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# Centres Supplement

October 2024 -  
March 2025

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Rebuilding  
lives after  
sight loss



# Hello, and welcome to your Centres Supplement 2024

We are delighted to be able to present you with a full programme of activities on offer at the centres for the period between October 2024 to March 2025.

This offer has been put together following feedback from many of you. It includes everything from entertainment to hobbies to adventure, and it's accessible to all regardless of your age, ability or needs.

We'd love to hear how you get on with these activities, so please do let us know during your stay.

Of course, one of the biggest advantages of staying at our centres is having the chance to meet other veterans and rekindle that sense of camaraderie so unique to the Armed Forces.

So come and spend some time at our 'home from home', and we will do everything we can to ensure your holiday by the sea is truly one to remember.

We look forward to welcoming you,  
**Kathy and Lesley, Heads of centre in Llandudno and Rustington** 🇬🇧



**Act of Remembrance service at the Llandudno Centre**



# What's available at the centres?

## Holiday Weeks

Unwind and relax on holiday at our centres in Llandudno and Rustington. Get outdoors, explore, eat great food, and enjoy fantastic trips and entertainment. Selected holiday dates throughout the year will be themed around particular pastimes, hobbies, special interests and occasions.

You are welcome to book onto any holiday week - whether or not you want to join in with the trips and entertainment is entirely up to you. Please refer to our calendar on pages five and nine.

## Activity Weeks

Our activity weeks are adventurous fun-filled weeks. There couldn't be greater proof that sight loss doesn't have to limit your horizons! **Bookings for activity weeks are limited to Members** only. To prioritise safety, we keep numbers to a minimum. If there is significant demand for places, the centre may be able to re-run the week later in the year for those who missed out the first-time round.

## Assessed need/ intervention

The centres are able to offer one to one or group rehabilitation based on your needs. Examples of these are low vision assessments, mobility, sleep, emotional or physical wellbeing, fitness and much more. Talk to your community team and determine the best place for that rehabilitation to take place, whether it is in your home in a familiar environment, online if appropriate or in a centre.

## The cost of your stay

Our costs vary depending on whether you need care and if you lost your sight as a result of your service. Please note, Blind Veterans UK has a comprehensive grants policy, so should you feel that cost is a barrier to you coming to stay please do speak to your community team. All trips and activities are included in your holiday costs. If there's an opportunity to enjoy a visit to the theatre, we will contact you in advance to gauge your interest and request that the cost of the ticket is covered on arrival. 🇬🇧



# Our Llandudno Centre of Wellbeing

Whether you want to relax on a seaside break, immerse yourself on a themed holiday or embrace your sense of adventure on an activity week, the centre offers something for everyone.

As a specialist centre for people with visual impairment, holidays at the Llandudno centre are designed

for those with all levels of sight loss. There's so much to do in the centre, in the vibrant seaside town of Llandudno and further afield across North Wales.

Following a temporary closure period due to building works, we expect to be full operational again from 2 September 2024. 🇬🇧



Members sitting in a centre transporter on a day trip

DATE	WEEK	
6 - 12 October	Holiday week	Activity week: <b>Fishing</b>
13 - 19 October	Themed holiday week: <b>Through the decades</b>	
20 - 26 October	Themed holiday week: <b>Creative History</b>	Activity week: <b>Adventure</b>
27 Oct - 2 Nov	Holiday week	
3 - 9 November	Themed holiday week: <b>Military</b>	
10 - 16 November	Themed holiday week: <b>R and R</b>	
17 - 23 November	Themed holiday week: <b>Cruise into Christmas</b>	
24 - 30 November	Holiday week	Activity week: <b>Cycling</b>
1 - 7 December	Themed holiday week: <b>Mistletoe and wine</b>	
8 - 14 December	Themed holiday week: <b>Mistletoe and wine</b>	Activity week: <b>Target</b>
15 - 21 December	Themed holiday week: <b>Mistletoe and wine</b>	
22 - 28 December	Christmas holiday week	
29 Dec - 4 Jan	New Year holiday week	
5 - 11 January	Themed holiday week: <b>Creative and crafty</b>	
12 - 18 January	Holiday week	Activity week: <b>Healthy living</b>
19 - 25 January	Themed holiday week: <b>Highland Fling</b>	
26 Jan - 1 Feb	Holiday week	
2 - 8 February	Holiday week	
9 - 15 February	Themed holiday week: <b>Love is in the air</b>	
16 - 22 February	Holiday week	
23 Feb - 1 Mar	Themed holiday week: <b>Myths and Legends</b>	
2 - 8 March	Holiday week	
9 - 15 March	Holiday week	Activity week: <b>Walking (10 miles)</b>
16 - 22 March	Themed holiday week: <b>Irish</b>	
23 - 29 March	Holiday week	
30 Mar - 5 Apr	Themed holiday week: <b>History</b>	Activity: <b>Strolling</b>



# Activity Weeks

**Fishing week:** An opportunity to fish and relax with fellow anglers. Share the thrill of a first catch or the stunning scenery of a new waterway, as you spend time with fishing buddies new and old.

**Adventure week:** This is a week for those wanting to step away from their comfort zone in accessible outdoor adventure activities for all ages and abilities.

You'll need a level of physical fitness to try new experiences and re-engage with endeavours that bring you joy.

**Military week:** Our Military week centres around Remembrance and a celebration of our military culture. Share stories from your days in the Armed Forces, compare modern military lifestyles and even try out some up-to-date equipment.



