

The Activities Brochure 2025





Get active in 2025

Fancy trying something new or getting better at something you've already had a go at? Blesma is again offering its Members the chance to try more fabulous activities in 2025.

There's more than one event in our Activities Calendar for every taste, level and ability – from beginner to serious adventurer. And there's something on offer for every age group and interest too.

There are lots of easily accessible events close to home, but if you fancy seeing foreign shores in 2025, Blesma will again be jetting off across the globe – from Breckenridge to Bisley and Falmouth to France. But the most important part of any activity is still the social aspect – Members help each other, work together and share experiences – you don't have to be an expert to have fun!

All the activities are free, you'll just need to get to and from the meeting point. Blesma will also normally pay for accommodation the night before to allow you to travel at your own pace.

Please be aware that Members are expected to share a room on an event unless otherwise specified, or the Activities Team are contacted beforehand with viable reasons.

As part of the selection process, you will be required to respond to a confirmation of interest email sent near to the deadline. Failure to respond will result in your placement to the reserve list.

Apply now via the website at www.blesma.org; email eventsca@blesma.org; call 020 8548 7094; or complete the enclosed application form and return to the Activities Team at Freepost BLESMA.

Blesma
THE LIMBLESS VETERANS



Would you like to put on an activity for Members?

If so, we'd love to hear from you! The Activities Team is available to give you as much support as you need in organising an activity and can explain exactly what you'll need to do. You can complete the Activities Proposal form via the website at www.blesma.org or by emailing aelocal@blesma.org.

You will be able to discuss the things you'll need to consider about the activity and venue to ensure everything runs smoothly and that Members and Widows are able to enjoy themselves in a safe environment. For example, is the activity suitable for those with limited mobility? Is the venue accessible – is it wheelchair friendly, does it have step-free access or ramps? Are there accessible toilets?

Ordinary and Associate Members, and Widows of Ordinary and Associate Members, are eligible to attend activities. Some are open to family members (spouse/partner and children) too. Blesma will pay for the venue hire, the activity itself, refreshments and, where appropriate, accommodation.



Get in touch with the Activities Team if you would like to learn more about supporting your fellow Members.

Activities

TAI CHI

Location: virtual

Date: 13 January to 17 March
(10 week course)

Application Deadline: 02 January

Join these weekly Tai Chi classes and explore the vast benefits of this moving meditation. Studies show that regular Tai Chi practice not only improves our physical health and fitness, but it also has a powerful benefit for our brains too.

Who can apply?

Any Member regardless of experience or fitness level. No special clothing or special equipment is required, but you will need access to a device that allows you to join Google Meet.

WIDOWS' AND SENIORS' WEEKS

Location: Surrey

Date: Seniors' Week: 31 March – 04 April
Widows' Week: 07-11 April

Application deadline: 15 January

Based at Warner hotels newest riverside retreat, the week focuses on relaxing and socialising with gentle activities and sightseeing in and around Surrey.

Who can apply?

Seniors' Weeks are open to Members and Widow(er)s. Widows' Weeks are for Widows only.

PHOTOGRAPHY NORTH

Location: Manchester

Date: 07 to 10 April

Application Deadline: 15 January

Members will get the opportunity to put their photography skills to the test as they learn new techniques and expand their creative



vision whilst visiting a variety of locations of Manchester city centre and capturing different subjects. This course is open to all abilities.

Who can take part?

Any member who owns their own camera, smartphone or tablet.

EASTER ACCESSIBLE GLAMPING WEEKEND

Location: Somerset

Date: 18-21 April

Application deadline: 15 January

Located at Wall Eden Farm in Somerset, this

accessible glamping site offers a fantastic experience for the whole family. Members will stay in accessible lodges, each sleeping up to six people, and can enjoy the beautiful surroundings as well as a range of onsite activities, including axe throwing and canoeing.

Who can apply?

Any Member with a family of between two and six Members (e.g. Member plus up to five others). Please note, whilst there is no minimum age to apply some activities are restricted to an age limit.

Into The Deep

TRY DIVES

Location: Lord Wandsworth College, Hampshire

Date: April, July and August (for those selected for scuba diving). TBC

Application deadline: 01 February and 15 March

Learn to dive with experienced dive instructors in the safety of dive pools whilst working towards your PADI qualifications. Please note it is mandatory to attend one of these prior to attending the Diving in Egypt

Who can apply?

