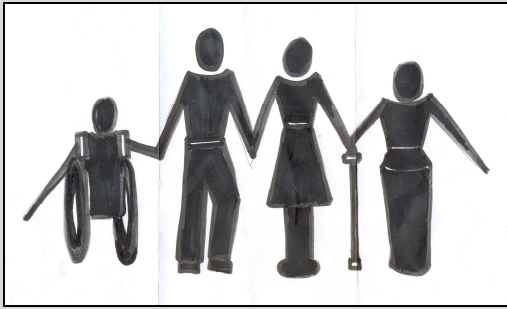


## Friendship Link & Action Group



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### NEWSLETTER 1

August/September 2006

## KNOW WHAT FLAG IS ?



The **John Grooms Lifestyle Choices Project** made a successful bid earlier this year to **Awards For All** for monies to support a client group that wished to and participate in various social events and organize various outings.



An initial meeting was held 23 April 2006, where a committee was duly elected to run the group and arrange events. During their first few meetings the committee drew up a constitution and decided upon a name for the group - FLAG.

FLAG stands for Friendship Link and Action Group. It belongs to ALL of us members.

Although the committee arrange events and funding, it is not exclusive. If you have an idea for an event, please put your plan forward to the committee and we may be able to provide funding. The one proviso is that the event must be for a minimum of four people, but we will help to find others by advertising your idea in the newsletter.

### LIKE THE LOGO?

Our thanks go out to FLAG committee member Krishna for coming up with such a good logo and membership card design. I think anyone who's tried to think of appropriate designs knows just how difficult it is, so thanks again Krishna.

### FORTHCOMING EVENTS

#### Fancy the **BBC Television Centre Tour?**

The tour of the most famous television centre in the world lasts up to 2 hours. You'll see into the studios, visit BBC News, play in their interactive studio and be shown around by well-informed, entertaining guides.

We are arranging a tour for **Wednesday 1st November**. Transport is FREE, but there is a tour charge of £7.95 per person, but if you bring a carer they will get in for FREE.

#### **Beyond Boundaries LIVE**

Beyond Boundaries Live is a new national consumer exhibition for visitors who face challenges with mobility. The show features, the inspiring seminar programme, practical advice and exhibitors are bound to invigorate and inspire you. There is something to suite all tastes at this show – rock climbing, fashion catwalk, live sports demos, DJ mixing and speed dating

We are arranging a tour for **Saturday 9th December**. Transport and entry is FREE.

## PREVIOUS EVENTS



**Danish Camp** - Our first ever event was held on a sunny day in early July. The event was a tasty meal and an opportunity to meet and chat with fellow FLAG members at the Danish Camp restaurant. The Danish Camp is a Norwegian log cabin (?) located in the countryside (Willington) on the banks of the Great River Ouse. It has a fantastic veranda from which we watched the boats sail by as we tucked into lunch.



The FLAG kitty is there to be used so we dipped in to provide transport and towards the cost of the meals. Eighteen of use attended and it was considered a great success

**River Festival** - This year the Bedford River Festival was blessed with the best weather in its history. A clear blue sky ensured it would be a great success and an ideal venue to promote the Life Style Project and to celebrate the 140th year anniversary of the John Groom's charity.

After a huge effort on the eve of the festival by the JG staff a vibrant orange gazebo was erected on the riverbank and the stall prepared.



The festival kicked off on the Saturday morning with thousands of people flocking to see the parade and enjoy the carnival atmosphere. No one could miss our orange stand and volunteers in very smart (?) orange T-shirts. They gave out wristbands, pens and balloons to promote the charity. I am sure there must have been dozens of children going back to school with orange wristbands and new pens.

Our stand had a real party atmosphere with Andrew Erikson playing the trumpet, and staff, volunteers and service users eating fresh strawberries and drinking cool Bucks Fizz. In the afternoon a delicious iced sponge anniversary cake appeared and was enjoyed by all those who still had room after all the strawberries. For those who stayed late there was a firework display.

On the Sunday the festival was not quite so busy, but again the sun shone and soon our stall was back in full swing. The JG staff worked tirelessly and looked exhausted when the festival came to an end. It had been a great success and a couple of enjoyable days for all those involved with John Grooms.