



Winter is drawing near

Hit the slopes or the stage with Back-Up

The Back-Up Winter [calendar](#) is now all confirmed and brimming with new and old courses. All the favourite ski courses are available in Sweden, America and France. If skiing isn't for you why not try drama or scuba.

Wetsuits at the ready

Heron Lake open water ski competition

Come and join in the fun at Heron Lake all day on the 15th September. The water ski competition is open to all skill levels from rookies to pros and they've got all the equipment you need. For more information call Mick at the lake on 01784 483664.

Pushing to the limit

Back-Up supporters take on unbelievable challenges

Rob Holden and Ken Wilson have recently completed incredible fundraising challenges for Back-Up, [read on](#) for the full story. If you're thinking of doing your own supporter event contact [Tristan](#) for advice and suggestions.

Accessible winter wonderland

Luxury chalet for experienced skiers available now

Former Back-Up Group Leader John Pitchforth has recently completed a fully accessible, [luxury holiday apartment](#) in an ideal skiing location on the outskirts of Geneva. John has all the kit available for hire and he's taking winter bookings now so don't miss out on the winter holiday of a lifetime.

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