

A photograph of two older women swimming in a pool. The woman on the left is wearing a black swim cap and a black swimsuit, smiling broadly. The woman on the right is wearing a red swim cap with white stripes and a blue swimsuit, also smiling. They are both in the water, with their heads and shoulders above the surface. The background is a blurred indoor swimming pool setting.

2022

**Take on
250**

**Choose
your challenge**

and make a fresh start in 2022

This January, Take on 250 to support the 250 people who start to lose their sight every day in the UK. 250 steps? 250 minutes? 250 repetitions? 250 creations? It's up to you how you fundraise for us!