Any member but subject to medical clearance.

SCUBA DIVING

Location: Sharm El Sheikh, Egypt

Date: 10 – 19 October

Application deadline: 15 May

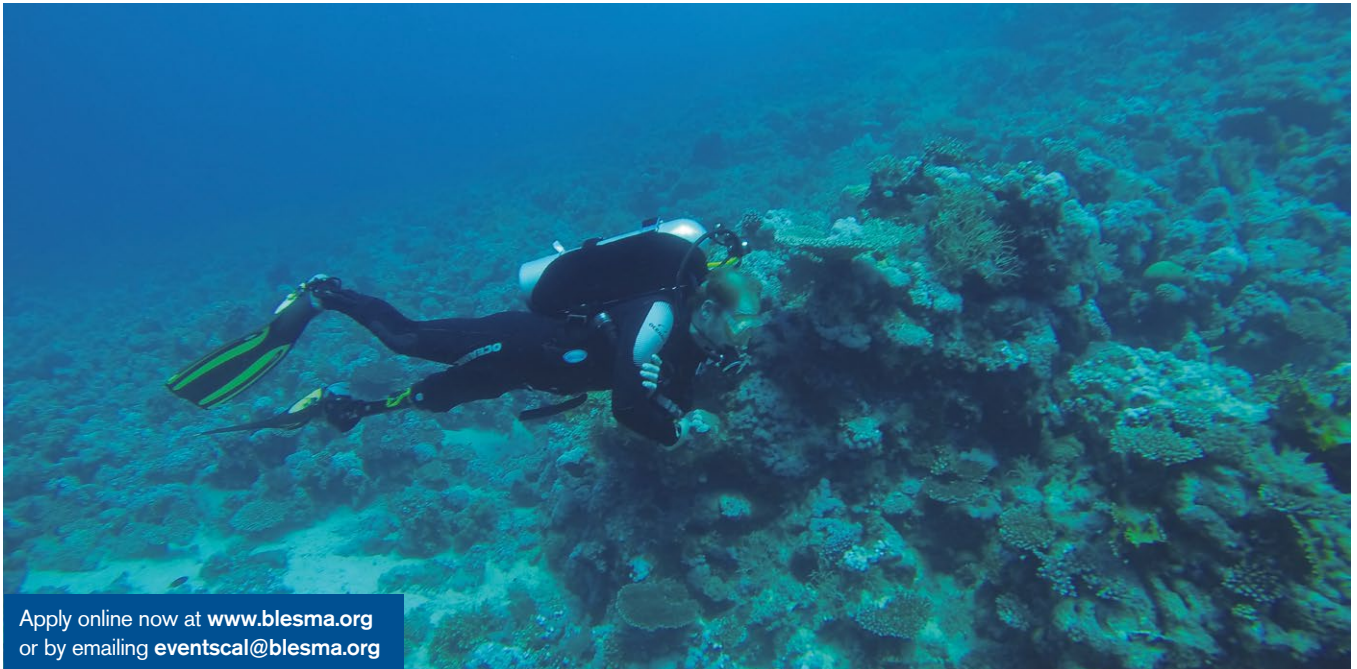
A great chance to enjoy some of the world's best scuba diving in warm water. You can dive for fun or work to pick up a number of diving qualifications. If you've never dived before or need some refresher training, then a team of highly qualified instructors will take you through everything you need to know at a weekend training session in the UK prior to the trip to the Red Sea. Complete novices are welcome, however, please note you will have to attend and undertake the mandatory training beforehand.

Who can apply?

Hotel and boat is adapted for wheelchair users, however individuals must be able to get themselves in and out of the water subject to medical clearance.

Requirements: Passport should be valid for 6 months from the date you arrive.

Must be able to enter Egypt.



Apply online now at www.blesma.org
or by emailing eventsca@blesma.org

CYCLE & EXPLORE

Location: UK

Date: May (exact date TBC)

Application Deadline: 01 February

Join us for a 5-day UK cycle break, where you can immerse yourself in the stunning countryside and all it has to offer. This leisurely cycling adventure is designed for all abilities, focusing on enjoying the ride and the camaraderie of fellow Blesma Members. There will be no challenging inclines or long distances – you'll cycle up to 20 miles per day, ensuring a fun experience for all.