**Llandudno driving week**

**Cycling week:** Come join us for a week of cycling in the beautiful Welsh countryside. Connect with nature and fellow Members as you ride through wonderful Welsh countryside. As the 'stoker' on the back of an electric tandem bike, you'll team up with a pilot and always ride as part of a larger group.

**Target week:** Enjoy the satisfaction of target sports, from shooting, axe throwing, archery to bowls and everything in between. This promises to be a fun-filled week with a side of competition for those that want it that way.

**Healthy Living week:** This is a week promoting healthy eating, healthy lifestyles, exercises and activities that will keep your mind and body in check as we age. Get back into good habits including prescriptive exercise classes, seated chair upwards, sleep hygiene, hand therapy, dietary and healthy eating and cooking advice.

**Walking week:** Famous for its rugged coastline and national parks come and start your next adventure with us in North Wales. Whether you are already a committed walker or just wanting new experiences we can support you on your journey.

**Strolling week:** During this week of walking in the great outdoors, we'll explore the world heritage site of Conwy, meet feathered friends at the local RSPB reserve, and breathe in Welsh sea air on the local promenade. Improve your fitness with daily walks of 1-2 miles, try relaxation techniques, and connect with nature and your fellow Members.

## Booking a holiday

To book a holiday at the centre, please contact the Llandudno Centre directly on **01492 868 700**

## Booking an activity week

To register your interest in an activity week at our Llandudno Centre, please contact us on **01492 868 700**.

■ For more information about our centre breaks and register your interest, go to [blindveterans.org.uk/centrebrea](http://blindveterans.org.uk/centrebrea), or scan the QR code. 📱





# Our Rustington Centre of Wellbeing

Beside the beach in Rustington, our truly impressive, fully accessible centre is set over two floors and designed from top to bottom especially for our Members.

The seafront location is fabulous, and the delightful village high street full of shops, restaurants and pubs is just a short stroll away. West Sussex boasts

many sights of historical and military interest, beautiful scenery and plenty of visitor attractions to explore, along with one of the mildest climates in the UK.

Join us for a much-needed holiday break, try out our new facilities while enjoying inhouse activities, trips out and lots of entertainment. Our staff team can't wait to welcome you! 🇬🇧



Rustington strolling week

DATE	WEEK
1 - 7 October	Holiday week <span style="float: right;">Activity week: <b>Sports</b></span>
8 - 14 October	Themed holiday week: <b>Autumn nature</b>
15 - 21 October	Holiday week <span style="float: right;">Activity week: <b>Bowls</b></span>
22 - 28 October	Themed holiday week: <b>Crimes and mystery</b>
29 Oct - 4 Nov	Holiday week
5 - 11 November	Themed holiday week: <b>Military</b>
12 - 18 November	Holiday week
19 - 25 November	Holiday week
26 Nov - 2 Dec	Themed holiday week: <b>Tomorrow's world</b>
3 - 9 December	Themed holiday week: <b>Turkey and tinsel</b>
10 - 16 December	Themed holiday week: <b>Turkey and tinsel</b>
17 - 22 December	Themed holiday week: <b>Turkey and tinsel</b> (short week)
23 - 29 December	Christmas week
30 Dec - 5 Jan	New year week
12 - 18 January	Activity: <b>Bootcamp</b>
14 - 20 January	Themed holiday week: <b>Wellness Re-set</b>
21 - 27 January	Holiday week
28 Jan - 3 Feb	Themed holiday week: <b>Winter nature</b>
4 - 10 February	Holiday week
11 - 17 February	Themed holiday week: <b>Romance</b>
18 - 24 February	Holiday week
25 Feb - 3 March	Themed holiday week: <b>History</b>
4 - 10 March	Holiday week
9 - 15 March	Activity: <b>Taster activities</b>
11 - 17 March	Themed holiday week: <b>Culture</b>
18 - 24 March	Holiday week
25 - 31 March	Themed holiday week: <b>Music and movement</b>

# Activity Weeks

## Sports Week (1 - 7 October)

Are you interested in learning a new skill or taking up a new hobby? In this week you'll have a chance to have a go at a range of VI sports and face each other in friendly competitions. Catered to all ages and abilities, come along and try something new.

## Bowls Week (15 - 21 October)

Blind Veterans UK Bowls Championships returns to be held in Rustington, between the 15th and 21st October. This championship welcomes bowlers of all levels and abilities. Shoes and woods can be provided if you don't have your own.

■ To book or for more information, please call the Rustington Centre on 01903 945301

## Bootcamp (12 to 18 January)

Kickstart your new year with a new you. Learn how to help keep your body strong, what's the best things to eat and drink, then top it off with tips and tools to de-stress and calm your mind.

## Taster Activities Week (9 to 15 March)

Wanting to try some of our activity

weeks but not sure if you'd like them? This is the ideal week for you. A good level of fitness is required as you try your hand at things like hiking, cycling, water activities, archery, golf etc.

## Booking a holiday

To book a holiday at the Rustington Centre, please contact the centre directly on **01903 945300**

## Booking an activity week

To register your interest in an activity week at our Rustington Centre, please contact us on **01903 945300**.

■ For more information about our centre breaks and register your interest, go to [blindveterans.org.uk/centrebreaaks](http://blindveterans.org.uk/centrebreaaks), or scan the QR code. 📱





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**[blindveterans.org.uk](https://blindveterans.org.uk)**

Registered Charity number: 216227 (England and Wales) and SC039411 (Scotland)

Information correct at time of printing. For latest updates, go to [blindveterans.org.uk/centrebreaks](https://blindveterans.org.uk/centrebreaks)