

## BLESMA COMMUNITY PROGRAMME



## Schools Information Pack

## What is it?

A programme that delivers free workshops run by veterans in schools across the UK with the purpose to inspire and motivate pupils from all walks of life. The workshops are inspired by the stories of Blesma Members. Blesma, The Limbless Veterans is an organisation that supports veterans who have lost limbs, the use of limbs or eyesight.

## The Workshops

The veterans will first tell their personal story of overcoming adversity. After their talk and Q&A, they will assist a professional workshop facilitator in leading a motivational workshop in which your students will explore the reality of adversity and how they can become resilient.

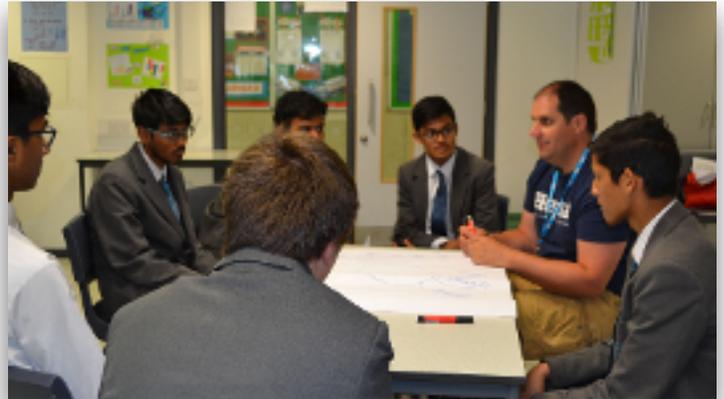
## Our Aim is to:

- Inspire your students with the Blesma Members' stories
- Understand what it is to overcome adversity and promote how to be resilient
- Encourage healthy behaviours
- Improve confidence and self-esteem, and make individuals realise that we all go through tough times
- To improve interpersonal relationships and skills



## What you need to know:

- These workshops are **FREE**
- A workshop can last for either 60 or 90 minutes
- Workshops are suitable for ages 11-18
- We allow a maximum of 30 students per workshop
- All that we ask you to provide is a large enough space for the students to move around - a school hall or large enough studio space is ideal!
- Our team are all DBS checked
- Workshops are available from **February - July 2018** and dates are flexible to suit your school



*"Many of the students face adversity in their own lives, the workshop gave them strategies to remain positive and face those adversities"*

**(Teacher Feedback, BCP 2017)**

*"Sometimes it helps talking about your own difficulty rather than dealing with it on your own"*

**(Student, BCP 2016)**

*"I learnt that many dark things can happen, but the important thing is how we react to them"*

**(Student, BCP 2016)**

*"It was the best talk of the year. I love the way I got to experience hope"*

**(Student, BCP 2017)**

*"The workshop put life into perspective and it came at the right time because I was struggling with motivation for A Levels"*

**(Student, BCP 2017)**

*"It was excellent. Thoroughly engaging and inspiring"*

**(Teacher, BCP 2016)**



A little information about some of the inspiring Blesma Members who could be sharing their stories with you:

### Shaun Stocker Blesma Member / Workshop Facilitator



Six days away from the end of his tour with the British Army in Afghanistan, Shaun was injured by an IED explosion. Shaun lost both his legs, his left eye, and most of his vision in his right. He was only 19 years old.

After several years of intense rehabilitation and over 50 operations, Shaun now has 30% of his sight back and with two prosthetics he is able to walk again. Shaun is now a father, property developer, charity ambassador, author and weightlifter, to name a few!

### Luke Delahunty Blesma Member/ Workshop Facilitator



Luke Delahunty served for eight years in the RAF Regiment as a Senior Aircraftman, completing tours in Northern Ireland, Cyprus, Croatia and Bosnia. Having joined the cadets as a teen, he had wanted to join the Air Force since a young age.

Sadly, in 1996, Luke had a motorbike crash on the way to work leaving him paralysed from the chest down and in a wheelchair. His injuries led him to be medically discharged from the RAF in 1998.

Since recovering from his injury, Luke has taken part in the 2016 & 2017 Invictus Games, competing in cycling and Rowing!



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**Blesma**  
THE LIMBLESS VETERANS

Registered Charity Numbers:  
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