Who can apply? Any Member who owns their own bike.

GOLF UK

Location: Berkshire

Date: 23-26 May

Application Deadline: 15 February

Members will enjoy three rounds of golf spread across three days at De Vere Wokefield Estate in Berkshire. The golf resort boasts a beautiful parkland layout, that features a number of streams and lakes. Accommodation will be provided at the hotel and will be a friendly match, making it open to all.

Who can apply?

Any Member with a set of golf clubs. Please state your golf handicap when you apply if you have one.



FITNESS AND LIFESTYLE COURSE - INTRO

Date: May (exact date TBC)

Location: Midlands

Application Deadline: 15 February

A UK based fitness and lifestyle course, take some time out to learn about what exercise suits you and how to convert to a healthier lifestyle. Working with trained PTs, exercise specialists and nutritionists.

Who can apply?

Any Member. Please note this is not a couple's activity.

GWENNILI TRUST SAILING

Location: The Solent

Date: 19-23 May

Application deadline: 01 February

A chance to sail the Solent, one of the most desirable sailing locations in the world. As a valued crew member, you will get an introduction to sailing, learn important skills and experience life on the seas whilst onboard a beautiful yacht.

Who can apply?

Any Member, please note the yacht is not modified, and there will be steps and ladders onboard.

SPRING ARTS AND CRAFTS RETREAT

Location: East Yorkshire

Date: 05-09 May

Application Deadline: 01 February

Discover your creative side on our Arts and Crafts retreat, where you'll have the opportunity to explore a range of hands-on activities in a peaceful and inspiring setting.

Who can apply?

This activity is suitable for any Member.

BALANCE AND STABILITY

Location: virtual

Date: 2 June to 11 August (10 week course, no session 30 June)

Application Deadline: 14 May

These weekly classes will focus on



building physical stability via simple to perform progressive strength training exercises.

Who can apply?

Suitable for all Members regardless of experience or fitness level. No special clothing or special equipment is required, but you will need access to a device that allows you to join Google Meet.

WATER SPORTS

Location: Heron Lake

Date: 06-07 June

Application Deadline: 01 March

Learn to water ski, wakeboard and paddle board with Access Adventures, a completely adaptive charity designed to deliver life changing adaptive sports and activities.

Who can apply? Any Member

GWENNILI TRUST SAILING

Location: The Solent

Date: 16-20 June

Application deadline: 15 February

A chance to sail the Solent, one of the most desirable sailing locations in the world. As a valued crew member, you will get an introduction to sailing, learn important skills and experience life on the seas whilst onboard a beautiful yacht.

Who can apply?

Any Member, please note the yacht is not modified, and there will be steps and ladders onboard.

NRA ADAPTIVE SHOOTING

Location: Bisley, Surrey

Date: 18-19 June

Application deadline: 15 February

This great competition is open to any disabled ex-Service personnel. A fantastic chance to re-live and redefine the skills learnt on those fun days on the ranges!

Who can apply?

Any Member.

MEMBERS WEEKEND AND AGM

Location: Forest Pines Hotel, Lincolnshire.

Date: 27-30 June

Application deadline: 01 March

Meet up with old friends and make some new ones; find out what Blesma Members are up to and have your say on what Blesma should be focusing on to support Members.

Blesma covers the cost of Ordinary and Associate Members with their partners or carers.

Who can apply?

Open to all Members and partners or carers.

COLIN WILSON MEMORIAL GOLF DAY

Location: Forest Pines Hotel, Lincolnshire.

Date: 29 June

Application deadline: 01 March

In memory of the late Colin Wilson, join us for the second Memorial Golf Day in his name. Colin was known and loved by many and the former Royal Green Jacket could often be found on the golf course and many members had the privilege of playing alongside him.

Please note this event will be taking place throughout Members Weekend.

Who can apply?

Any Member with a set of golf clubs.

DAVE LEWAN MEMORIAL MATCH

Location: Newcastle-under-Lyme

Date: June/July TBC

Application Deadline: 15 March

The focus will be on relaxing, socialising, and taking part in a bit of friendly competition, set in the beautiful Whitmore Estate in the heart of Staffordshire.

Who can apply?

