

Friendship Link & Action Group



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Funding News

As you will be aware, we desperately need to raise funds to enable us to keep our events affordable with subsidies for the more expensive ventures.

Luckily our group includes some very resourceful members who have helped to put some cash in our new FLAG account. It is only due to their hard work that we were able to subsidise the Cadbury World Tour.

Fund raising schemes, so far:-

Awards for All (Lottery)

☹ We were unsuccessful with our application for this year.

Bedfordshire & Luton Community Foundation

☺ We were dancing on the tables when we received a letter from the Foundation.

They have generously awarded us £500 towards a Christmas/Seasonal meal!

Table Top Sale & Raffle

☺ Huge thanks to FLAG member, Lesley Crossley, for arranging a fundraising event at Raglan Court in Putnoe. This was organised by the Resident's Manager, Mary Shopland, who also procured some marvellous home-made products to sell, including delicious cakes and jams. The day event raised nearly £200.

Car Boot Sale

☺ Our treasurer, Scott, with the help of his daughters, sold items contributed by FLAG members. They made £40 at a sale in Billington.

Office Jumble Sale

☺ A further £60 was raised at an office jumble sale in August.

EBay

☺ FLAG vice chairman, Brendan Gaunt, donated an Action Man Training Tower that we were delighted & surprised to sell on EBay for £50!

Raffle Donation

☺ The Totternhoe Players, who acted out the murder on our Murder Mystery Night, were so impressed with our group that they donated raffle money of £52 from their next performance.

Forthcoming Events

We have two further events in the pipeline; a quiz night & a Xmas meal.

29 Oct 2007 - Quiz Night

The Quiz Night is to be held in the restaurant area of the White Horse bar and grill in Newnham Avenue, Bedford.

It will be a good social opportunity as each table will form a team.

Our host, Nigel (pub manager) has done us a good deal by offering to run the quiz and provide a choice of meals.

Even if quizzes are not your thing, you will still have a good night out and the opportunity for a chat over a tasty meal. The cost of the evening, including transport if required, is just £7.50 per head.

Please see the enclosed booking form.

10 Dec 2007 – Christmas Party

This should be a great start to the season of good cheer, thanks to the Bedfordshire & Luton Community Foundation who generously awarded us £500 to be spent on a seasonal meal. So get ready to pull a cracker, don a paper hat and enjoy a three-course Christmas meal at The Beefeater, Priory Marina. It should be a great night out, with good food, good wine and good company. Get your Christmas swinging by joining us.

Previous Events

We have successfully held all three events of our summer program. Big thanks to all of you who have been able to attend, and to our fantastic volunteers who make all the difference.

July 2007 - Fish n' Chips & Yoga

The first event of the summer program was a social meeting held in

Bedford at the Putnoe Heights Church Community Centre.

We all enjoyed an excellent meal of fish and chips (again) before being led through some stretching exercises by Dianne Eardly, the yoga lady.



Dianne specializes in teaching yoga to disabled people and may be running a class for John Grooms in the future.

One wonders how many FLAG members got up the next day at dawn to greet the rising sun sitting in the lotus position.

August 2007 – Pizza & Bingo

We were extremely pleased with the success of our second event.

The bigger hall was hired, which gave us more room to move about and socialize.

Pizza and a side salad made a tasty alternative meal and we have to thank our supplier, Tony the Italian, for his services.

Jenny and Eleanor were our bingo callers. They did a terrific job and were both well versed in the bingo lingo, so a big thanks to our two little ducks (22) for that.

After bingo, tea and coffee was served and we enjoyed listening to

Andrew playing his trumpet. Incidentally, congratulations to Andrew for a Grade 5 with merit in his recent music exam.

September 2007– Cadbury World

We had an enjoyable and informative day out at Cadbury World.

Twenty eight of us chocolate loving FLAG members made our way to our Midlands Mecca in the comfort of a wheelchair friendly coach.



