



For more details on any of these activities and how to get involved please visit our website:

www.blesma.org

You can also call the Fundraising Team on:

0208 548 7084 or email fundraising@blesma.org



Blesma, 115 New London Rd, Chelmsford CM2 0OT



Registered Charity 1084189 SC SC010315

We hope you will join Team Blesma for an amazing #BlesmaAt90 year of fundraising



Calendar 2022



# Chris Lee's epic six months of fundraising

Personal Trainer Chris Lee took on a series of fundraising challenges over six months centred around the number 1932 to celebrate the official formation date of Blesma. Chris raised over £4,300 for Blesma by: completing 1932 different exercise reps; climbing Snowdon twice; hosting a BBQ where guests donated to put him through physical challenges; bear crawling 1932m and doing the Great North Run. But if these challenges were not testing enough, Chris also completed each one carrying a 30kg log!



## Welcome to Team Blesma

In 2022, Blesma celebrates 90 years of supporting Limbless and Injured Veterans. With help from you, our wonderful supporters, we plan to be here for Limbless and injured Veterans for another 90 years to come. Join us as we celebrate our 90th anniversary by taking part in one of the fantastic fundraising activities we have this year, some of which are listed in this calendar. If you'd like to take on a 90 themed challenge look out for those that are marked #BlesmaAt90

### January - March 2022

#### Sit up for Blesma

Kickstart your 2022 by joining our January Facebook challenge doing 90 sit ups a day #BlesmaAt90



### Do your own thing

However you choose to raise funds for Blesma, let us know and you will receive a fundraising pack and expert help from our Fundraising Team.



#### Bake for Blesma

Whether it's with your loved ones, at school or at work, host a tea party... let's get baking for Blesma!



#### Game on for Blesma

During March join our eSports team for some gaming fun or host your own board game evening.

## April - June 2022

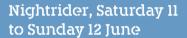


#### RideLondon - Essex 100, Sunday 29 May

RideLondon is back, but with a difference!

#### Mount Toubkal Challenge, 20-25 June

Join fellow supporters to climb the highest mountain in North Africa.



Cycle 50 or 100km under the night sky on traffic-free roads through the heart of London.



#### The Big Blesma Birthday BBQ

Join Blesma's event to celebrate our 90th anniversary or host your own BBQ #BlesmaAt90

## July - September 2022

#### Skydive for Blesma

For adrenaline junkies, choose your date and an airfield around the UK.



#### Football 9-0 challenge

Specially for football fans, join our fun challenge in August #BlesmaAt90



#### Great North Run, Sunday II September

Join us for the biggest and best half marathon in the world.

#### London To Brighton, Sunday II September

An exhilarating 55-mile cycle ending in sunny Brighton.



#### Wolf Run, Warwickshire, Sunday 4 September

Run 10k in the wild and test yourself in the ultimate obstacle run.

### October - December 2022

#### London Marathon, Sunday 2 October

Apply for a Blesma place or use your own place to join #TeamBlesma



#### Blesma Remembrance IIk

Run, walk or cycle 11k during November to remember the fallen.



#### Royal Parks Half Marathon, Sunday 9 October

Stunning route taking in some of the capital's famous landmarks.



#### Blesma Christmas Carol Service

Join us at Chelmsford Cathedral for our festive celebration.