Both beginners and seasoned anglers alike are welcome



Winter Sports



Apply online now at www.blesma.org
or by emailing eventsca@blesma.org

WINTERSPORTS LA PLAGNE 2026

Location: La Plagne, France

Date: January 2026

Application deadline: 15 August

Our fully adaptive ski week returns to Blesma. Working with adaptive ski instructors, the event will include trying out a variety of adaptive winter sports. This event is open to both beginners and advanced.

Who can apply?

This activity is open to all, please note in general circumstances, we do not allow carers to ski.

Requirements: You must have at least three months validity left on your passport from the day you return home.

INTRO TO WINTERSPORTS

Location : Tamworth

Date: 26 March

Application deadline: 01 January

Learn to ski with Disabled Ski Sports UK, where you'll have the opportunity to try different snow sports in the safe environment of the Tamworth Ski Dome. These sessions are a great way to find the sport that suits you best before taking part in our Winter Sports events. Please note, these events are mandatory for anyone that hasn't skied in the past three years.

Who can apply?

Open to all Members, however, if you have had surgery in the past 12 months, you will require clearance from your doctor. There is a weight limit of 16 stone. Please note in general circumstances, we do not allow carers to ski.

Colorado Ski Spectacular

Location: Breckenridge

Date: December

Application deadline: 01 July

This annual event run by Disabled Sports USA, is one of the world's biggest and best ski spectaculars for all adaptive winter sports. The perfect week to have fun on the slopes and enjoy all that ski spectacular has to offer.

Mono ski, snowboarding, stand up ski, 3 track, all available.

Who can apply?

Most injury types can be catered for on the slopes, however, hotel rooms are not adapted, and you must be able to use a bath.

Requirements: You must be able to enter the USA. Your passport must be valid for the length of your planned stay.

Apply online now at www.blesma.org
or by emailing eventscal@blesma.org





OPEN WATER SWIMMING

Location: UK

Date: July (exact date TBC)

Application Deadline: 01 March

Take the plunge into cold water swimming, an invigorating activity that refreshes the body and mind. Whether you're new to the experience or a regular cold-water swimmer, this activity offers a unique opportunity to challenge yourself while reaping the numerous health benefits.

Who can apply?

Any Member but you must be able to swim 1km in 40 minutes.

COUPLES WEEKEND LIVERPOOL

Location: Liverpool

Date: 18-21 July

Application deadline: 15 March

Members will enjoy the rich cultural heritage that Liverpool has to offer. Voted as one of the friendliest cities in the UK making it the perfect location for Members to socialise with one another and take part in activities around the city.

Who can apply?

Any Member and their spouse/partner.

FAMILIES ACTIVITIES

Location: UK

Date: August (exact date TBC)

Application Deadline: 01 April

An opportunity to spend time with your family participating in activities such as crafts, sports and family based games.

Who can apply?

Any Member with a family of between two and six Members (e.g. Member plus up to five others). Please note, whilst there is no minimum age to apply some activities are restricted to an age limit.

COOKERY RETREAT

Location: East Yorkshire

Date: 15-18 August

Application deadline: 15 April

An exciting opportunity for members (or Members with their partners) to try something new. During the retreat, you'll take part in cooking classes that will help you create healthy, delicious meals that are fun to prepare and enjoy.

Who can apply?

Any member or Member with their spouse/partner.



ADVANCED CYCLING CHALLENGE

Location: UK

Date: September

Application Deadline: 01 May

Push your limits with our 7-day cycling challenge. Over the course of the week, you'll push your limits with fast-paced cycling, long distances, and steep hills, all while enjoying the breathtaking sights and sounds of the English countryside. This is the perfect opportunity to test your endurance and experience the beauty of the landscape in a truly exhilarating way.

Who can apply?

Advanced cyclists who own their own bike.

PHOTOGRAPHY SOUTH

Location: New Forest

Date: 08-11 September

Application Deadline: 01 May

Members will have the chance to put their photography skills to the test in a relaxed and enjoyable setting. They'll explore new techniques, expand their creative vision, and capture a variety of subjects as they visit different locations throughout the New Forest. It's a great opportunity to learn, experiment, and enhance their photography in a beautiful environment.

Who can apply?

Any member who owns their own camera, smartphone or tablet.

HORSE RIDING UK

Location: New Forest

Dates: 08-11 September

Deadline: 01 May

Ride western through the horse county of the UK. Spend three full days discovering all things cowboy and horsemanship.