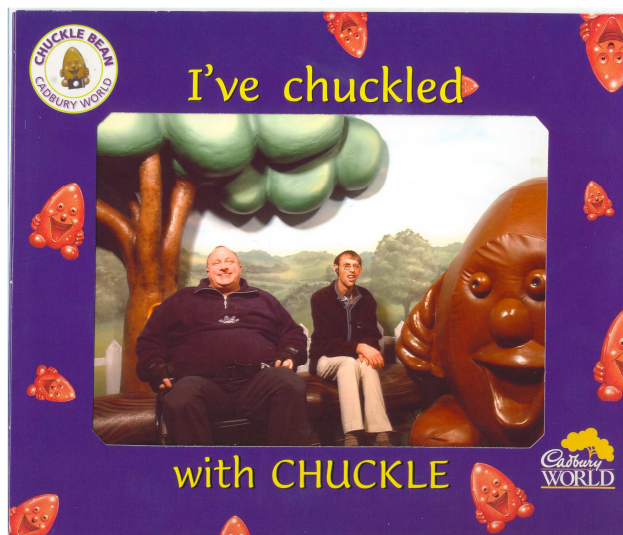
We arrived at about 12.45pm and had just over 4 hours to do the tour at a relaxed pace.

The tour started with a walk through the Aztec Jungle where the story of chocolate begins. From there it was on to the audiovisual presentation of the Cadbury family in London (Bull Street in fact) where the Cadbury brothers opened their first shop in the 1824.

Moving along, we came to the manufacturing plant with huge churners mixing waves of warm chocolate. We watched the fully automated wrapping plant where bars run down conveyor belts, through wrapping machines and into boxes in their millions. The only human intervention was to taste a bar every twenty minutes for quality control. Several FLAG members put in applications for the next vacancy.

Next, which was a must for all thrill seekers, came a ride in a Bean car

through a magical world inhabited by cocoa bean characters.



Having survived the Bean cars, we took a leisurely stroll past a chocolate model of Coronation Street and got all nostalgic watching 50 years of Cadbury advertising. Who can't remember 'All because the lady loves Milk Tray' or fantasizing over being a Turkish prince or princess when the Frys Turkish Delight advert came on.



But what about the chocolate you are asking? Well, we were given a couple of free bars at the beginning and end of the tour and made and ate our own creations of melted chocolate

and various ingredients such as marshmallow.

Finally, at 4.30pm it was time to shop before boarding the coach for the journey home. Not for us thrifty FLAG members the Cadbury souvenir shop. Our coach driver got us passes to the staff shop where they practically gave chocolate away. Needless to say we filled our baskets and the hardier members of the team chomped their way home.

Event Costs

Any money you pay to attend an event is spent wholly on the cost of the event, e.g. meal, transport etc. and there is NO charge for the administration, which is done on a voluntary basis. Any small profit we may make is ploughed back into the funds and used to subsidise future events.

You may have noticed '**Please pay promptly**' on our event flyers. This is because we have to pay event expenses prior to the date. If you pay by cheque, please make them payable to FLAG as opposed to John Grooms, as we now have our own bank account.

Thanks for your prompt payments.

Welcome FLAG South

A warm welcome to new members from the South of the County. We look forward to meeting you at our forthcoming events.

Jokes & Trivia

Three disabled guys (a blind man, an amputee, and a guy in a wheelchair) are flying back with the USA team

from the Paralympic games in the Middle East when their plane crashes in the Sahara Desert. The three disabled guys (the only survivors) are now stranded and wait for someone to rescue them, but no one shows up. They start to get really thirsty, so they decide to seek out water. The amputee leads the way, with the blind man pushing the guy in the wheelchair; and, eventually they find an oasis. The amputee leader goes into the water first, cools himself down, drinks a load of water, walks out the other side and lo and behold, he has a NEW LEG! He gets excited and encourages his friends to do the same. The blind man offers to push the guy in the wheelchair, but he gets refused because the guy in the chair wants to be Mr. Independent and insists the blind man goes ahead first. So he goes into the water, cools himself down, drinks a load of water, walks out the other side and lo and behold, he can SEE! Now the guy in the wheelchair's getting really excited, starts pushing with all his might, goes into the water, cools himself down, drinks a load of water, and wheels out the other side. Lo and behold, NEW TIRES!!!

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...