

## Friendship Link & Action Group



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NEWSLETTER 2

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### [Forthcoming Events](#)

You may already be aware of some of the forthcoming events we have arranged. However, here is a brief reminder of what we've got in store...

#### ➤ [Seasonal Evening Meal](#)

Evening of Wednesday 6<sup>th</sup> December  
Thirty-three FLAG members are going to enjoy a three course Christmas meal at The Beefeater, Priory Marina. This event is fully booked.



#### ➤ [New Year Fish 'N' Chip Supper](#)

Evening of Tuesday 9<sup>th</sup> January - Shake off those winter blues, by attending the fish 'n' chip supper (alternative meal option available). This is a free social evening; a chance to chat and enjoy the entertainment at Bedford FC.



#### ➤ [Cinema & Meal Experience](#)

Afternoon of Tuesday 6<sup>th</sup> February

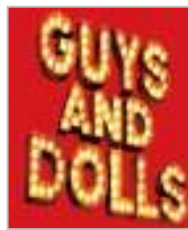


Enjoy lunch and a choice of the latest films at Milton Keynes Xscape.

The venue is the ultimate entertainment destination, combining a 16 screen cinema multiplex, bars, restaurants, cafes and lifestyle and fashion retail outlets - under one roof. So come along and escape into another world.

#### ➤ [Guys And Dolls Theatre Trip](#)

Evening of Tuesday 6<sup>th</sup> March



Still packing them in, the Donmar's multi Olivier award nominated smash hit production of Frank Loesser's classic musical is in store for FLAG theatre goers, at Milton Keynes Theatre.

New York in the 40s: small-time gambler Nathan Detroit bets his big time pal Sky Masterson that he can't make the next woman he sees fall in love with him. When the next doll happens to be the neighbourhood missionary Sarah Brown, the stage is set for an unforgettable evening's entertainment.

With a sensational cast and live orchestra of over 50, this electrifying production is full of breathtaking dance routines, fabulous costumes, and bursting with classic hits such as *Luck be a Lady*, *Sit Down, You're Rockin' the Boat*, and of course the wonderful title song *Guys and Dolls*.

This evening performance is an audio described performance with some wheelchair seating available.

## [Some Events To Consider](#)

We are always looking for new and exciting events, and committee member John Baker suggested ParaRallying and Jenny Vicarro suggested a visit to Whittlebury Hall Health Spa.

### ➤ ParaRally



ParaRally offers a unique opportunity for the disabled driver to get behind the wheel of a rally car and drive on both loose gravel and a tarmac special stage against the clock driving a fully adapted car instructed by a professional rally driver.

John Baker has offered to become our Motorsport researcher and can be contacted via the office.

### ➤ Whittlebury Hall Health Spa



The Spa offers the ultimate in pampering with treatments from the houses of Clarins, E'SPA, Jessica and St Tropez. The team of therapists are very helpful and totally dedicated to your experience. Their mission for the day is to help alleviate the physical stresses of your daily life.

When you visit you will be able all indulge in the core therapies associated with the Spa, which include: aromatherapy crystal steam, foot spas, hydrotherapy pool, ice cave, roman salt steam, traditional sauna and many other therapies.

A day pampered – you know you're worth it.

Neither Pararallying, nor the spa day are cheap days, so dates and details have not

been confirmed as we are looking to see how many of you would be interested.

If you want to know more, please return the attached form.

## [Previous Events](#)

Since the last Newsletter we have enjoyed two further events.

### ➤ Autumn Supper



During a summer committee meeting the idea of an autumn supper was floated. We looked for a volunteer to organise this event and there in our midst was Jenny Vicarro. Jenny was the former owner of one of Bedford's most popular restaurants and had over thirty years experience in the catering industry.

Jenny has recently come through major treatment and was looking for a challenge to help her prove to herself that she could still "work the magic".

Every one of the 28 FLAG members who attended the evening can vouch for the superb cold buffet that Jenny prepared. She had purchased the best possible produce and made a wide range of salads to accompany succulent slices of beef, ham and chicken. A full licensed bar was available for those who like a drink.