Who can take part:

Applicants must have a level of fitness that allows them to ride horses every day and have been to an intro to horse riding event or have a history of being with horses.

Please note: the maximum weight limit for this activity is 14 stone.

WIDOWS' AND SENIORS' ACTIVITIES WEEKS

Location: Norfolk

Date: September (exact date TBC)

Application deadline: 01 May

Set on the beautiful Norfolk Coast, this event offers something for everyone. Whether you're after adventure or relaxation, there are plenty of activities to enjoy. There's always something happening, whether you want to get active, explore nature, or simply relax with fellow Members.

Who can apply?

Seniors' Activities Weeks are open to Members and Widow(er)s.

Widows' Activities Weeks are for Widows only.

INTRO TO WINTERSPORTS

Location: Manchester

Date: 20 August

Application deadline: 01 July

Who can apply?

This activity is open to all, please note in general circumstances, we do not allow carers to ski.

COUPLES GLAMPING WEEKEND

Location: Somerset

Date: 26-29 September

Application deadline: 01 July

Escape to the great outdoors for a relaxing couples' glamping weekend. Experience the perfect blend of comfort and nature as you stay in stylish, fully equipped lodges, all while connecting with fellow Blesma couples.

Who can apply?

Any Member with their partner or spouse.

Soldier Ride New York



SRNYC

Location: New York

Date: 14 to 21 July

Application deadline: 15 March

A prestigious event in the cycling calendar and a privilege to be invited back year after year. Cycle with the Wounded Warriors in and around New York for three days, finishing with a huge celebration! An absolute must for any passionate cyclist looking for a rewarding challenge.

Who can apply?

Any Member who can use some form of adaptive bike which will be supplied by the WWP. Please be aware, temperatures will be hot, and you will be expected to cycle over 70 miles over three days.

Requirements: Must be able to enter the USA (ESTA). Your passport must be valid for the length of your planned stay.



GREEK REGATTA

Location: Greece

Date: 13-21 September

Application deadline: 15 May

This is a chance to learn to sail in the Mediterranean. Beginners will be able to gain the first level of a yachting qualification, while those with more experience can simply enjoy lots of great sailing.

Who can apply?

The boat is not wheelchair accessible, and Members must be able to move around, with minimal assistance, on a 40ft non-adapted boat. Members must state if they cannot swim in their application. Any Member can apply but you must be physically fit and a confident swimmer in open water.

RIDE TO THE WALL

Location: Burton on Trent

Date: 03-04 October

Application deadline: 01 June

Join the Blesma crew on this annual ride, a poignant and meaningful journey in memory of the fallen. The ride will culminate with a moment of reflection and respect at the National Memorial Arboretum.

Who can apply?

Any Member with their own motorcycle.

TAI CHI

Location: virtual

Date: 20 October to 22 December
(10 week course)

Application Deadline: 6 October

Join these weekly Tai Chi classes and explore the vast benefits of this moving meditation. Studies show that regular Tai Chi practice not only improves our physical health and fitness, but it also has a powerful benefit for our brains too.

Who can apply?

Suitable for all Members regardless of experience or fitness level. No special clothing or special equipment is required, but you will need access to a device that allows you to join Google Meet.

FAMILY GLAMPING WEEKEND

Location: UK

Date: October (exact date TBC)

Application deadline: 01 June

Join us in the great outdoors to engage with other Members and their families, and share in the friendships our families enjoy. Spouses, partners, carers, children, and grandchildren are all welcome.

Who can apply?

Any Member with a family of between two and six Members (e.g. Member plus up to five others). Please note, whilst there is no minimum age to apply, some activities are restricted to an age limit.



REMEMBRANCE WEEKEND

Location: London

Date: 08-09 November

Application deadline: 15 June

The annual Blesma Remembrance Parade at the Cenotaph during Remembrance Weekend is one of the most poignant events in the Blesma calendar. Blesma makes a weekend of the occasion, with a social gathering the evening before and a hearty lunch before departure.

Who can apply?

Any Member and their spouse, partner or carer. Members are not expected to share rooms with other Members.

