



Please remember our heroes this Christmas with a gift to Blind Veterans UK

Alan Walker
Blind veteran, formerly of the Royal Corps of Transport



Rebuilding lives after sight loss

**REMEMBER
OUR HEROES**

at Christmas

Call
0300 111 2233

Visit
blindveterans.org.uk/heroes

Return
your donation form

Thank you



Our heroes
celebrate Christmas
in many ways

**Your support means
it's always a day to
remember**

Arthur will celebrate among friends this Christmas



Arthur, 84, spent Christmas with fellow ex-Service men and women at Blind Veterans UK's Centre of Wellbeing in Llandudno.



When you've lost someone you love, Christmas can be the hardest time of the year. Since his wife died, Arthur has lived by himself. He says: "If it wasn't for Blind Veterans UK, I'd have been sitting at home by myself on Christmas Day which would have been a pretty lonely affair".

Arthur was overjoyed to be with his fellow veterans and enjoyed a wonderful traditional Christmas Day. "It was lovely to have some company".

Years after his National Service with the RAF, Arthur was diagnosed with glaucoma and became totally blind in 1990. He says: "After I went blind, I lost all my confidence. It was Blind Veterans UK who brought me back to my former self. This charity is the best thing that's ever happened to me. I can't talk highly enough of them. They're absolutely wonderful".

Thanks to your support, Arthur has received equipment and training to help him stay independent at home. And, he's been able to have a happy Christmas!

Wally has two reasons to celebrate this December



Second World War veteran Wally was the hero featured in our recent Remembrance appeal. He is especially in our thoughts as he turns **100 years old on 7 December!** We want to wish him a very happy birthday.

Macular degeneration has not stopped Wally singing in the choir - you can view their rendition of your favourite Christmas songs by scanning this QR code.



'Baking Blind' chef Penny brings Christmas cheer with her delicious ginger biscuits.

Blindness ended Penny's career in the Royal Navy. She has now created over 100 videos and recipes for the visually impaired. Here is her recipe for a traditional ginger biscuits.



Ginger biscuits

A perfect last-minute present.

Ingredients:

50g butter

50g sugar (white or soft brown)

50g golden syrup or honey

100g self-raising flour

One heaped teaspoon ground ginger

Method:

Heat the oven to 180C, Gas 4, 350F. Melt the butter, sugar and syrup in a pan, stir until the sugar has dissolved. Allow to cool. Put the flour and ginger in a bowl then add the melted butter and sugar mix. Use a scraper to clean the pan and start mixing the dough. Finish mixing the dough with your hands and roll about 10 small balls. Line a baking tin with baking parchment and place the balls on it about two fingers apart, pressing down a little to flatten the bases of the balls. Cook for 15 minutes. The biscuits should feel firm to touch and will crisp more as they cool.



Visit Penny's website bakingblind.com to see more of her Christmas recipes.