While enjoying our meals we had music provided by the talented Andrew

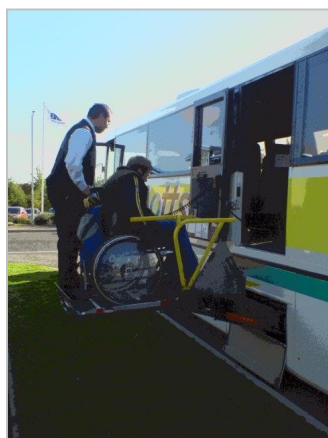


Eriksson on trumpet accompanied by his friend Greg on keyboard.

After the meal Jenny took on the role of quiz person and each table competed as a team. It was a close contest and a bit of fun.

The food was so good that only a large gateaux remained at the end of the evening and rumour has it that the FLAG chairman accidentally reversed over it; personally I find that very hard to believe and have my own conspiracy theories.

### ➤ BBC Tour



We had an enjoyable and informative tour of BBC Television Centre. Utilising Motts' wheelchair friendly coach, which is equipped with a tail-lift in the centre to provide access for up to 6

wheelchairs, the 28 passengers were able to travel in total comfort.

The tour was approximately 2 hours long and included seeing the newsroom, weather centre and studios.

The BBC is proud of being the biggest news centre in the World. The newsroom was frenetic, with 2,000 employees and large screens displaying stories as they happened. We saw George Alagiah busy working in preparation for the six o'clock news.



In the studios we saw Jonathon Ross rehearsing for the Friday Night Show and

Paul O'Grady's live show. Some of the other celebrities spotted were Bruce Forsyth, Roger Moore and Matt Baker from Blue Peter, who exchanged a few words with one of our members, Matthew Payton.



We had fun in a virtual studio, where Bev Whittington read the news off of an auto-queue. He was a natural and could easily get a job reading the news on a shopping channel!

This event proved so popular that it was quickly over subscribed, so we intend running it again in the New Year for all those who missed out.

### [A Star In Our Midst](#)

FLAG member, Peggy Simmons is a bit of an understated star. She appeared on 'The Weakest Link' and recently landed a role as an extra in a BBC2 film – 'Stuart – A Life Backwards' based on a book written by author Alexander Masters. The film is due for release next year.



Peggy is a remarkable woman, who lives life to the full and has had some amazing experiences. She lost a leg in a London bomb blast during the Second World War and went on to work at the British High

Commission in Delhi. It was there that she witnessed the assassination of Mahatma Gandhi.

If you get the chance, have a chat with Peggy at our next social gathering. She is living proof that disability is no barrier to a full and exciting life.

## New Committee Members Needed



Donna writes: 'As a student on placement at Lifestyle Choices Project I've been lucky enough to experience first hand two FLAG events and committee meetings.

The never-ending display of energy and commitment from its committee members is outstanding. But don't take my word for it, ask any of those who attended the Autumn Supper or recent BBC trip.

With FLAG becoming more and more popular the committee are in need of new recruits. That's where you come in. Your help and support is needed to keep FLAG running in the manner to which we have all become accustomed.

Committee meetings tend to take place on the last Thursday of the month and focus mainly on planning and organising events.

They are a friendly bunch who'll make you feel most welcome and I promise it won't take a great deal of your time (just one and a half hours per month). You never know, you might just enjoy yourself!

## Jokes & Trivia

The staff at a charity realized that they had never received a donation from the town's most successful businessman. The

person in charge of contributions called him to persuade him to contribute. "Our research shows that out of a yearly income of at least £500,000, you give not a penny to charity. Wouldn't you like to give back to the community in some way?"

The business man mulled this over for a moment and replied,

"First, did your research also show that my mother is dying after a long illness, and has medical bills that are several times her annual income?"

Embarrassed, the charity representative mumbled,

"Um... No."

"Or," the businessman continued, "that my brother, a disabled veteran, is blind and confined to a wheelchair?"

The stricken charity representative began to stammer out an apology but was interrupted when the businessman added,

"Or that my sister's husband died in a traffic accident?" the businessman's voice rising in indignation, "Leaving her penniless with three children?"

The humiliated charity representative, completely beaten, said simply,

"I had no idea..."

On a roll, the businessman cut him off once again, "So if I don't give any money to them, why should I give any to you?"

## Over to you...

Please remember that we welcome your contributions, be they jokes, articles or poems, for inclusion in future newsletters.

All contributions gratefully received...