all enjoy a night out at 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 making seasonal decorations and Christmas crafts. This is the perfect week to get you into full festive swing in the build up to Christmas.



Picture: The Sheffield Christmas Market.

