

Friendship Link & Action Group



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Forthcoming Events

We have two more events to look forward to, plus our annual general meeting.

AGM 8 May 2008

The annual general meeting for FLAG will be held at the Lifestyle Choices Project office, 2.00pm until 4.00pm.

The AGM is an important date for us to feedback on the healthy state of FLAG and for you to have your say on the future running of the group.

If you wish to attend, please ring the office and we will arrange your transport if required.

Theatre Trip - Blood Brothers 27 May 2008

Hailed by the critics as one of the best musicals of all time, Blood Brothers has triumphed around the

world. Scooping up no less than four awards for Best Musical in London, seven Tony nominations on Broadway, and receiving a standing ovation at every performance, Blood Brothers is now in its 21st phenomenal year.



Set in Liverpool, Blood Brothers tells the captivating tale of twin boys, separated at birth only to be re-united by a twist of fate and a mother's haunting secret.

We will be travelling to Derngate Theatre in Northampton in a luxury coach from the Bedford office and offer to pick you up and drop you off at your front door if required

We have five wheelchair places available and thirty three seats with audio description. There are still some seats available so ring the office to avoid missing out on one of the best musicals you are ever likely to see.

Social Evening & Craft Taster 23 June 2008

This event includes a meal and a speaker from SPARK (Bed Adult Com. Learning), who is going to demonstrate a craft activity.

If craft is not your thing, come along anyway for a night out, a meal and a chat.

There will be a chance to have a go at the craft activity, a bit like in the Bruce Forsyth's generation game. If it is your thing and you would like to take up craft as a new hobby, the speaker can help you source classes running in your neighbourhood.

Previous Events

We have had two successful event to report since the publication of the previous newsletter.

We were delighted that this event was so well attended, which shows that the wide range of activities offered by the committee continue to be enjoyed by FLAG members.

Bingo Night (20 February 2008)

The Bingo Night was held in the restaurant area of the White Horse bar and grill in Newnham Avenue, Bedford.

After a good meal the thirty five FLAG members and volunteers played six bingo cards.

We had three very lucky ladies, Alison, Michelle and Lisa who between them swept the board with the rest of us and picked up some fantastic prizes.

Cinema Night (31 March 2008)

An evening at Bedford Cineworld cinema was enjoyed by eighteen FLAG members.

Cinema trips are simple to organise, but it is a gamble as to which films are on release. However, with six films to choose from there is something on to suit most tastes.

Most of our lady members settled for a chic flick called '21 Dresses' whilst our gentlemen members watched a film called 'Drillbit Taylor'. Neither film was a classic, but wouldn't you rather share your popcorn with a

friend at the cinema than sit at home alone?

Fundraising News

Luckily our group includes some very resourceful members who have helped to keep our bank account healthy.

Recent fundraising successes are:

😊 Bedford Lions Club

The Bedford Lions very generously donated £200 to be spent on a wheelchair.

😊 Car boot sale

A big thanks to Scott for giving up his Sunday to man a stand at a car boot sale in the south of the county. He raised £25 – *every little helps*.

😊 Bingo & Raffle

The bingo night that many of us enjoyed at the White Horse Pub raised a fantastic £163 profit.

Want to borrow a wheelchair?

Thanks to the generosity of the Bedford Lions Club and the Rotary Club of Bedford, we are the proud owners of two new wheelchairs.

We tendered for the wheelchairs on the basis that some of our members have missed out on some of our trips because they have no access to a wheelchair yet have limited mobility.

If there are occasions when you could use a wheelchair to go out with friend or family, you are very

welcome to borrow one if it is available.

Remember, as a FLAG member you are a part-owner of all our assets.

Buying a PC by Ray Francis

There are so many choices when it comes to buying computers that it can all be frustrating and overwhelming.

There are a few important things to think about before you start shopping.

- What will I use the computer for (now and in the future)?
- What is my budget?
- Desktop or Laptop

The trick is to buy something that meets your needs exactly, something that gives you the opportunity to grow without breaking the bank.

First you need to think about what you are going to need the computer for. Are you going to want to take digital photos, use the Internet and so on.

Do you want to install any Special Access software, or connect Special Access devices?

Do you want to use your PC for writing letters and doing your home accounts?

Do you want to be able to take the machine with you when you travel?

You also may have a budget in mind at this point – stick to it- Do not go above your budget

limit-It is too easy to carried away!

Do your research and get the information on 'Recommended Requirements' for the software and PC specification.

It is good to take some time over the purchase - visit a few shops and compare what they have to offer

When entering the great "Retail World" of purchasing a PC, ask the following questions-

What level of support can the retailer offer? What after sales services is free? Is there on-site detailed, friendly advice if I need it? Do I need an Extended Warranty?

The choice of PC or Laptop is a difficult one to make as there is a wide range of models available in both. It may be that you are already familiar with one of the systems, or that your child's school uses one or the other of them. If you are completely new to computers, try both out and see which one you feel more comfortable with.

Unless you definitely know that you are going to want to take the computer with you when you travel for example, I would recommend sticking with a desktop machine, as they are usually around half the cost for the same specification - leaving you more money for a colour printer, camera, scanner, software and so on.

You should try and "Tick as many of your boxes" within your budget.

A Multimedia PC is usually a term used by shops to indicate a package of equipment that may include a computer, monitor, printer, scanner and digital camera.

Don't get carried away. Make sure the computer meets your specification - that is the most important part

You will also need to choose your operating system. This will commonly be a Microsoft Windows XP or Vista and you should choose one of these if in doubt.

Free bundled scanners and printers are the epitome of false economies in almost all cases. You can't expect great performance, cheap printers guzzle ink like there's no tomorrow, and in fact it's better if you budget for whichever device you need and choose it properly - don't be fooled by pushy Sales People

If you can't find an off-the-shelf machine that suits you, ask for a quote on a computer designed to your specifications. Most retailers will happily oblige.

Check out the following before finalising your purchase

Monitor, Operating system, Your PC or Laptop, Delivery, Credit Card Surcharges, Warranty, Parts and Labour, Free bundles, VAT in the prices is included

Happy Shopping

Next Edition-Software and Internet Security Software

[Photographs required](#)

If you have a digital camera, please bring it along to future events. We need plenty of pictures to brighten up the Newsletter and your help would be gratefully appreciated.

[What's ya name](#)

As you may be aware 'John Grooms' merged with the 'Shaftesbury Society' last year and became aptly known as 'Grooms Shaftesbury'.

This year the name 'Grooms Shaftesbury' has been scrapped in favour of a new funky name –

'Livability'

A far more appropriate name don't you think?