FITNESS AND LIFESTYLE COURSE

Date: 14-22 November

Location: Fuerteventura, Spain

Application Deadline: 01 July

Take a break and refresh your mind and body. Get moving together, explore the stunning landscapes of Spain, and try out new activities. Improve your diet, discover tips for balancing your lifestyle, and enjoy a variety of activities including yoga, Pilates, paddle boarding and golf.

Who can apply?

Any Member. Please note, this is not a couple's activity. Requirements: You must have at least 3 months validity left on your passport from the day you return home.



COUPLES CHRISTMAS MARKETS

Location: Copenhagen

Date: 05-08 December

Application deadline: 01 August

Get into the Christmas spirit with a festive weekend break in Copenhagen. Experience the charm of this vibrant city, where traditional holiday customs blend with the joy of multiple Christmas markets. Soak up the festive atmosphere, relax with your partner, and enjoy the company of fellow Blesma couples as you explore the sights, sounds, and seasonal cheer of Copenhagen

Who can apply?

Any Member and their spouse or partner.

Requirements: You must have at least 3 months validity left on your passport from the day you return home.



Activities Calendar 2025

This year, Blesma is again offering Members more exciting activities, which means now is the perfect time for you to find your next passion. Get ready for a year of new experiences - choose yours below...

DATE	ACTIVITY	LOCATION	APPLICATION DEADLINE
26 March	Intro to Wintersports	Tamworth	01 January
07-11 April	Widows Week	Surrey	15 January
31 March - 04 April	Seniors Week	Surrey	15 January
07-10 April	Photography North	Manchester	15 January
18-21 April	Easter Families Glamping	Wall Eden	15 January
April	Try Dives	Hampshire	01 February
May	Cycle & Explore	UK	01 February
23-26 May	Golf UK	Berkshire	15 February
May	Fitness and Lifestyle Course - Intro	Midlands	15 February
19-23 May	Gwennili Trust Sailing	The Solent	01 February
05-09 May	Spring Arts and Crafts	East Yorkshire	01 February
06-07 June	Watersports	Heron Lake	01 March
16-20 June	Gwennili Trust Sailing	The Solent	15 February
18-19 June	NRA Adaptive Shooting	Bisley	15 February
27-30 June	Members Weekend	Forest Pines, Lincolnshire	01 March
29 June	Colin Wilson Memorial Golf Day	Forest Pines, Lincolnshire	01 March
June/July	Dave Lewan Memorial Fishing Match	Newcastle under Lyme	15 March
July	Open water Swimming	UK	01 March
18-21 July	Couples Weekend	Liverpool	15 March
14-21 July	SRNY	New York	15 March
July	Try Dives	Hampshire	15 March
August	Families Activities	UK	01 April



DATE	ACTIVITY	LOCATION	APPLICATION DEADLINE
15-18 August	Cookery Retreat	East Yorkshire	15 April
August	Try Dives	Hampshire	15 March
20 August	Intro to Wintersports	Manchester	01 July
September	Advanced Cycling Challenge	TBC	01 May
08-11 September	Photography South	New forest	01 May
08-11 September	Horse Riding UK	New Forest	01 May
September	Widows Activities Week	Norfolk	01 May
September	Seniors Activities Week	Norfolk	01 May
26-29 September	Couples Glamping	Somerset	01 July
13-21 September	Greek Regatta	Greece	15 May
10-19 October	Scuba Diving	Sharm El Sheikh, Egypt	15 May
03-04 October	RTTW	Burton upon Trent	01 June
October	Families Glamping	UK	01 June
08-09 November	Remembrance Weekend	London	15 June
14-22 November	Fitness and lifestyle	Fuerteventura, Spain	01 July
December	Colorado Ski Spectacular	Colorado	01 July
05-08 December	Couples Christmas Markets	Copenhagen	01 August
January 2026	Wintersports La Plagne 2026	France	15 August

To apply for a place, please email events@blesma.org; call **020 8548 7094**; apply online at www.blesma.org; or complete the enclosed application form and return to the Activities Team at Freepost BLESMA.

www.blesma.org

If you would like to take part in any of the activities listed in this brochure, please email events@blesma.org; apply online at www.blesma.org or call **020 8548 7094**.

Alternatively, you can complete the enclosed application form and return to the Activities Team at the following address:

Freepost Blesma
115 New London Road
Chelmsford
Essex CM2 0QT

Blesma

THE LIMBLESS VETERANS

www.blesma.org